

# Carmichael Times



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Volume 30 Issue 14

*Serving Carmichael and Sacramento County since 1981*

April 7, 2010

## State Reinforces New Earthquake Safety Measures

Sacramento - - California is a world leader in seismic safety building codes and enforcement infrastructure. Since 2001, California has instituted groundbreaking building codes to better mitigate seismic risks, incorporating major revisions to the seismic design requirements following the 1994 Northridge earthquake, and including significant increases – up to 50 percent – in the earthquake design loads for buildings in close proximity to active faults. As the worldwide series of earthquakes continue, it has become evident that not only can superior building codes save lives, but also strong building code enforcement infrastructure can significantly reduce the number of casualties and lower property loss in a catastrophic event. “Living in California, we are constantly reminded that seismic activity is a risk—earthquake or tsunami,” said State and Consumer Services Secretary Bill Leonard.

“The best way to mitigate the potential damage of such activity is through superior building codes, education, and public awareness. The Governor should be proud of what his administration has accomplished to mitigate the catastrophic risks of earthquakes.” “In the wake of the devastating damage caused in Haiti and Chile and by the Tsunami in Indonesia, it’s critical that California does all it can to be prepared,” said Richard McCarthy, Executive Officer of the Seismic Safety Commission. “By joining forces with the Building Standards Commission and developing a stringent and complete earthquake safety building standards code, we will be better prepared for future catastrophic seismic events.” For commercial and residential buildings, California provides an enforcement infrastructure for code compliance that is one of the strongest in the world for public

schools and hospitals, and includes the testing of building materials and continuous inspection. The 2010 California Building Code will be implemented January 1, 2011 and will include enhanced earthquake protection standards by refining a number of design seismic forces in different regions of the state. “The 2010 California Building Code takes huge strides for earthquake protection in this state,” said Dave Walls, Executive Director of the California Building Standards Commission. “Not only does this code include some of the strictest building standards in the world, it also allows for cities and counties to amend the codes to reflect the immediate needs in their region. The building standards will continue to improve and reflect the safest conditions for the people of this state.”

Source: California State and Consumer Services Agency.

## Carmichael Park District Opens Nature Path for the Blind



*Charles C. Jensen Botanical Gardens*

Carmichael - Carmichael Recreation and Park District invites you to join us for the Ribbon Cutting Ceremony displaying the newest development at the Charles Jensen Botanical Gardens. It is created for the blind or low vision and individuals with physical challenges. The pathway leads to seven interpretive signs with the featured plant identified in Braille. After you stroll along the pathway, enjoy the waist-high planting

bed which is easily accessible to all. Printed and Braille plaques describe the various species on display, concentrating on their non-visual features. Visitors are invited to touch, rub, and smell the fragrant leaves of many different plants. The project was inspired by a member of the Daughters of the American Revolution, Jacqueline Coffroth. The District also recognizes the Friends of Jensen Botanical Gardens, Carmichael

Geranium Club, Regina Brink with the Society for the Blind, and Alex Surette, Eagle Scout Project.

Visit our website at [www.carmichaelpark.com](http://www.carmichaelpark.com) to read more on the background of the Nature Path for the Blind at the Charles C. Jensen Botanical Gardens. When: Saturday, April 10, 2010 at 8520 Fair Oaks Boulevard, Carmichael, CA 95608. For more information call (916) 485-5322

## It is Time to Sign up for Metro Fire's 2010 FIRE CAMP



**Applications are now being accepted for 11, 12, & 13 year olds. Application Deadline is June 9, 2010**

Sacramento Region - It is time to sign up for Metro Fire's 2010 FIRE CAMP. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that takes place from July 20-23, 2010. Each day of camp eighty – 11, 12, and 13 year olds' are given a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a

fun and exciting atmosphere. The kids are grouped in “strike teams” of eight campers, and each strike team is mentored and supervised by two professional firefighters. Teams learn about the job of a firefighter and experience firsthand important lifesafety skills. To attend FIRE CAMP, applicants must be 11, 12 or 13 years of age. Preference is given to applicants who live within the Metro Fire District boundaries. Applications can be found on our web site: [www.sacmetrofire.ca.gov](http://www.sacmetrofire.ca.gov).

ca.gov, go to – Community Services, Programs, Fire Camp. Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position in this year's FIRE CAMP. Only 80 positions are available for Camp, so register now!

**Sacramento Metropolitan Fire District**  
2101 Hurley Way  
Sacramento, CA 95825  
(916) 566-4000  
[www.sacmetrofire.ca.gov](http://www.sacmetrofire.ca.gov)

## Cooking with Geraniums



*Chef Terese Hollander*

Carmichael - What is that fabulous aroma? Why it's Chef Terese Hollander, acclaimed cooking instructor, preparing a tasty dish using scented leaf Geraniums as herbs in

her recipes. Geraniums you say? Scented leaf Geraniums to be exact! The International Herb Association declared these Geraniums as herb of the year

in 2006; did you know that ?

On Saturday May 1st, as a part of the Carmichael Geranium Society's Annual Geranium Show and Sale, Chef Hollander will demonstrate “How to cook with Geraniums” from Noon until 1:30 p.m. Doors open at 10 a.m. and close at 4 p.m. Carmichael Park Community Clubhouse is located at 5750 Grant Ave.

Assisting Chef Hollander will be Sacramento's ‘Mr. Geranium’, Donn Reiners. He will introduce the many ‘scents and flavors’ available in Geraniums. Scented Geraniums used in recipes will available as a part of the huge Geranium Plant Sale.



# It's Your Census: Be Counted



By Assemblymember Alyson Huber

The forms have been mailed. It's time to be counted in the 2010 census. As someone elected to serve the 10th Assembly District, which includes Carmichael, I am dedicated to ensuring each resident understands the importance of participating in the 2010 Census. I am excited to partner with the Census Bureau and other leaders in California on this important initiative and I am committed to helping increase overall participation in 2010. One reason why I am excited about the census is that it directly connects the American people to their government. Given the importance of the census and its challenges, it is critical that all levels of government work to ensure an accurate count. Local outreach by people from the community is the critical factor in achieving a complete count.

