

# Carmichael Times



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PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 32  
Rancho Cordova, CA

Volume 30 Issue 16

Serving Carmichael and Sacramento County since 1981

April 21, 2010

## Tax Rally Draws Thousands



Photo by David Rowen

*Character and Characters on display for America.*

**Sacramento** - On Tax Day, April 15th, the Tea Party Patriots and thousands of fellow Americans gathered at the state capitol to enter their voices into the debate of a country heading down a divided path.

An estimated crowd of well-over 10,000 people flowed into the four-hour event throughout the day to listen to many speakers and performers who all voiced their concerns over the direction of the current government and past governments, both on the federal and state levels.

People attending the large rally

included grandparents, parents, young children and teenagers genuinely amazed at the tax burden being placed upon them by today's governments. Many teenagers carried signs protesting the tax burden they carry "before I even have a bank account."

One of the largest roars from the crowd came when they were asked "How many of you here today are small business owners?" Another loud response came when a speaker asked "How many of you are military veterans?" Given the large number of families, veterans and

small business owners in attendance, this was anything but the kind of crowd depicted by other media.

Friends of the Patriots speaking at the rally included radio hosts Armstrong and Getty and Eric Hogue from KTKZ, who hosted the event. Many political candidates offered a chance to meet and greet at "Candidate's Alley" alongside the north capitol steps.

For a commentary and more photos of the day's events, go to the back page. To find out more about other Tea Party events go to [www.sacteparty.com](http://www.sacteparty.com).

## What Does it All Mean and How Do I Protect My Family?

*Severe Weather Advisories – Pandemics – Heightened Homeland Security Alerts...*

**Sacramento Region** - The Sacramento Metro Fire Community Emergency Response Team (Metro Fire CERT) training begins soon, and it can help! The Metro Fire CERT program is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. It offers both lecture and hands-on training by Metro Fire Professional Responders.

The training includes; What your local risks are and what you need to do to prepare; How to manage utilities, hazardous materials, and put out small fires using the appropriate Fire Extinguisher; How to use "START Triage" and how to treat the "Three Medical Killers" by: opening airways, controlling bleeding, and treating for shock; How to provide basic medical aid; How to effectively search for

and rescue victims safely; Disaster Psychology; About Terrorism.

The courses are free to Citizens who work or live in Sacramento County. Children ages 13-17 are welcome with an adult / guardian. The next course begins soon.

For information please call the Metro Fire CERT messaging line at: 916-566-4381 or email Metro Fire CERT at: [cert@smfd.ca.gov](mailto:cert@smfd.ca.gov).

## Mercy's New MS Center Meets the Needs of Patients

*Multiple Sclerosis is a neurological disorder that affects over 400,000 people in the United States.*

**Carmichael** - Dr. Ron McCoy remembers the date – October 17, 1997 – when he was diagnosed with multiple sclerosis. He was working as a pulmonologist in a Northern California hospital when he learned he had the neurological disorder that ended his career. "It was probably the best thing that ever happened to me," said McCoy of his diagnosis. "It was my wake-up call and I started living."

Living with MS can be challenging. Some 400,000 Americans have MS and every week 200 people are diagnosed. It usually begins in young adults, may range in severity from mild to disabling and is a lifelong disease for those affected by it. MS is a disorder in which the immune system causes damage to the insulating material (myelin) on nerve fibers in the brain, optic nerves and spinal cord. The nerve damage due to the loss of myelin results in impairment of vision, movement, sensation, cognitive function and bladder function.

Most individuals with MS experience a recurring attack of symptoms, like McCoy who has his good days and bad days. "A bad day with MS for me is not getting out of bed," he said. "But on some good days, I can do amazing things and be absolutely normal."

McCoy is no longer a practicing physician but he volunteers helping medical students by teaching them how to communicate and think like a doctor. "People shouldn't lie over and die, there are lots of things you can do. I can't work full time anymore, but I'm rebuilding," said McCoy. He is making the most of his life living with MS.

And that's the one of the reasons why McCoy's neurologist, Dr. John Schafer, established Mercy's new MS Center in Carmichael last year. "The goal of Mercy's MS clinic is to provide complete services to anybody



*Dr. Schafer, an experienced neurologist*

who has multiple sclerosis or thinks they might have multiple sclerosis," said Dr. Schafer. "And that includes making the diagnosis in the first place to helping to pick the best treatments and dealing with it in the long run."

The lead staff of the Mercy MS Clinic are Dr. Schafer, an experienced neurologist who has been deeply involved in MS care for many years; and Dr. Karsten Dengel, a neurologist who completed a fellowship in multiple sclerosis. MS Nurse Edie Happs helps evaluate and counsel patients. She also provides education to patients and families, symptom management, including dealing with fatigue, problems with mobility and cognitive difficulties. Happs has played a key role in establishing shared visits, in which a group of a dozen patients are seen at the same time. The 90-minute shared visits provide not only the medical aspects of a visit but also

elements similar to those of a support group. "It's a great opportunity to teach patients and learn from them at the same time and the patients learn from each other," said Happs.

Other specialists involved in care include radiologists, urologists, ophthalmologists, physical medicine specialists and behavioral health specialists.

The MS Center also has access to Mercy Imaging Centers, Mercy hospital and Mercy Medical Group infusion centers and the Mercy Rehabilitation program for patients with multiple sclerosis.

The complete care offered at the Mercy MS Center is something patients welcome. Lynne Walls was diagnosed with MS several years ago. She couldn't be happier with the care at the Mercy MS Center. "The whole staff has tremendous experience with MS and provides excellent care. I'm so happy to be in such good hands."