An accurate census count is important for many reasons. It is critical to receiving the federal funds our state deserves and ensuring our state's long-term fiscal health. Each person who isn't counted means less money for our schools, our hospitals, and for public safety. An accurate count will secure federal money and representation in congress. More than \$435 billion in federal money is doled out each year and California deserves its fair share. The data effects the distribution of funding within the state and informs decisions on where to build roads, hospitals, schools and workforce training centers, just to name a few. The data also influences representation on all levels of government - local, state and federal - helping determine how district boundaries are aligned. One alarming possibility - California could lose a congressional seat for the first time in its 160 year history. California faces many challenges in achieving an accurate census count. In addition to its diverse population, California is home to 12% of the nation's population but has more than 30% of the Hard-to-Count population in the nation. California has 10 of the top 50 Hard-to-Count populations in the nation, with Los Angeles being the number one Hard-to-Count County in the nation. The 2000 Census undercounted 525,000 people in California, costing the state \$1.2

billion dollars annually. California could lose approximately \$3,000 for every Californian that is not counted. Fortunately, several steps have been taken by the Census Bureau to make the census easier than ever including: The long form has been eliminated. The 2010 census questionnaire contains only 10 questions and should take less than 10 minutes to complete. I want to remind everyone that strict confidentiality laws protect respondents and the information they provide. And has you have probably received by now every household has been mailed an advance letter and the questionnaire, and a reminder postcard will be sent before the door-to-door canvass. In addition, the number of outreach specialists has been tripled and added thousands of local questionnaire assistance centers. This provides the added benefit that the census count will create thousands of temporary jobs. The message is easy: The Census matters. The Census is simple. The Census is 100% confidential. Be Californian. Be Counted.

For more information, visit <http://www.californiacompletecount.org>.

### Gardening for the Health of it

Meetings will be held at Sunrise Tech Center, 7322 Sunrise Blvd., Citrus Heights, 95610, on Wednesdays, beginning April 14, from 9:00 am to 12:00 noon. This nine week class sponsored by San Juan Unified School District covers healthy gardening with herbs and vegetables for all seasons plus landscape planning with the best plants for the Sacramento area. Class includes garden tours and guest appearances of Master Gardeners. Registration with \$50 fee is payable to Sunrise Tech Center at above address. For more information call Alicia @ 966-3535.

# Operation "Green Extreme"

Sacramento - The Sacramento Tree Foundation and San Juan Unified School District are bringing the benefits of trees and greenery to every school site in the San Juan district. On Saturday, April 17 2010 (9am- 1pm), the Sacramento Tree Foundation and over 200 volunteers will plant 100 trees on the campuses of Mira Loma High School and Arcade Fundamental Middle School. This planting marks the kick-off of this three-year partnership, which upon its completion will have added 1,600 trees and involved thousands in tree planting and education events. Volunteers can sign-up at [volunteer@sactree.com](mailto:volunteer@sactree.com) and will be directed to either Mira Loma High

School and Arcade Fundamental Middle School. All volunteers will gather at 8:30am. Operation Green Extreme begins at both schools at 9am. The Sacramento Tree Foundation is a nonprofit organization leading efforts to build the best urban forest for the Sacramento region. We work with community partners and volunteers to bring trees to every neighborhood, business district, park, school and street. Our goal is to support the planting of 5-million trees in our region by the year 2025. This is important because of the many health and economic benefits that trees contribute to the overall quality of life of our neighborhoods and communities. Tree plantings and education offer

significant contributions to school communities, including staff, teachers, and students. Trees shade buildings, which help to save cooling costs. They provide shade to playgrounds and social areas, protecting people from overexposure to the sun and providing respite during hot Sacramento weather. Trees improve air quality by removing harmful particulates from the air and help protect against flooding during wet winter months. Green spaces assist in reducing mental stress and create a welcoming, park-like atmosphere. Most importantly, the trees planted that will be planted by the school community will help to create a sense of pride and ownership in school grounds by both staff and students.

# A Message from Metro Fire



By Sac Metro Fire Captain Christian Pebbles

Sacramento - As of April 1, 2010 Metro Fire will be providing 100% Advanced Life Support (ALS) on all of our Fire Engine Companies. This operational change was reported at our February 25 Board Meeting. What this means to our citizens is that all of our Fire Engines will provide at least one Paramedic, two Emergency Medical Technicians (EMT) and life saving

medication. The benefit of the increase is consistent ALS service throughout our District. The implementation of the 100% ALS program is a direct result of management and labor working together for the better of our community, at no additional cost. **Safety Tips:** Spring officially starts on March 21 and that means we are all back to the streets walking, running and biking. Here are some safety tips to keep you and your family safe during your spring outing. • Pretend that you're invisible - Sounds sort of funny but it's a good way to keep from getting run over. If you always assume that a driver doesn't see you, you'll be a lot safer. • Never run or walk more than two-abreast, and make sure you face traffic, keeping as close to the shoulder of the road as possible. Bikers should travel with traffic, and obey the rules

of the road and always wear a helmet. • Wear reflective clothing if you're going to be in the roadway. • Be attentive to the lighting conditions. It's harder for drivers to see during dusk and dawn. Remember that solar glare is a factor in a lot of accidents. • Keep Identification with you in case you're involved in an accident and we don't know who you are. Any finally, drivers should keep their windshields clean. It's also an excellent idea to wash off your headlights and taillights when you gas-up. It makes a big difference.

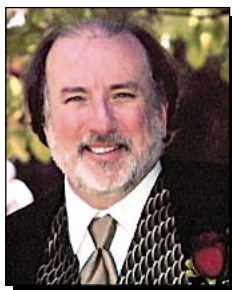


## Creative Expression with Applied Art

Weekly classes meet at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael on Thursday from 9:00 am to 1:00 pm. Sponsored by San Juan Unified School District and the host site. Nine classes begin April 15 and feature lessons on fused glass jewelry and ceramics. Registration with \$50 fee is payable to Sunrise Tech Center, 7322 Sunrise Blvd., Citrus Heights, 95610. For more information call Alicia @ 966-3535.

# 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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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Graphics & Layout	Tandra Banerjee
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	North American Precip Syndicate • Blue Ridge Press
	ARA Content • Family Features • WorldNetDaily
Photography	Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [publisher@carmichaeltimes.com](mailto:publisher@carmichaeltimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

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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.

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Tickets: 916 536-9065 | [SacramentoChoral.com](http://SacramentoChoral.com)

Carmichael



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

**Yolanda Griffith's Basketball Camp at La Sierra Community Center Saturday and Sunday April 10 and April 11**

Yolanda Griffith has created a great opportunity for 1st—12th graders to learn Yolanda Griffith has created a great opportunity for 1st—12th graders to learn and improve their fundamental basketball skills. Yolanda's professional basketball career has spanned 16 years including two Olympic Gold Metals, seven WNBA All-Star appearances, WNBA Championship, Defensive Player of the Year and a WNBA Finals and League MVP! Beyond the accolades is her passion to teach the game. Her goal in this camp is to share not only her basketball wisdom, but to impart her passion and love of the game onto the next superstars!



Yolanda Griffith

**Who can play and cost:**

- 1st - 5th Grade Boys & Girls
- 10am - 1pm - \$80 includes T-Shirt & Lunch
- 6th - 12th Grade Girls
- 9am - 3pm - \$150 includes T-Shirt & Lunch

**Players will receive:**

- Professional fundamental basketball instruction from Yolanda and her talented coaches.
- Basketball knowledge and drills that can be continually practiced at home
- Camp T-Shirt and Free Lunches

**Register NOW!**

In person at the La Sierra Community Center, 5325 Engle Rd, Suite 100, Carmichael

Online at

[www.carmichaelpark.com](http://www.carmichaelpark.com)

By phone at (916) 483-7826

Camps are located at the La Sierra Community Center Gymnasiums, 5325 Engle Rd, Carmichael, CA 95608

For more camp information go to [www.trainingwithyo.com](http://www.trainingwithyo.com)

**Community Rummage Sale**

**Location:**  
La Sierra Community Center Skate Park, 5325 Engle Rd, Carmichael  
Saturday, April 17, 2010, 8 am – Noon  
FREE for shoppers of all ages

La Sierra Skate Park is hosting its first every Community Rummage Sale. If you have household items, toys, clothes, furniture and more that you would like to donate, please drop them off after April 1 during the skate park's operating hours: 3:30 – 8 pm Monday

through Friday, and Noon to 6 pm on weekends. Then join us for some great bargain hunting on Saturday April 17. All proceeds benefit the La Sierra Skate Park. Please call 483-7826 for more information.

**California Legislative Attacks on Prop 8**



By Yolanda Knaak

SB 906 Creates "Civil Marriage" by inserting the wording "civil marriage" in place of "marriage" in various places in the family code. This bill is sponsored by Equality California, a lesbian, gay, bisexual and transgender advocacy organization and the ultra liberal California Council of churches, IMPACT. The author, Senator Leno, previously authored a couple gay marriage bills which did not pass and he was recently reported by the Bay Area Reporter to have said, "religious entities have no business interfering with the fundamental right of everyone's access to marriage". Numerous organizations such as Concerned Women For America,

Save California and ProtectMarriage.com are concerned that in changing marriage to civil marriage, it lays the groundwork for legalizing same sex marriage. Prop 8 is our current law protecting traditional marriage, 7 million people in California voted in favor of the law last year. Despite the people's vote for prop 8, SB 906 passed the Senate Judiciary Committee on March 23, 2010 and now goes to the Senate Floor for a vote. If you desire to make an impact on our state, contact your State Senator with your views. One local State Senator for District 6 is Darryl Steinberg, his phone # is 916-651-4006, his fax # is 916-323-2263 and his address is Darryl Steinberg, State Capitol room 205, Sacramento, CA 95814. One can also write Governor Arnold Schwarzenegger, at State Capitol Blvd., Sacramento, -CA, 95814, to voice one's views. AJR 19 is a 2009 measure that is still active. It is a non-binding resolution which requests Congress and the President of the United States to repeal the Defense of Marriage Act (DOMA). A repeal of DOMA would put state laws protecting traditional marriage at risk. Currently the majority of states have either a

DOMA law or a constitutional amendment protecting traditional marriage. This resolution has already passed the Assembly and the author is planning to present it to the Senate Judiciary Committee. If it passes, it will go to the Senate. If you want to impact our society, contact the Senate Judiciary Members, or your State Senate Representative. The California Senate Judiciary Members can be looked up on the internet, the State Senate 6 representative is listed above and if one lives outside of State Senate District 6, one can easily look up one's district on the internet or in the front of the phone book and obtain the contact numbers for their State Senator. In spite of 7 million voting for Prop 8, marriage between a man and a woman, the legislature is not listening to the people of California. They are attacking Prop 8 with two pieces of legislation, SB 906 and AJR 19. When will the attacks on prop 8 end? About the Author: Yolanda Knaak has a Masters Degree from UCLA and is a Registered Nurse who works as a Home Health Case Manager. She regularly offers her commentary to MPG. For questions, she can be contacted at [YolandaKnaak@hotmail.com](mailto:YolandaKnaak@hotmail.com)

**Monthly Meeting of Mission Oaks Genealogy Club**

On April 15, 2010 the Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Program: interviewing and oral history. Presenter: Glenda Lloyd. Visitors are welcome. Cost: Free. For more info call Robert Noyes (916) 332-5753 or visit website at: <http://missionoaksgenealogyclub.org>.

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



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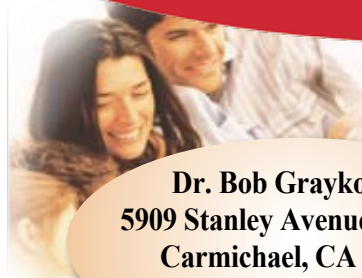
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- April 20th *Essential Steps to a Vital Nervous System*

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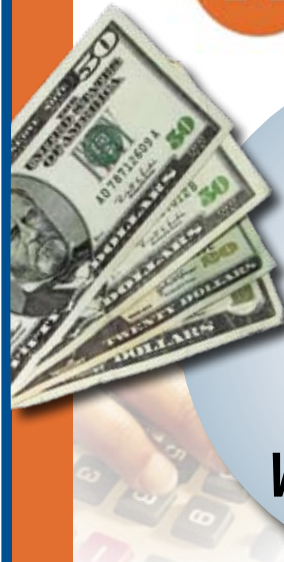
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- Handyman Services
- and more!