## 25% Drop in Business Opportunities

**Sacramento Region** - The 25% drop in business opportunity sales for Sacramento County during the month of March show a total of 39 closed transactions compared to the 52 deals registered in March 2009. The figures, released by BizBen.com--also reveal the county's year-to-date numbers, 85 sales, are 27% below the 116 recorded escrows in the first quarter of 2009.

"The news is not all positive, but we are hearing and seeing signs of

improvement in this market," said Peter Siegel, MBA, Founder and CEO of BizBen.com. "A number of people I talk to in the industry are encouraged by the resourcefulness of California's entrepreneurs. They continue to find new ways to complete their deals, despite the challenges."

Siegel said a major cause of the slowdown in March activity was the "limited access to capital that people need to complete their transactions.

The city of Sacramento was responsible for 25 closed business opportunity escrows in March. There also was an active business sales market in Citrus Heights, with four deals recorded, and North Highlands, with three.

Statistics on sales of small and mid-sized businesses in Sacramento County this year: Carmichael: 2, Citrus Heights: 8, Fair Oaks: 3, Sacramento: 56, Orangevale: 1, Rancho Cordova: 1.



By Pastor Cary Duckett

# Peephole Driving

frantically look for the ice scraper that appears to be missing. Your failed search forces you to wait until the air blowing on your windshield is warm enough to melt the frost/ice. Eventually a clear spot begins to appear on your windshield just below the top of your steering wheel—about the size of a personal pan pizza. You're late. You're cold. You realize this will take several minutes. You throw caution to the wind and convince yourself that due to your years of driving experience you can make it to work.

As you start down the road you discover: you can hardly see. You drive really slow, lean up close to the windshield and peer out your peephole. You hope you don't hit someone. Worse yet, just as you convince yourself your okay, you notice the drivers around

you are all peephole driving. Peephole driving is a picture of what life is like for a person who has limited spiritual vision. In their effort to get to where they want to go they forget one of the basic rules of a spiritual journey: God's Holy Word is lamp unto the feet and a light for the path (Psalm 119:105). To neglect the Bible is to throw caution to the wind, create your own peephole and hope for the best.

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to [www.cypressavenue.org](http://www.cypressavenue.org).

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# Slim Randle's HOME COUNTRY

## "Your Response is Required by Law"



The Half-Red Cabin on South Navajo Loop

U.S. Census Bureau Capture Center Phoenix, AZ

Dear Census Bureau:

You can't imagine my thrill as I drove up to the gate yesterday at my cabin in the middle of nowhere and found that you'd left me a census form to fill out for the place, addressed to S. Navajo Loop, Belen, NM.

This was accurate, by the way, since my little cabin (designated "red cabin" on the envelope) is the only one on S. Navajo Loop. Your designation of red cabin is only half correct, though, because the other half of the cabin is painted yellow. And when I get more yellow paint, I'll finish the job. The cabin is called "The Birdhouse," as Bird is the nickname of my buddy who gave me the cabin. This doesn't mean that very many birds live there, however. In fact, the only resident birds I can think of nest under the house and hatch some babies every summer. I don't expect them back from winter quarters for maybe another month though. They are brown and nondescript and could probably be classified as dickie birds.

They are only seasonal residents. As for permanent residents, there is one very long-legged jackrabbit

who is usually seen in the yard when I drive up, but runs off when I let the dogs out of the truck. I have no idea whether or not he got married and had pups recently. He doesn't stick around long enough to ask.

Now for serious permanent residents, I'd have to include the prairie dogs. My acre and a half has three permanent prairie dog towns. Not too big ... more like prairie dog villages. As for race ... well, they're a sort of nice New Mexico tan, and for religion, I'd have to say vegetarian, as they worship my baby trees and hope I continue to plant more.

There used to be frequent visits of diamondback rattlesnakes, whose existence was terminated by me as quickly as possible. That is why God made shovels. However, last summer I spent all season without seeing a single one. This is thanks to one of my dogs, a Treeing Walker coonhound named Rocky. On Rocky's frequent visits to The Birdhouse, he has taken on the task of making certain every rock, every fence post, every bush and every prairie dog hole gets at least a squirt and a half of his attention.

The large water dish on the cabin's porch is so Rocky can reload when necessary. Rattlesnakes being

what they are, they don't care for the smell of ammonia, so they have steered clear of the place quite nicely.

But of course there is never a clean victory in anything good because this also means the snakes steer clear of the prairie dog villages, so Mr. and Mrs. P. Dog are multiplying and replenishing the place at an astounding rate. This is fine for the population of prairie dogs, but plays hob with the population of Slim's baby trees.

As for human residents, there are none. If there were, it would be me. I am 67, Protestant, Anglo, occupation newspaper columnist, don't make enough money, dislocated my shoulder this fall while goose hunting, and must wear corrective lenses. But while The Birdhouse (whose official address is actually 6 Gobernador Street) is a hideout for an aging writer and cowboy who sneaks off as often as possible from the burdens of electricity and running water, I'm not really a resident. I live in Albuquerque with my lovely wife, Catherine, and we're looking forward to filling out one of your forms when we get one here at the house. We have a mailbox.

I noticed on the envelope you left for me it says "Your Response is Required by Law." Hey, I'm a law-abiding guy who loves his country. If you should have any more questions about the population down at The Birdhouse, you have only to leave me another note by the barbed-wire fence. And thank you, by the way, because in the eight years I've owned the place, this census form was the first mail I've ever received there.