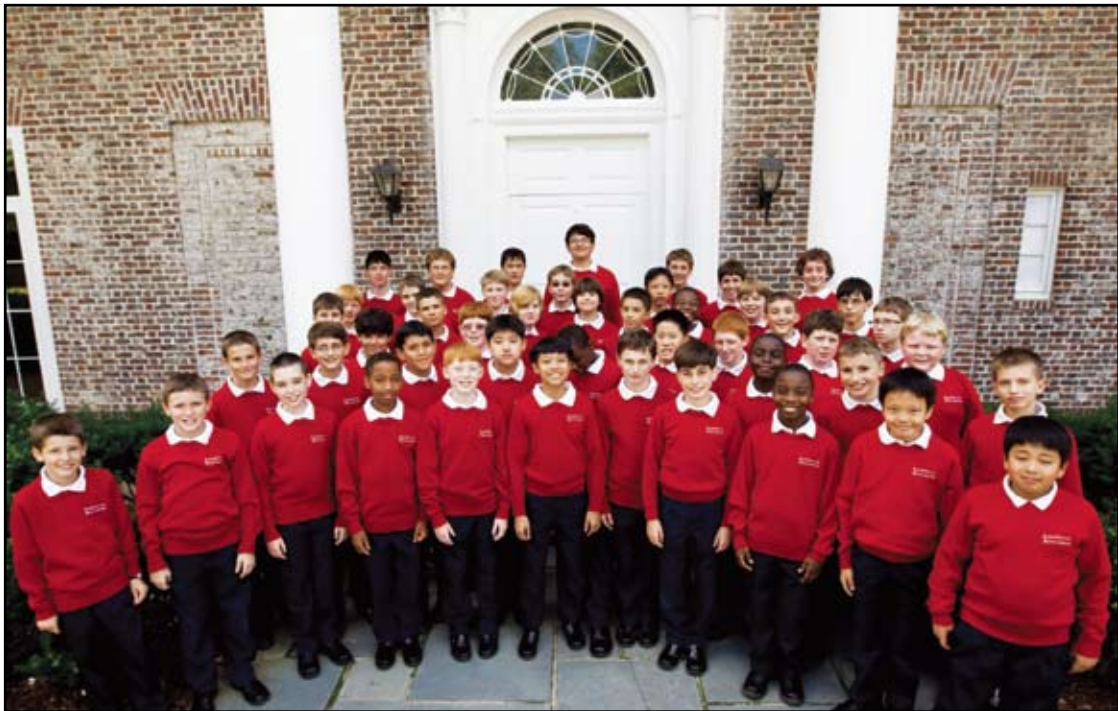


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# Renowned Boychoir to Perform



The Boychoir to perform in concert at the Trinity Cathedral in Sacramento

Sacramento - The American Boychoir has been enriching the cultural life of the Nation for 73 years by bringing its unique and joyful sound to people around the world. Experience the choir hailed by The New York Times for their "riveting involvement and full-bodied sound." The American Boychoir, under the musical leadership of Litton-Lodal Music Director Fernando Malvar-Ruiz, will be performing at Trinity Cathedral Church, 2620 Capitol Avenue in Sacramento on Sunday, April 25, 2010 at 4:00pm. Featuring musical selections as diverse and dynamic as the boys themselves, audiences are sure to be mesmerized by a memorable performance.

The American Boychoir's 2010 Spring Tour will include selections from European composers Victoria, Schütz, Brahms, and Fauré. Also included will be works by American composers and arrangers Mulholland, Lauridsen, and Hampton, as well as selections by composers from Venezuela, Brazil, Korea, and Japan. Boys in grades 3-7 who love to

sing, are encouraged to audition after the concert. No preparation is necessary. More information about The American Boychoir can be found at [www.americanboychoir.org](http://www.americanboychoir.org).

The American Boychoir is regarded as the United States' premier concert boys' choir. It continues to dazzle audiences with its unique blend of musical sophistication, effervescent spirit, and ensemble virtuosity. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, come from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. The American Boychoir School, the only non-sectarian boys' choir school in the nation, was founded in Columbus, Ohio, in 1937, and has been located in Princeton, New Jersey, since 1950.

Maintaining an active national and international touring schedule, the Boychoir performs with world-class ensembles including the Boston Symphony Orchestra, the Philadelphia Orchestra, and the New

York Philharmonic. The Boychoir appears regularly as featured artists with James Levine at the Tanglewood Music Festival, and has performed with the internationally renowned soprano Jessy Norman, prominent jazz musician Wynton Marsalis, pop diva Beyoncé, and at Carnegie Hall with Sir Paul McCartney.

Often called upon for boy soloists, members of The American Boychoir have performed with the Baltimore Symphony Orchestra, the Berkshire Music Festival, and the Virginia Symphony Orchestra.

The American Boychoir has been extensively recorded on its own label Albemarle Records and broadcast on radio and television, with over forty-five commercial recordings.

The programs offered by The American Boychoir School are made possible in part through a grant by the New Jersey State Council on the Arts/ Department of State, a partner agency of the National Endowment for the Arts. Additional funding has been provided by the New Jersey Cultural Trust.

## St. George's Episcopal Church Presents Arifa Mammadli

The first in a lecture series on the Middle East

Carmichael - Arifa Mammadli, instructor at Sacramento City College, earned her master's degree in international relations at Baku State University, Baku, Azerbaijan Republic, attended North Dakota University and American River College. Ms. Mammadli will give an hour presentation on the middle-east. without going into great detail, she will touch on the subject of what is the middle east—its geographic/

strategic location, which countries it encompasses; what are the dominant ethnic and religious groups, languages spoken, non-Arab ethnic minorities. A historical background to the legacy of Islamic and Ottoman empire, Islam, historical overview, its basic principles and common ground with other Abrahamic religions, Christianity and Judaism. Cultural features - hospitality, honor, collective responsibility.

Cultural and religious traditions and holidays. Popular Middle-eastern figures and celebrities.

Where: St. George's Episcopal Church 560 Winding Way, Carmichael

For More Information Call 487-5600

When: Saturday, April 17, 6:30 p.m.

Refreshments will be served. A \$2 donation may be made at door

## SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

### Schedule for 2010

April 3-24 Watercolor Artists of Sacramento  
Horizons, Inc. Membership Show  
"The Sound of Brushes"  
April 27 - May 8 "Painting Where the Wild Things Are"  
2nd Saturday Reception  
May 8, 5:30-8:30pm  
Sacramento Fine Arts Center



"River Trees" by Gregory Kondos, juror

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



## Free Health Faire

8-11am, Friday, April 30  
Health Screenings • Over 30 Vendors  
Door Prizes



### MISSION OAKS COMMUNITY CENTER

#### Extended Tours

- **Rockies Highlights by Train**  
July 24-August 1, 2010 • \$3,199 pp double
- **Colors of New England**  
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- **Holiday at the Waldorf**  
December 6-10, 2010 • \$2,649 pp double

#### Luxury Motorcoach

- **Springtime in Yosemite** & tour Hilmar Cheese factory  
Overnight stay at Chukchansi Resort & Casino  
May 18-19, 2010 • \$246 doubles occupancy
- **California Academy of Sciences**  
San Francisco • Wednesday, June 9, 2010  
\$77/person
- **Father's Day Beer Brunch Cruise**  
Brunch on the Hornblower  
San Francisco • Sunday, June 20, 2010 • \$149/person



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**Club & Craft Room**  
• Seats 45 Dining, 77 Assembly  
Please call (916) 972-0336 for availability and rates.

**Swanston Community Center**  
2350 Northrop Ave., Sacramento  
**Activity Room**  
• Seats 125 Dining, 250 Assembly  
• Beautiful Park Setting, Non Skid Floor, Round Tables, Free Parking, Use of Pantry Kitchen, One Year Advance Rentals  
**Conference Room**  
• Seats 25 Assembly  
Please call (916) 333-6464 for availability and rates.