Yours for a happy count of happy Americans,

Anthony V. "Slim" Randles  
6 Gobernador Street  
Belen, NM 87002  
The Half-Red Cabin

## Gathering on the Greens

Carmichael Colony Neighborhood Association Annual General Membership Meeting



If you reside within the boundaries of Fair Oaks Blvd to the American River, Oak Ave. to Stanley Ave., CCNA cordially invites you to attend our Annual Meeting "Gathering On The Greens" to be held on Tuesday, April 27, 2010 from 6:00PM-8:00PM at Empire Golf's newly remodeled Ancil Hoffman Park Restaurant. Come and meet your neighbors and enjoy an interactive event and an opportunity to talk directly with a variety of representatives about issues that affect the quality of our neighborhood. Our Association welcomes all residents to attend, participate and to become a member of CCNA.

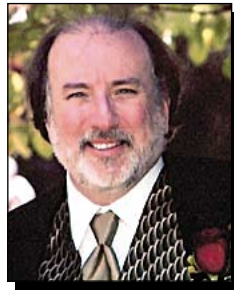
The evening's agenda will include a short business meeting to elect five new board members. We encourage any members who want to get involved to consider joining our board. Welcoming remarks from CCNA's President Dan Bell and Country Board of Supervisors Susan Peters. Other representatives from Empire Golf, Ancil Hoffman Park & the American River Parkway, County Neighborhood Services & Code Enforcement & Effie Yeaw Nature Center will be in attendance. A light refreshment buffet will be provided.

For any further information, contact CCNA P.O. Box 131, Carmichael, CA 95609 Or email to: [carmichaelcolony@yahoo.com](mailto:carmichaelcolony@yahoo.com) or visit our website at [www.carmichaelcolony.org](http://www.carmichaelcolony.org).

We look forward to seeing you at this most informative and enjoyable event.

# Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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## Widowed Persons Association of California, Inc.

Office Hours  
10:00 am - 3:00 pm

Monday through Friday  
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening  
at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from  
3:00 pm - 5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

## SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Schedule for 2010

April 6-24  
2nd Saturday, April 10  
5:30-8:30pm Refreshments  
Music by Andrew Butler

Watercolor Artists of Sacramento  
Horizons, Inc. Membership Show  
"The Sound of Brushes"



Best of Show 2010,  
Kenneth Potter  
"Traverse City Victorian"

April 27 - May 8  
2nd Saturday Reception  
May 8, 5:30-8:30pm  
Sacramento Fine Arts Center

"Painting Where the  
Wild Things Are"

May 15, 2010, 5-9pm Gala and Auction  
Effie Yeaw Nature Center, Ancil Hoffman County Park  
2850 San Lorenzo Way, CA 95608 • Tickets \$30.00

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713

## Home Care by Seniors for Seniors

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# Civil War Re-enactment at Gibson Ranch



Sacramento - In cooperation with L & M Concession Management, Sacramento County Department of Regional Parks, Rio Linda/Elverta Historical Society, the Sacramento Civil War Roundtable and the National Civil War Association presents our annual Civil War Re-enactment. Encompassing the entire park, approximately 400 re-enactors, horses, cannons, civilians, sutlers, and soldiers will bring the Civil War period of 1862 to life!

Several speakers, to include: Abraham Lincoln and the Civil War Round Table. There will be songs and musical productions, period dance lessons, horse-drawn artillery, as well as a period fashion show as part of the two-day event. Characters of the period will be docents for the public and will be available from 7:00 to 9:00am for media interviews on Friday morning.

On Sunday, May 16th the Chaplain for the National Civil War Association will be holding a special non-

denominational Civil War era Church service at 10:00 in Civilian town. The service will be held in period attire and the public is invited to attend.

Special School Day Program Friday, May 14 by reservation. This is a unique opportunity for the Sacramento area students to attend one of the largest school presentations presented in the country. Reservations are available at 9:30 and 11:00 at a cost of \$6 per person (excluding teachers).

This year's dates are May 15th and 16th of 2010. Battle Re-Enactments will be held on Saturday and Sunday, twice daily. General Admission: \$6 each, Children (9 and under) FREE; (Not recommended for small children and pets). Parking is \$5 per

car. You are permitted to bring food into the park or buy from our vendors. The seating is "picnic style" so bring blankets to sit on.

This event supports Gibson Ranch farm animals and facilities. Gibson Ranch is a working farm demonstrating agricultural practices to the visiting public.

**WHERE:** Gibson Ranch County Park in Elverta, CA  
**WHEN:** May 15th and 16th, 2010

**Contact:** Lois @ 916-813-4407 or 916-991-7592

**SCHEDULE:** www.gibson-ranch.com



Dr Bob Graykowski



In celebration of this green season, I encourage all of my patients to dust off their green thumbs. What does gardening have to do with obtaining optimal health? Read on to find out. As a preventative health-care specialist I motivate patients to engage in regular physical activity. However, sticking to an exercise routine can be tedious. That's why we emphasize the importance of choosing enjoyable activities. Research shows that people who find exercise pleasurable are significantly more likely to workout regularly and less likely to experience injury.

So, if "traditional" workouts aren't for you, consider more creative endeavors, such as gardening. Recent reports indicate that gardening is a viable form of exercise. Pulling weeds, planting seedlings or hoeing a plot for an hour each day can significantly boost your level of vitality. One study found low-intensity activities, including gardening, can prevent cardiovascular disease and extend an individual's life span.

## Grow a Garden of Vitality

### UPGRADE YOUR DIET

Gardening can also improve your health by boosting the quality of your diet. Availability is key to choosing nutritious foods. And what could be more available than produce picked in your own backyard

In general, homegrown fruits, vegetables and herbs are more nutrient-dense than store-bought items. Some commercial farming techniques reduce the vitamins and minerals in produce. In addition, produce from your garden is fresher than store-bought varieties. And studies reveal that the longer produce sits after it is picked, the more nutrients it loses.