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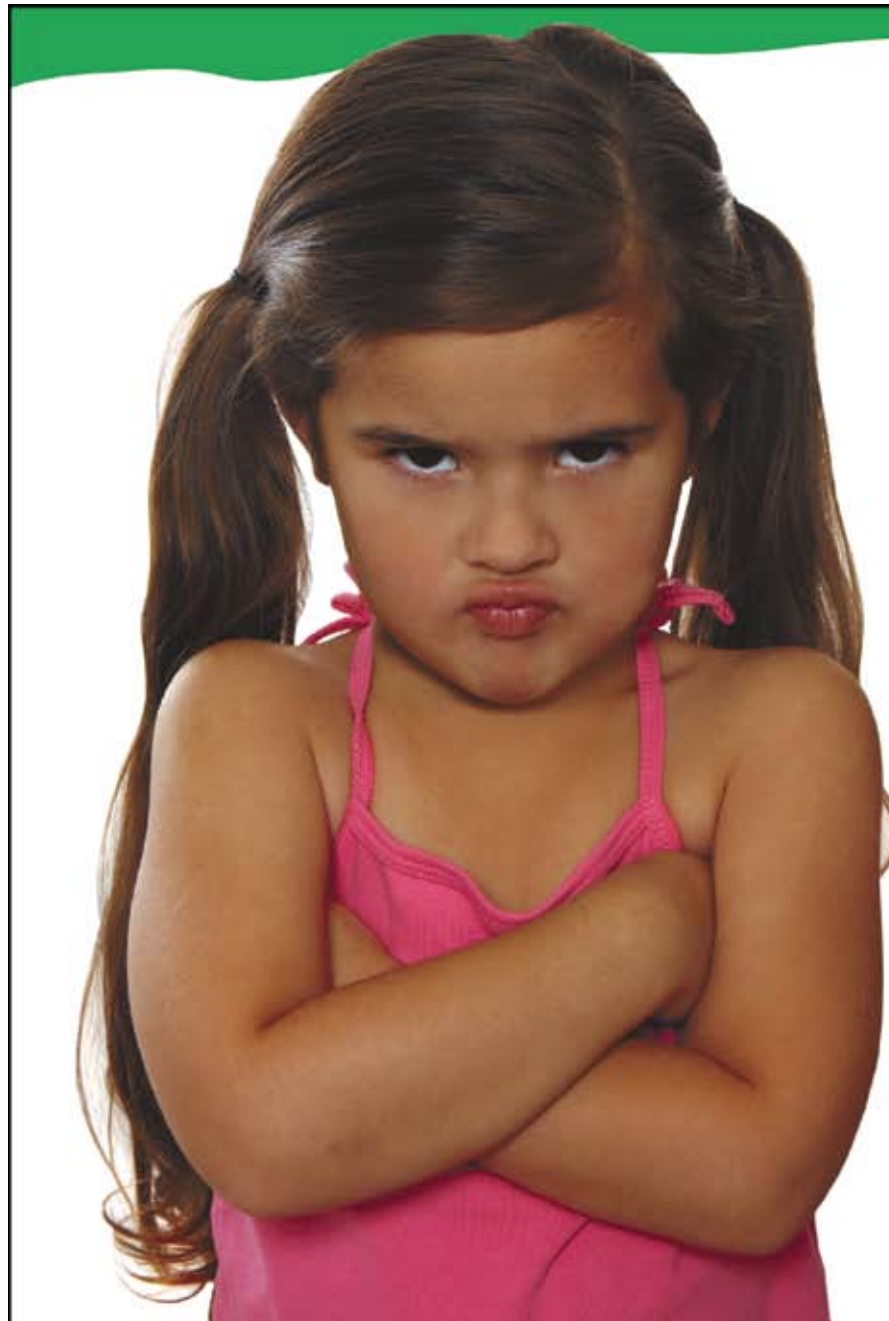
(916) 488-2810 • Fax (916) 488-4349  
3344 Mission Ave., Carmichael CA 95608

**MISSION OAKS COMMUNITY CENTER**  
(916) 972-0336 • Fax (916) 972-7371  
4701 Gibbons Dr., Carmichael CA 95608

**SWANSTON COMMUNITY CENTER**  
(916) 333-6464 • Fax (916) 488-4349  
2350 Northrop Ave., Carmichael CA 95825

### MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am - 5 pm  
Registration Hours:  
8:30am-4pm Monday-Friday  
[www.morpd.com](http://www.morpd.com)



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## Monthly Military Retiree/Spouses Meeting

Our next monthly military retiree spouses meeting will be held on 13 April 2010 at the North Highlands Park and Recreation District, located at 6040 Watt Ave, North Highlands. Meeting time is 1030 hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and Attendance. You don't want to miss out on this informative meeting. Join us for a cup of coffee and excellent fellowship. Questions can be answered by contacting our volunteer staff at 561-7476.

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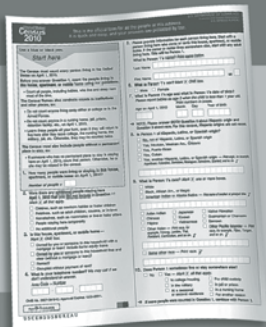
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We can't move forward until everyone is counted and it's sent back.

United States  
**Census 2010**

IT'S IN OUR HANDS

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# Children's Bereavement Art Group Celebrates 25 Years of Service

More than 9,000 children and their families received support from program

Sacramento - This April, the Children's Bereavement Art Group (CBAG) is celebrating its 25th anniversary as a creative outlet for children from ages 4 to 17 to express their grief over the loss of a loved one. Through this group, which is facilitated by art therapists with extensive backgrounds in childhood grief, children express their thoughts and feelings through a variety of art activities, including drawing and painting. "It is not so much of how many years we've been in existence, but how many lives we've been able to touch in that time," said Peggy Gulshen, board-certified art therapist/marriage and family therapist, CBAG program founder and coordinator. "These children, some of whom are now adults, are special individuals and have had such an impact on

this program through the years." To date, CBAG has provided support to more than 9,200 children and teens, and their families. The program, which began at Sutter Memorial Hospital in 1985, has since expanded to sites including Sutter Auburn Faith Hospital and Sutter VNA & Hospice Roseville, which are facilitated by Patricia Caputo, R.N., and Dennis Cox, respectively. CBAG also broadened its scope in September 2005 to include a school outreach program, offering grief sessions on campus to elementary, middle and high schools in the greater Sacramento area. The CBAG program has earned a great deal of regional recognition, but has earned a fair share of national attention as well, including receiving the 573rd Point of Light Award from the George H.W. Bush

administration in 1991. It will host a private celebration in April where current staff, volunteers, program donors/supporters and some past CBAG participants and their families will have the chance to reconnect, reminisce and reflect. For more information about the program, please call 916-454-6555. CBAG is a community service project of the Sutter Auburn Faith Hospital Foundation, Sutter Roseville Medical Center Foundation, Sutter Medical Center Sacramento Foundation and Sutter VNA & Hospice Development Department. This special service is also made available due to generous donations from community members and organizations. For more information, call 916-454-6555 or visit [www.sutterchildrens.org/childbereavement](http://www.sutterchildrens.org/childbereavement)

# Effie Yeaw Nature Center

April 2010 Events

**Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Indian Culture**  
Park entrance fee: \$5.00 per car or FREE to ARNHA members  
Open 9:00 a.m. - 5:00 p.m. Wednesday through Sunday, 9:00 a.m. - 1:00 p.m. Monday & Tuesday

**Creek Week**

Be part of an area-wide volunteer effort to improve our creeks by collecting and removing trash and invasive exotic plants. For information, go to: [www.creekweek.net](http://www.creekweek.net)

Friday, April 9th through Saturday, April 17th

**Go with the Flow**

Why are water striders, backswimmers and diving beetles so important to the health of a creek, pond or river? Join a naturalist and learn how to get involved in caring for our waterways.

Saturday the 10th at 10:30 AM

**Family Friendly Nature Hike**

Discover the many plants and animals that live along the American River while enjoying the sights and sounds of Spring

Sunday the 11th at 1:30 PM

**Phoenix Field Vernal Pool Walk**

Meet Jack on Sunset, east of Hazel Ave. and discover the beauty of these rare and amazing seasonal gardens.

Wednesday the 14th at 9:00 AM - Noon

**Habitat Improvement**

Our Nature Area needs some special care. Join Jack in making improvements that will benefit our riparian woodland. Call Jack at 967-0777.

Sunday the 18th at 8:00 AM

**Wildflower Walk**

Join Natural Resource Specialist Mary Maret for a special guided walk to see Nature's spring floral display in the Nature Preserve.

Saturday the 24th at 10:30 AM

**Help support Nature Center programs by joining the American River Natural History Association (ARNHA)**

ARNHA, a nonprofit organization since 1981, supports educational and interpretive activities in the American River Parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the Nature Center's mission

to introduce thousands of school children each year to the beauty and diversity of the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource. Due to County budget cuts, the Nature Center needs your help more than ever. **Join ARNHA** at the Nature Center or at [www.arnha.org](http://www.arnha.org). Check out the member benefits!

Support Sacramento County Parks by purchasing a Parks Pass at the Nature Center or visit [www.sacparks.net](http://www.sacparks.net)



The Nature Center is located in Ancil Hoffman County Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711

[www.effieyeaw.org](http://www.effieyeaw.org) TDD/TTV

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## American River Conservancy Spring Programs 2010

**New Trail Preview Hike-South Fork American River (Cronan Ranch To Salmon Falls Bridge)**  
Saturdays: April 10th, May 8th, 9 AM - 2 PM

Come join us on our newly-constructed trail, not yet open to the public. This is a fundraiser to assist ARC complete construction of the trail's final segments. Hiking distance is approximately 8 miles with easy to moderate hiking. Our hike will take us along the west ridge of the Cronan Ranch down to the South Fork American River with beautiful views of the Coloma-Lotus Valley and the South Fork American River Canyon. We start downstream from the Cronan Ranch through mixed oak woodland and conifer with occasional views of the lower American River gorge. Just upstream of Satan's Cesspool, we'll emerge into mixed chaparral-covered slopes and then back into beautiful blue oak woodland recently acquired by ARC. Finally, our group will emerge onto a long-running ridge with excellent views of upper Folsom Lake and the Sacramento Valley. The trail then drops down to Acorn Creek and the site of ARC's pedestrian bridge construction project and on to the Skunk Hollow Parking Lot at the Salmon Falls Bridge and Folsom Lake. A shuttle bus will pick up our group at the Skunk Hollow parking lot and return us to our cars at the Cronan Ranch trailhead by approximately 2 p.m. Fit 10-year-olds+ welcome. Rain or shine. Please call (530) 621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org) to sign up and for meeting location. **Donations encouraged for these special preview hikes.**

**KDD-Wolf Stories**

Sunday, April 11th, 1 - 2:30 pm  
Stories about wolves are plentiful. Some are scary, some are funny, some teach us a lesson! Come out and hear a sampling of such stories from members of the El Tuesday, 1:49 PM Dorado Storytellers Guild. Make a wolf craft while you're with us. Age minimum: 4 years old. **FREE. Donations accepted.** Please call to sign up and for location (Coloma area) at 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org).

**American River Canyon Hike (Middle Fork)**

Saturday, April 17th 9am - 12 pm  
Join ARC volunteer Howard Williams, hiker, backpacker and nature buff for this short (about 4 miles) hike on trails on the south slope of the Middle Fork American River Canyon in Cool. This beautiful area is much different than anything on the South Fork at the same elevation. It is heavily forested with the feel of being several thousand feet higher in elevation. We should encounter wildlife and perhaps find some wild mushrooms. The hike will be at a leisurely pace but does include a 600 ft. elevation gain. Responsible teens and older welcome. Rain cancels. **FREE.** Please call to sign up and for meeting location (Cool area) 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org).

**INNOVATIVE HOME TOUR #5**

Sunday, April 18th, 1 - 3 pm  
Learn how even a 30-year-old home can be greatly improved for energy and water efficiency. See how to tap into passive solar heat, the tremendous benefits of solar hot water, why low-E windows may actually be a poor choice for south-facing windows, the benefits of a methlund water recirculating system, how rainwater harvesting can make more sense for toilets than for irrigation, why an infrared gun can be your best friend, which recessed lighting should be replaced, lighting by solatube, and much more. Information can be applied to new as well as retrofit construction. Alice Cantelow, an environmental educator with American River Conservancy and her husband Lester Lubetkin have been remodeling their home with an eye toward sustainability for over a year and are ready to share all they have learned. **Suggested donation - \$5.** Please call to sign up and for meeting location (Diamond Springs area) at 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org)



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FICTITIOUS BUSINESS NAME STATEMENT #1001458. Calpol Corporation, 10040 Prairie Dunes Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Five Star Transport" at 10040 Prairie Dunes Way, Sacramento, CA 95828.

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 5, 2010.

St. Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010.

a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 16, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010.

NAME of Skytrade USA, located at 13711 Cherokee, Galt, CA 95632. On Parkash Kapoor, 8775 Springhills Way, Orangevale, CA 95662.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073677

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.

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610.

NOTICE TO CREDITORS OF BULK SALE (Secs. 6104, 6105 U.C.C.) Notice is hereby given to creditors of the within named seller that a bulk sale is about to be made of the assets described below.