### NATURAL REMEDIES

Spring into health by planting your own natural medicine chest. Many herbs commonly found in backyard plots have medicinal properties. For example, ginger and spearmint are effective remedies for stomach, nausea and motion sickness. Rosemary is considered by herbalists to boost memory, while garlic is a natural antibiotic and anti-fungal agent. Basil is a nontoxic insect repellent while thyme is a natural expectorant believed to relieve migraines. Dill is thought to quell indigestion. Ongoing research also indicates that many herbs contain phytochemicals, which prevent cancer and heart disease.

### FAMILY FUN

Having trouble motivating your children to eat veggies?

Try making gardening a family affair. Kids who turn up their noses at store-bought produce will devour foods they help grow. An afternoon spent gardening can be a fun family project. After all, kids of all ages love to play in the dirt.

### GARDENING OPTIONS FOR APARTMENT DWELLERS

If your home lacks a yard, look into community plots. You may also offer to care for a garden on a friend's property, and share the fruits of your labor with your host. Or, volunteer at one of many organic farms that donate produce to homeless shelters

Test your soil, especially if you plan to eat what you grow. Many universities with agricultural programs offer this service at low cost. The testing service should alert you to the presence of dangerous chemicals, and advise you if your soil is a safe home for growing produce. If you are concerned about the quality of your soil, consider planting large pots filled with organic soil purchased at a garden supply store. Brew your own pesticides by blending cayenne pepper, garlic and water. Spray the concoction on infested plants. This spring get back in touch with nature as a family. Our purpose at Chiropractic USA is to educate and guide families in our community to a wellness lifestyle.

Creating a healthy community  
Dr Bob Graykowski



**Carmichael Recreation and Park District is announcing the following event:**

**Canine Craze Dog Show**  
Location: Carmichael Park  
Vets Hall Lawn  
5750 Grant Avenue  
Saturday, May 1 10am-1pm



A dog show for everyone and every dog! Categories include Biggest and Smallest, Best Singer, Longest Ears, Best Dressed and more! If you would like to be a vendor the fee is \$15.

Don't forget to stay after the event for the FREE hot dog BBQ! Sponsored by CRPD and A Mind of Their Own Dog Training.

**'Touch of Health' Weekly Vitality Workshop**

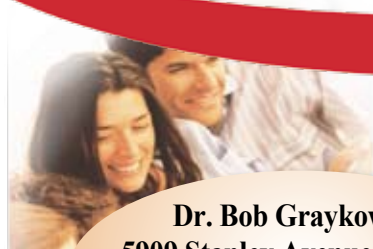
*Classes begin at 6:00 pm Tuesdays  
Open to Public at No Charge*

May 4th AM/PM	Essential Steps to a Vital Nervous System
May 11th	Toxic Foods: The Truth in What You Eat
May 18th	Essential Steps to a Vital Nervous System



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**First Yellow Geranium 2010**

**CARMICHAEL GERANIUM SOCIETY ANNOUNCES A BRAND NEW GERANIUM.**

The very first yellow Geranium, appropriately named 'First Yellow' was hybridized in Germany in 2009. A very limited number of these marvelous plants will be available at the Society's Show and Plant Sale, limited to one plant per family.



*Also available will be the return of 'Lady Carmichael' Geraniums, now in one quart size pots. This and much more as the largest Geranium Club in the world prepares for it's annual Show and Plant Sale scheduled to open Saturday, May 1st from 10 a.m. until 4 p.m. at the Carmichael park Community Clubhouse, 5750 Grant Ave.*

**This year's Plant Sale is the largest ever with over 2000 geraniums of all types. Serious Collectors are urged to come early.**



**Carmichael Times**

**CALL 773-1111 TO ADVERTISE**

# Try Sailing in Sac - Free!



**WHAT:** Sail a Small Boat Day  
**WHEN:** Saturday, April 24, 10:30 a.m.-3:30 p.m.  
**WHERE:** Lake Washington Sailing Club off Industrial Boulevard, West Sacramento  
**MORE INFORMATION:** Bob Balkow, (916) 485-9249 or www.lwsailing.org

Sacramento - The fresh breezes, the water, the sleek and beautiful boats with their colorful sails ... you've always dreamed of joining in the fun of sailing. Why not try it - safely, locally and free of charge! Bring the whole family to the Lake Washington Sailing Club off Industrial Boulevard in West Sacramento on Saturday, April 24, from 10:30 a.m. to 3:30 p.m. as the club hosts its highly successful annual Sail a Small Boat Day. Friendly and experienced sailors from the club will take members of

the public on safe, free sailboat rides on Lake Washington and introduce them to the excitement of sailing small boats - the purest form of sailing for both recreation and competition! The open-house event is a great opportunity to see, learn about and get the feel of a wide variety of small sailboats, including the racy Coronado 15, Laser and Thistle, the family-friendly Lido 14 and Sunfish, and the youth-oriented Sabot. All these and more will be on display and available for free rides. Refreshments will also be available. Bring a life jacket if you have one; otherwise, the club will provide one. The nonprofit Lake Washington Sailing Club hosts Sail a Small Boat Day to share the joys of sailing with the general public - and to show how easy it is to get involved in the rewarding sport ... including joining our club! The friendly, accessible club

is Sacramento's oldest recreational boating organization, founded in 1934 - long before the Port of Sacramento was established. Now, the club regularly turns the port's wide turning basin into an ideal sailing locale, hosting family oriented regattas and other events throughout the year. Think you have to drive to San Francisco Bay for good sailing? Think again. Lake Washington, with its quiet water and consistent breezes during sailing season, is a prime spot for enjoying the sport within four miles of downtown Sacramento. Find out for yourself about the club and small-boat sailing on April 24. **To get there:** From the Capital City Freeway, take the Harbor Boulevard exit in West Sacramento. Turn south onto Harbor, then right on Industrial Boulevard and go about 800 feet. Watch for signs on the left to the clubhouse.