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M. Akers, 7796 Glenn Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628.

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.

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 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.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072906

WHEREAS, Nathaniel Dale Potratz has filed a petition with this court for a decree changing name of Nathaniel Dale Potratz to Nathaniel Dale Ezekiel Sterling. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 23, 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072368

WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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.

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.

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WHEREAS, Nathaniel Dale Potratz has filed a petition with this court for a decree changing name of Nathaniel Dale Potratz to Nathaniel Dale Ezekiel Sterling. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 23, 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.

Description: inventory, stock in trade, fixtures and equipment and good-will located at: 8100 Dierks Rd., Sacramento, CA 95830 of a certain refrigeration repair and service business known by the name "G&S Refrigeration and Beverage Co., Inc."

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.

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE #0909533

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE #0909533

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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072260

WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kwii Lei Rayshall Parks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 16, 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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073136

WHEREAS, Alicia Monique Mays has filed a petition with this court for a decree changing name of Alicia Monique Mays, aka Alycia Monique Trahan-Mays, aka Alicia Monique Carpenter to Alycia Monique Trahan-Mays Carpenter. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 27, 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.

BONES LAW FIRM 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841. Gordon G. Bones Attorney at Law. The Law Firm provides the following legal services: Bankruptcy, Business and Corporate Matters, Trust and Trust Administration, Estate Planning, Probate and Conservatorship, Family Law. P: 916.965.6647 F: 916.965.4218 gbones@boneslawfirm.com

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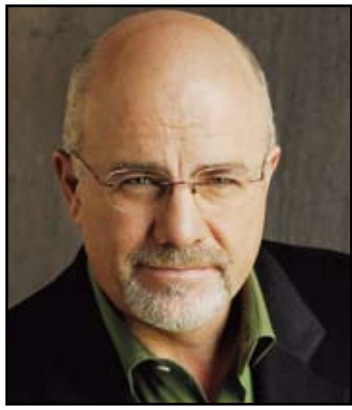
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# Dave Says



Dear Jessie,

Putting money into something you don't understand is the easiest way in the world to lose it all. I'm glad you're asking questions, and want to do the smart thing with the money that's coming your way. I've always said personal finance is 80 percent behavior and only 20 percent head knowledge. So, you don't need to change your major to finance to make this happen. However, you will have a \$50,000 responsibility that you didn't have before.

For now, I think a simple savings account is fine. I'd park about \$40,000 in there, and just forget about it for a while. Then, take \$5,000 to set up an emergency fund. Put it in a good money market account with check writing privileges. After you've done these things, take the remaining \$5,000 and use it just for you. Have some fun! After all, spending and having a good time is one of the great things you can do with money.

But here's something to think about once you've educated yourself on investing. If you move the original \$40,000 you set aside into a good, growth stock mutual fund, you'll have millions sitting there waiting when you retire. Talk about being able to retire with dignity, and change your family tree!

- Dave

### Creditors are Harassing Us!

Dear Dave,

My husband and I are trying to pay off our debts, but we're behind on a couple of credit card payments. The credit card company is calling us all the

time and being really rude. They call us repeatedly at work, even though we've both told them not to do this. We're trying to work with them, but it's causing us problems with our bosses and making things miserable at home. How can we get this to stop?

- Tanya

Dear Tanya,

If you owe the money, then you've got a moral and legal responsibility to pay the debt. Still, these clowns are breaking the law. It sounds to me like it's going to take a real slap in the face to bring them around.

Send a letter overnight delivery, return receipt requested, to the guy who has been calling and the company headquarters. In the letter, tell them your financial counselor has informed you that they are breaking federal law by harassing you this way. Once a creditor has been notified not to call a person's place of employment they are required by law never to do so again!

If you want to have some real fun, invite them to call back one more time, because you'd love to sue them for about \$10 million and win! Make sure you keep a copy of the letter, too. You'll need proof they've been notified in the event this thing goes to court. Also, contact the Federal Trade Commission and report these guys immediately.

Remember, Tanya. You owe what you owe, but that doesn't mean your creditors have a right to harass you and make your life miserable. Get these guys off your back and under control!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

### College Student with Inheritance

Dear Dave,

I'm currently a junior in college. I don't have any debt, and my school is paid for through scholarships. Next month, I'll receive an inheritance of almost \$50,000. I don't want to blow it, but I don't know much about stocks, mutual funds, or investing, either. Do you have any advice?

- Jessie



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May 22, 2010

## California State Youth Pageant

11 Categories: Baby Darling to Mrs./Ms. Northern California Rep.

Scholarships: \$1000.00 - Miss \* \$500.00 - Teen

Tickets at the door:

Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant.

We will be collecting the food and school supplies for needy families in our area.

All contestants receive free training in ramp walking, public speaking, skin and hair care.

For more information or to become a pageant sponsor contact Pageant Director, Mary Purvis at 721-3824

## CHAUTAUQUA PLAYHOUSE



*Bad Seed: (L) Lauren Metzinger and Mary Bond. Pictures by Warren Harrison*

*Bad Seed* runs through April 18  
*Rapunzel* runs through April 10

Chautauqua Playhouse opened the thriller *BAD SEED* by Maxwell Anderson, on March 12, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through April 18. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

*Based on the best-selling novel by William March, the play took Broadway by storm in the 1950's and has been filmed twice. It remains a suspenseful psychological drama, even 55 years later. Rhoda Penmark is the star child of her class and the apple of her mother's eye, every bit the perfect child. Then one of Rhoda's classmates drowns on a school field trip under strange circumstances. Unspeakable terror and a villain you'll never forget.*

Director and set designer Warren Harrison has assembled a cast including Mary Bond, Monique McKisson, Julie Bock-Betschart, Walter Thompson, Daryl Petrig, Chris Lamb, Michael Walker, Bob Nannini and Carolyn Gregory. Lauren Metzinger will be featured as "Rhoda". Costumes are by Eileen Beaver.

*The Chautauqua Children's Theatre opened their new production of RAPUNZEL on March 20. Under the direction of Marie Raymond, this musical adaptation of the classic fairy tale will delight audiences of all ages. Showtime is on Saturdays at 1 pm and 3 pm, from March 20 - April 10. All seats for the Children's shows are \$7.00.*

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: [www.cplayhouse.org](http://www.cplayhouse.org).