# Niello Measure to Require Small Business Owner on CARB

Sacramento - Legislation by Assemblyman Roger Niello (R-Fair Oaks) to require that at least 1 of the 11 members of the California Air Resources Board be a representative of small business has been approved by the Assembly Natural Resources Committee. "The current makeup of the board fails to include a small business representative who could provide valuable insight to drafting regulations in a way that ensures greater balance and compliance" said Assemblyman Niello. "I am pleased that a bi-partisan majority of the committee agreed that it would be important that an employer perspective be heard when decisions by the board are being made." The Air Resources Board currently

consists of 11 members appointed by the Governor with the consent of the Senate. All members serve "at the pleasure" of the Governor. The Board members serve part time, except the Chairperson, who serves full time. Five members are chosen from the boards of local air quality management districts. Three other members must fill specific "expertise" categories, such as automotive engineering, science, agriculture, law, or health. One of the three remaining members must have expertise in air pollution control, or must meet the qualifications of one of the three categories mentioned above. The remaining two members are public members. John Kabateck, the Executive Director of The National Federation

of Independent Business, the small business advocacy group sponsoring the bill, stated, "For far too long, the California Air Resources Board has been missing an important voice on the board - the voice of small business," said John Kabateck, NFIB/CA Executive Director. "More often than not, the decisions that CARB makes disproportionately affect smaller companies and leave them scrambling to make sure they are in compliance. I am very pleased that the committee chose to approve this bill and get us one step closer to ensuring that the voice of small business is heard on this board." AB 2328 now moves to the Assembly Appropriations Committee, closer to ensuring that the voice of

# SMUD Board Opposes Proposition 16

Sacramento - The Sacramento Municipal Utility District (SMUD) Board of Directors today (April 15th) voted unanimously to oppose Proposition 16 "The New Two-Thirds Requirement for Local

Public Electricity Providers" set to appear on the June 8, 2010 ballot. The vote came after the Board of Directors was presented with an analytical evaluation of the proposition. The staff report identified

potential impacts to SMUD's business operations should Proposition 16 pass. Interested parties can watch the entire Board meeting at smud.org. Copies of the report are also available on SMUD's Web site.



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December 6-10, 2010 • \$2,649 pp double

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May 18-19, 2010 • \$246 doubles occupancy
- **California Academy of Sciences**  
San Francisco • Wednesday, June 9, 2010  
\$77/per person
- **Father's Day Beer Brunch Cruise**  
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For more information visit [EngagedSacramento.com](http://EngagedSacramento.com)  
 Library Hours: Tuesday - Saturday 10:00 am - 4:00 pm

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## Sacramento German Genealogy Society

<http://www.sacgergensoc.org>  
P. O. Box 660061  
Sacramento, CA 95866-0061

Regular meetings are held at 1 pm in St. Mark's Methodist Church Fellowship Hall at Lusk Dr. & St. Marks Way. St Mark's is located east of Country Club Plaza near Watt and El Camino Avenues. Individual help with your German genealogy questions at 9:30 am the same day as the meeting, upstairs in the classroom wing, east end.

**APRIL 24, 2010**  
**Getting to Know Your Immigrant Ancestors: Key Federal Records**  
Featuring John Philip Colletta, O Ph.D. Learn about passenger arrival records, breaking through brick walls, naturalization records, and lesser-used Federal records from this nationally known, knowledgeable, and entertaining speaker.  
**Time: 8:30 am to 4:00 pm.**  
**Registration opens at 7:30 am**

**Place: Sacramento Turn Verein, 3349 J Street, Sacramento**  
You may order lunch (\$7) or bring your own.  
Pre/Registration fee (by April 11th): SGGs members \$40 each or \$50 per couple/ \$55 at the door. Pre Registration fee for non-members: \$50 each/ \$60 per couple, \$55 per person at the door.  
For information contact Milt Kelley at mekelley4143@comcast.net.

## 1906 Earthquake Response Re-enactment A Moving Experience!

### Living History Day: The 1906 San Francisco Earthquake

*Sacramento* - Step back in time at the California State Capitol and witness volunteers and staff of the Capitol Museum costumed in the attire of the period re-enacting scenes in response to one of America's greatest disasters - the 1906 San Francisco earthquake and fire. Meet Governor George Pardee as he receives a telegram from President Theodore Roosevelt offering \$1

million for disaster relief. Attorney General Ulysses S. Webb, Secretary of State Charles Curry, and Treasurer Truman Reeves will be on hand to help the refugees, some of whom camped out on the Capitol grounds and at Sutter's Fort. Meet the women of Sacramento who assisted the San Francisco families to obtain meal tickets, clothing and blankets. Guided tours run every 15

minutes from 10:30 a.m. to 3:00 p.m. This glimpse into turn-of-the-20th Century California history is free for everyone. For more information, call (916) 324-0333. "Earthquake Day" Living History Event sponsored by the California State Capitol Museum Volunteer Association and the California State Capitol Museum, California State Parks

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## Garfield Elementary School Closing Celebration

MAY 6TH 6:00-8:00 pm

*From Judee Shoemaker*

Garfield School has always been a safe, caring, loving, teaching, daily experience for hundreds of students each year. On Thursday, May 6th the formal ceremony will begin at 6:00 pm followed by refreshments, display of students' work, art show, picture collages of Garfield's 56 year history and honoring of retirees.

This year we have 5 retirees: Rich Nystrom, Marie Coleman, Nancy Greenhalgh, Sharon Janof and Joe Roy. The last four principals will also be in attendance and honored. Todd Morgan, former Garfield student, will open the formal celebration with music and a special song. Following the brief ceremony, refreshments will be served as participants enjoy

students' special tributes to their educational experiences at Garfield, as well as their art work. There will be memory boards of the five retirees and the stroll down memory lane of life at Garfield. This school will be closing in June and the staff would like to share their memories with current and former families.



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# Sacramento SPCA to Host 17th Annual Doggy Dash & Bark at the Park Festival



## Doggie Dash '10

**What:** Join the Sacramento SPCA for the 17th Annual Doggy Dash and Bark at the Park Festival where an estimated 4,000 animal enthusiasts will gather both with and without their canine companions to raise funds for animals sheltered at the Sacramento SPCA.

Come for the fun run/walk, but make sure to stay for the SPCA's Bark at the Park Festival, where you can enter your canine pal in the Pup Show, high-flying disc contest, or the ever-popular pug races! Enjoy the Camp Kindness KidZone, watch canine demonstrations, visit with pet-friendly businesses, learn about Sacramento-area animal rescue

organizations, or just have lunch while watching all the action. Don't miss your chance to meet Pabst, winner of the 2009 World's Ugliest Dog Competition and holder of the Sacramento SPCA's 2009 Best Smile title.

**When:** Saturday, June 5th, 2010  
**Registration opens** 7:30am  
**Festivities begin** 8:00am  
**Walk/run** 9:00am  
 2k walk 9:00am  
 5k run 9:10am  
 5k walk 9:10am  
**Festival continues until 1pm**

**Where:** William Land Park, Village Green Area in Sacramento.

**Why:** Proceeds from the Doggy Dash will help the Sacramento SPCA care for more than 12,000 homeless animals in 2010.

**What Else:** Visit [www.sspca.org](http://www.sspca.org) and register today. Whether you choose to bring a canine companion or invite a two-legged friend, mark your calendar and join us for Doggy Dash and the Bark at the Park Festival. Register as a solo participant, start a team or join an existing team. Registration fees start at \$25 per person.

For sponsorship information or questions about Doggy Dash 2010, please call (916) 383-7387, ext. 9102.

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Electronic Waste Recycle

Collection Fundraiser May 8th, 2010  
 Free Electronic Waste Drive - Through Drop Off to Provide Residents with a Free Place to Dispose of their Unwanted Electronics and to Save the Environment

**When: Saturday  
 May 8th, 8am-1pm**

We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines. We will not accept: Household Appliances (i.e. refrigerators, washers, dryers etc.). Furniture, Hazardous Household Waste, including: fluorescent light bulbs, batteries, paint, pesticides, paint, pesticides, used oil, cleaning supplies, tires etc.



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MAY 8, 2010

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FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073935 WHEREAS, Jarred Michael Harris has filed a petition with this court for a decree changing name of Jarred Michael Harris to Jarred David De La Rosa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 7, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 7, 14, 21, 2010. DELARO 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1001719. Aisa Donna Wallor, 911 Apero Place, El Dorado Hills, CA 95762 and Ralph Ransel, 8358 Red Fox Way, Elk Grove, CA 95758 are doing business under the Fictitious Business Names "Wedding-Day-Flowers.com; Wedding-Day-Flowers" at 8358 Red Fox Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on Feb. 23, 2010. Publish: April 7, 14, 21, 28, 2010. WEDDIN 00401 4-28-10

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE #0909533 The following person(s) has/have withdrawn as a general partner(s) under the FICTITIOUS BUSINESS NAME of Skytrade USA, located at 13711 Cherokee, Galt, CA 95632. Om Parkash Kapoor, 8775 Springhills Way, Orangevale, CA 95662. The Fictitious Business Name Statement for the partnership was filed on Oct. 20, 2009 in the County of Sacramento. Filed with the Clerk of Sacramento

County on March 26, 2010. Publish: April 7, 14, 21, 28, 2010. SKYTRA 00401 4-28-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074313 WHEREAS, Bich Tram Thi Do has filed a petition with this court for a decree changing name of Bich Tram Thi Do to Kalleena Tram Do. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 13, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 1, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 7, 14, 21, 28, 2010. DO 00401 4-28-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073677 WHEREAS, Stuart James Felbaum has filed a petition with this court for a decree changing name of Stuart James Felbaum to Mark James Wolf. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 5, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 24, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 7, 14, 21, 28, 2010. WOLF 00401 4-28-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074254 WHEREAS, Cynthia Ann Bast has filed a petition with this court for a decree changing name of Cynthia Ann Bast to Cynthia Ann Fleming. IT IS ORDERED that all persons interested in the above entitled matter appear before this

court at 9 a.m. on May 13, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 1, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: April 7, 14, 21, 28, 2010. FLEMING 00401 4-28-10

FICTITIOUS BUSINESS NAME STATEMENT #1003394. Robert Wright, 6549 Saint Edgewood Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Life Behind Bars" at 6549 Saint Edgewood Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 9, 2010. Publish: April 14, 21, 28, May 5, 2010. LIFEBE 00402 5-5-10

FICTITIOUS BUSINESS NAME STATEMENT #1003107. Sasken Inc., 1700 Alma Dr. #350, Plano, TX 75075 is doing business under the Fictitious Business Names "Ingenient Technologies; Ingenient" at 1700 Alma Dr. #350, Plano, TX 75075. Filed with the Clerk of Sacramento County on April 1, 2010. Publish: April 14, 21, 28, May 5, 2010. CORP20 00402 5-5-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074491 WHEREAS, Hector and Maria Sanchez have filed a petition with this court for a decree changing name of Emmanuel Sanchez to Emmanuel Sanchez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 17, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 14, 21, 28, May 5, 2010. SPITZE 00402 5-5-10