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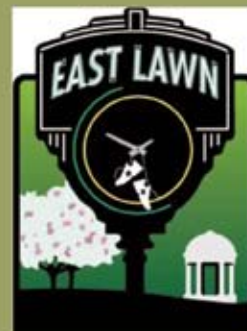
The holidays are often filled with warmth, laughter and time spent with family. They are also a time when adult children notice changes in their older parents. Aegis Living, a national leader in assisted living and memory care communities, understands this period in adult children's lives. If you recognize 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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# The Annual Grape Race Comes April 17th

Sacramento - Saturday April 17th from 10-12pm, the Mission Oaks Recreation and Park District is hosting the 2nd Annual Grape Race. Children, families and friends are welcome to join us for this FREE event which will feature fun activities for kids, nutrition and fitness education and prizes. This year's event will also feature a silent auction to help raise money for Project H.Y.P.E., a summer health and wellness program for local youth aged 10-15. Location: Ashton Park- 4251 Ashton Drive, Sacramento 95864 Please come out and support the 2nd Annual Grape Race!!!

# Singles Spring Dance April 10th

Carmichael - Christian Singles Network, will hold a Spring Dance for single adults Saturday April 10, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is the area's largest interdenominational Christian singles group. Couples are also welcome, and all ages are welcome to attend. Doors open at 7:45 PM. The evening features DJ dance music from 8-11:30 by DJ Dale Chessey from Allstar Entertainment and dance lessons in the Merengue by Declan from 7-8 PM. The dance music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances. Dress is casual attire. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call 530-878-8606 to volunteer. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, holds weekly events and dances every month. The next dance after this is the Retro Dance March 20, at the same location. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome. CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area. Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606. To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties and cruises.

# Hometown Hero

## Army Pfc. Russell M. Guerra

Army Pfc. Russell M. Guerra has graduated from One Station Unit Training (OSUT) at Fort Knox, Ky., which consisted of basic military training and advanced individual training (AIT). The first nine weeks of initial entry training, or basic combat training, the trainee received instruction in drill and ceremony, weapons, rifle marksmanship qualification, bayonet combat, chemical warfare, field training and tactical exercises, marches, military courtesy, military justice, physical fitness, first aid, and Army history, traditions, and core values. During AIT, the soldier completed the seven-week cavalry scout course. The training included subjects and instructions to operate, maintain and fire M2/M3 Bradley fighting vehicles; call and adjust fire on enemy targets, recognize friendly and threat vehicles; conduct reconnaissance and security missions, perform foot patrols, conduct land navigation, locate and neutralize mines; and operate and maintain scout vehicles. He is the son of Dottie J. Guerra of Greeneyes Way, Orangevale, Calif., and brother of Maria Guerra of Hopkinsville, Ky. His wife Sandra, is the daughter of Leslie D. Broderick of Carmichael, Calif. Guerra received a degree in 2005 from the University of the Pacific, Stockton, Calif.

## Adopt A Cat: SAKrescue Needs Your Help

To prepare for the upcoming kitten season, a special effort to place adult cats into loving homes will be in effect for the months of March, April and May. SAKrescue is offering an adoption special of \$60 per adult cat or 2 for \$100. The cats are all spayed or neutered, have all their shots up to date including rabies, have been FELV tested, and have been treated with Advantage™ for flea control.

Donations of food, litter, (scoop-able for adult, and regular clay litter for babies) and Kitten formula are always needed and can be left at Incredible Pets.

Cash donations can be made to Sacramento Area Kitten Rescue, P.O. Box 418233, Sacramento, CA 95841. Phone 916-491-1657.



## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

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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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# Carmichael Resident Joins Cristo Rey High School Sacramento Board of Directors

*Carmichael* - Cristo Rey High School Sacramento, a private college preparatory school where students help pay for their education through an innovative work-study program, has announced that Sr. Gabrielle Marie Jones, RSM, of Carmichael has joined its Board of Directors. Jones is a member of the Sisters of Mercy. Cristo Rey, which started with its first class of students in 2006, is part of a network of private Catholic high schools that provides college preparatory education for students of limited means. A key part of the program is that students work one day a week at an employer, learning

valuable life skills and helping to pay the cost of their education. "We appreciate the willingness of community leaders, such as Sister Gabrielle, who share our vision for innovative, high-quality education," said Ward Fansler, president of CRHSS. "I look forward to working with the Board of Directors to build on the great work that has been done at Cristo Rey." Cristo Rey currently has a coeducational student body of 250 students in grades 9-12 from Sacramento, Yolo and San Joaquin counties. In June 2010, the school will graduate its first class of students.

**About Cristo Rey High School, Sacramento**  
Cristo Rey High School Sacramento opened its doors in 2006. The school provides a unique work-study program in which all students gain valuable workforce skills, develop a strong work ethic and generate income to pay for approximately 50 percent of their tuition. CRHSS offers a Catholic college preparatory curriculum; co-curricular activities including music, art and athletics; and a rich spiritual tradition including liturgies, retreats and Christian service. The school is one of 24 high schools of the Cristo Rey Network® and is sponsored by the Sisters of Mercy, Sisters of Notre Dame de Namur and the Jesuits. For more information, please visit [www.cristoreysacramento.org](http://www.cristoreysacramento.org).



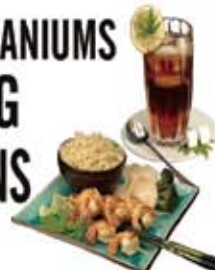
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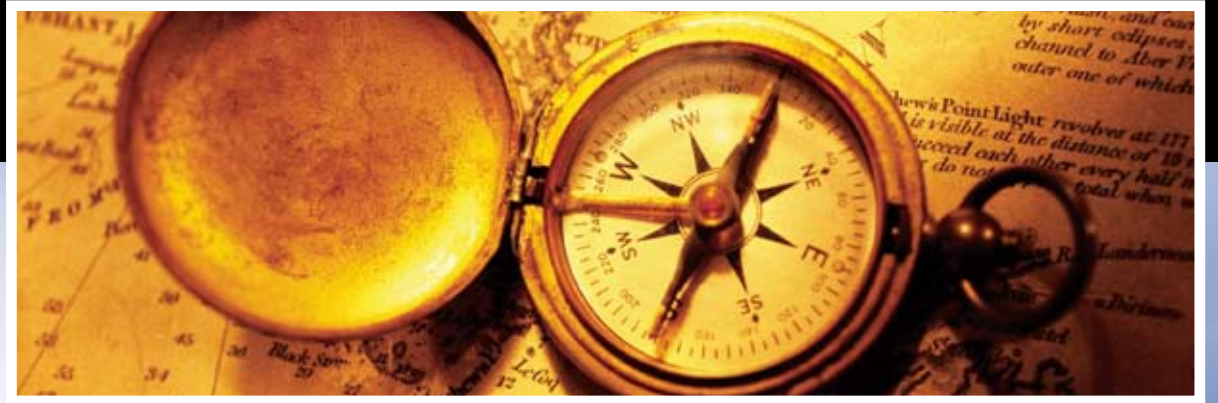
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