FICTITIOUS BUSINESS NAME STATEMENT #1003403. Paul M. Garcia, 6945 Chevy Chase

Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Alacran Heating & Air Conditioning" at 6945 Chevy Chase Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on April 9, 2010. Publish: April 21, 28, May 5, 12, 2010. ALACRA 00403 5-12-10

FICTITIOUS BUSINESS NAME STATEMENT #1002860. Joan S. Swanson and Jerry L. Swanson, both of 6616 Stanley Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Creative Piano Workshops" at 6616 Stanley Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 24, 2010. Publish: April 21, 28, May 5, 12, 2010. CREATI 00403 5-12-10

FICTITIOUS BUSINESS NAME STATEMENT #1003528. Alexey Pankov, 4100 Coloma Rd. #64, Rancho Cordova, CA 95672 is doing business under the Fictitious Business Name "East West Invest FX" at 4100 Sacramento Inn Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on April 14, 2010. Publish: April 21, 28, May 5, 12, 2010. EASTWE 00403 5-12-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074805 WHEREAS, Shannon Renee Poor has Shannon Renee Poor to Stella Renee Pierson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 21, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 21, 28, May 5, 12, 2010. PIERSO 00403 5-12-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00075015 WHEREAS, Sarah Otero has filed a petition with this court for a decree changing name of Monique Deja Alazai Otero to Monique Deja Alazai Otero Buckley. IT IS ORDERED that

all persons interested in the above entitled matter appear before this court at 9 a.m. on May 21, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: April 21, 28, May 5, 12, 2010. OTERO 00403 5-12-10

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**ARDEN HILLS  
RESORT CLUB & SPA**  
1220 ARDEN HILLS LANE  
SACRAMENTO

Be sure to mark your calendar for the **FREE** "Ladies' Night Out" on **May 7th** -- it's always a popular night!

**NUTRITION SEMINAR ON DINING OUT WITH LISA TAYLOR**  
*Monday, May 3, Noon • \$20.00*

If you're trying to watch your waistline or eat more nutritiously in general, dining out can sometimes take a toll on your good intentions. During a special nutrition seminar on dining out presented by the on-site nutritionist at Arden Hills

Resort Club & Spa, you'll learn easy ways to make smart and nutritional choices when someone else is doing the cooking. Open to everyone, advance reservations are suggested as space is limited.

**"LIVE WITH OBADIAH" COOKING CLASS**  
*Wednesday, May 5, 6:00 p.m. • \$20.00*

In an ongoing effort to eat seasonally, Executive Chef Obadiah Huetter is planning a special cooking class about creative ways to prepare healthy and nutritious meals using whole grains, rice varieties and dried fruits and berries during the next "Live With Obadiah" at Arden Hills Resort Club & Spa.

You'll learn about new cooking techniques and how to maximize the nutrients and flavor of regional cuisine using ingredients that may surprise you. You're invited to join this ongoing and popular adult cooking series. Space is limited so reserve yours today.

**LADIES' NIGHT OUT!**  
*Friday, May 7, 5:00 - 7:00 p.m. • Complimentary*

Calling all ladies -- Arden Hills Resort Club & Spa is hosting a special "Ladies' Night Out" complete with free gifts, complimentary spa and salon mini-treatments, tasty appetizers, an informal open house and an opportunity to meet the on-site experts who can answer your questions about achieving healthy

skin, hair and a more rejuvenated you! Don't miss this exciting opportunity to connect with other women interested in beauty and wellness. Plus, New York Times best selling author Brenda Novak will be on-site for a special book signing opportunity!

**"MACROBIOTICS" WELLNESS CLASS**  
*Saturday, May 8, 11:00 a.m. • \$20.00*

Never heard of a macrobiotics diet before? It's time to learn more about the low-fat, high fiber approach designed for optimal health and longevity through nutrition. With a focus on the importance of beans "the musical fruit," don't miss a special "Macro-

biotics" class at Arden Hills Resort Club & Spa. You'll learn how a simple diet rich in whole grains, legumes, seeds, nuts, vegetables and soy products might be the right approach to improve your diet and overall well being for a longer, more healthful life.

**"FOREVER FIT" WELLNESS CLASS**  
*Monday, May 19, 11:30 a.m. • \$20.00*

Sometimes starting a new fitness program can be intimidating. Not anymore! As part of a special wellness class at Arden Hills Resort Club & Spa led by Fitness Director Adam Attia, you'll learn

the simple "Do's and Don'ts of Fitness" plus have the opportunity to ask questions of a tried-and-true expert. Many of the tips may surprise you and will certainly get you motivated for action.

**For More Information:**  
916-482-6111  
or [www.ardenhills.net](http://www.ardenhills.net)



**ARDEN HILLS  
RESORT CLUB & SPA**  
A WELLNESS RESORT

**THE 61ST ANNUAL  
2010 Fair Oaks Spring Fest**  
MAY 1 - 2

10224 Fair Oaks Blvd. (Off Sunrise & Winding Way)  
Information [www.fairoakschamber.com](http://www.fairoakschamber.com) (916) 967-2903

**FREE** General Admission & Parking

Theme:  
**Go Green This Spring!**

**Fun For the Whole Family**

May 1st & May 2nd

**Childrens Park**

Food Vendors • Children's Games  
Entertainment • Rides  
Toilet Bowl Race

Saturday May 1st 10:00 a.m.

**Parade**

Sunday May 2nd

**Sun Run**

Registration at 7:00 a.m.  
Race begins at 8:30 a.m.

Sunday May 2nd  
**Car Show**  
9:00 a.m. - 3:00 p.m.



Sponsored By The Fair Oaks Chamber Of Commerce and the Fair Oaks Recreation & Park Districts

If you or your organization is interested in participating, applications are available at the Fair Oaks Chamber Office, 10224 Fair Oaks Blvd, or by calling 967-2903.

**CHP Reports Vehicle Travels Off W. El Camino Off Ramp - Driver Dies**

Sacramento - On April 14, 2010, at approximately 2:15 a.m., a 24 year old male from Sacramento was driving a 1999 Toyota Sienna on northbound I-5 exiting at West El Camino Avenue at a high rate of speed. Due to his vehicles speed, he was unable to negotiate the slight curve in the roadway and his

vehicle traveled off the left hand road edge and onto the gravel/grass shoulder. The Toyota rotated in a clockwise direction and struck a yellow advisory sign then continued out of control in a northwesterly direction where it struck a tree. The impact was on the driver's side of the vehicle near the door. The

driver sustained fatal injuries and was pronounced dead at the scene. The identity of the driver is not releasable at this time, pending notification of next of kin. It is unknown if alcohol and/or drugs is a contributing factor in this collision pending a toxicology report. This collision is still under investigation.

**E-Waste and Shred Day: A Community Event**

**Del Campo High School Parking Lot**  
4925 Dewey Drive  
Saturday - May 1, 2010  
9am to 3pm

**We Want Your Old Stuff**

**SHRED** - \$5 per file box ... a tax deductible donation  
**PLEASE** ... 5 box limit / vehicle ... Shredding on Site

**Service provided by: Viking Shred**

**E-WASTE**

**We accept:**

- Computers, monitors, televisions

- Mice, keyboards, zip drives
  - Printers, copiers, scanners, fax machines
  - Main frames, circuit boards, components
  - Wires, odds and ends
  - Telephones, cell phones, digital cameras, gps
  - Stereo equipment, speakers, etc.
- Do not accept:**
- Microwaves, household appliances
  - Furniture, mattresses, lumber
  - Chemicals, tires, dirt, rock, debris

**Services provided by:**

**Advanced Computer Recycling**

Proceeds Benefit:

**DC GRAD NIGHTS**  
'Classes 2010 and 2011'  
A SAFE AND SOBER EVENT

**FAIR OAKS VILLAGE ~ 'GO GREEN this SPRING'**  
May 1 & 2, 2010

A Weekend family event  
[www.fairoakschamber.com](http://www.fairoakschamber.com)  
**Park & Shuttle Service** - at Winding Way and Sunrise (Park-Taco Bell lot)

**Reduce, Reuse, Recycle**



*We're here for you.*

The holidays are often filled with warmth, laughter and time spent with family. They are also a time when adult children notice changes in their older parents. Aegis Living, a national leader in assisted living and memory care communities, understands this period in adult children's lives. If you recognize a change in your family member and would like help with next steps, please contact us at Aegis of Carmichael.

Call 916-972-1313 or visit [AegisofCarmichael.com](http://AegisofCarmichael.com) for more information.

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4050 Walnut Avenue  
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**Alzheimer's Aid Society**  
Third Annual  
**Memorial 5k Run/Walk**  
City of Sacramento 5k Championship

**Saturday July 24, 2010**

Start and finish lines at the historic East Lawn Memorial Park



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**ALZHEIMER'S AID SOCIETY**  
Of Northern California

Visit us at [www.memory5k.org](http://www.memory5k.org)

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DONALD KENDRICK   MUSIC DIRECTOR

# Mondavi Matinee Series

Mondavi Center, UC Davis

With English  
supertitles

## Carl Orff Carmina Burana

Sunday, May 2 at 2:00 PM

Ji Young Yang, Soprano

Chester Pidduck, Tenor

Michael Sokol, Baritone

Special Guests: The Sacramento Children's Chorus

Carnival Overture - Dvorak

Ancient Airs & Dances - Respighi



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**Tickets \$30 – \$40 | Students half-price | Group sales (10+) \$5 discount**

## *Sacramento Stained Glass Series*

**Cathedral of the Blessed Sacrament**

1017 11th Street, Sacramento

**CONCERT TWO**

**Saturday, June 5 at 8:00 PM**

**Tribute to the Great Churches of Europe**

*Mozart Coronation Mass*

Works by: Palestrina, Monteverdi, Schutz, Croce,  
Durufle, Holst, Tavener, Moody

**Tickets: 916 536-9065 | SacramentoChoral.com**



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SSWD.ORG



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**2010 Schedule**  
March 1 to October 30  
Monday - Friday and Second Saturday of each month  
9:00 am to 3:00 pm

**FREE Admission!**  
7800 Antelope North Road, Antelope



**THINK BIG !**  
**CARMICHAEL GERANIUM SOCIETY'S REALLY BIG SHOW FOR 2010**

**SATURDAY, MAY 1st 10 a.m. until 4 p.m.**  
CARMICHAEL PARK COMMUNITY CLUBHOUSE 5750 Grant Avenue

**eat well • play outdoors • have fun**



**Veggie Chase 5k and Kids Runs**

sponsored by KAISER PERMANENTE thrive

**Sunday • May 23 • 8:30am**  
Hagan Park • Rancho Cordova

- Kids, Teens, Adults and Beginners Welcome
- 5k and 2k (1.24 Mile) Run/Walks and ½ Mile Big Kids' Boogie
- Shorter Kids' Runs: Pre-School Prance, Toddler Trot & Diaper Dash
- Kaiser Permanente's Kids' Obstacle Course
- Cool Course Through Soil Born Farms' American River Ranch

register early at **WWW.VEGGIECHASE.COM**

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	<b>LADY CARMICHAEL IS BACK</b>	<b>HUGE GERANIUM PLANT SALE !</b> 2000 PLANTS INCLUDING THOSE VARIETIES USED IN COOKING



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