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Volume 30 Issue 14

Serving Carmichael and Sacramento County since 1981

April 7, 2010

State Reinforces New Earthquake Safety Measures

Carmichael Park District Opens Nature Path for the Blind

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 seismicrisks, 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.



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

bed which is easily accessible to all. Printed and Braille plaques describe the various species on display, concentrating on their nonvisual features. Visitors are invited Geranium Club, Regina Brink with the Society for the Blind, and Alex Surette, Eagle Scout Project.

Visit our website at www. carmichaelpark.com to read more

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 firsthandimportantlifesafetyskills. 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, 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 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 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 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

Cooking with Geraniums



Carmichael - What is that I 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 participation in 2010. overall One reason why I am excited about the census it 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

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 Hardto-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

Creative Expression with Applied Art

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 Alicia @ 966-3535.

in achieving a complete count.

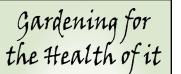
Weekly classes meet at Mission feature lessons on fused glass jewelry and ceramics. Registration with \$50 fee is payable to Sunrise Center, 7322 Sunrise Tech Blvd., Citrus Heights, 95610. For more information call

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 confidentially 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 questionnaire assistance local 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.



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 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.

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.

Tree plantings and education offer

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 twoabreast, 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 ٠ 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.

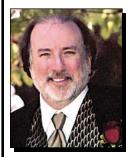


FOURTEENTH SEASON

SACRAMENTO CHORAL SOCIETY & ORCHESTRA DONALD KENDRICK MUSIC DIRECTOR

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

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Association of California, Inc.

Widowed

Persons

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.

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

Mondavi Box Office | 1-866-754-2787 Tickets \$30 - \$40 | Students half-price | Group sales (10+) \$5 discount

> Sacramento tained 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 Bruckner, Palestrina, Bustehude, Bach, Gabrieli

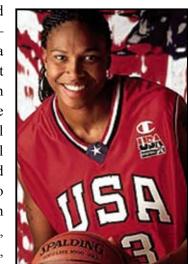
Tickets: 916 536-9065 | SacramentoChoral.com

Carmichael **RECREATION AND** PARK DISTRICT

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 WNBAAll-Starappearances, **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

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

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 Senated 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 Schwarzennegger, at State Capitol Blvd., Sacramento,-CA,95814,tovoiceone'sviews.

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

Monthly Meeting of Mission Oaks Genealogy Club

Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Lloyd. Visitors are welcome. missionoaksgenealogyclub.org.

On April 15, 2010 the Mission Gibbons Drive, Carmichael. Cost: Free. For more info Program: interviewing and oral history. Presenter: Glenda 5753 or visit website at: http://

call Robert Noyes (916) 332-

'Touch of Health' Weekly Vitality Workshop

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

April 13th

April 20th

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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.

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 worldclass 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 Jessyé 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, strategic location, which countries it Cultural and religious traditions instructor at Sacramento City encompasses; what are the dominant and holidays. Popular Middle-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 middleeast. without going into great detail, she will touch on the subject of what is the middle east-its geographic/

eastern figures and celebrities Where:

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

<u>Schedule for 2010</u>

Watercolor Artists of Sacramento April 3-24 Horizons, Inc. Membership Show "The Sound of Brushes" Aprl 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



MISSION OAKS COMMUNITY CENTER

Extended Tours

• Rockies Highlights by Train July 24-August 1, 2010 • \$3,199 pp double Colors of New England

October 7-14, 2010 • \$2,449 pp double

• Holiday at the Waldorf December 6-10, 2010 • \$2,649 pp double

azzercise Tuesday/Thursday • 8-9 a.m. Saturday • 9-10 a.m.

\$36/month • \$30 Senior rate (65+)

• Springtime in Yosemite & tour Hilmar Cheese factory Overnight stay at Chukchansi Resort & Casino May 18-19, 2010 • \$246 doubles occupancy

Luxury Motorcoach

• 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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BALLROOM DANCE TO LIVE BANDS Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person

Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com

FACILITY RENTALS

Mission Oaks Community Center 4701 Gibbons Drive, Carmichael Auditorium Seats 250 Dining, 525 Assembly • Beautiful Park Setting, Wood Floor, Round Tables, Free Parking, Use of Catering Kitchen, One Year Advance Rentals 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.

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.

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

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am - 5 pm **Registration Hours:** 8:30am-4pm Monday-Friday www.morpd.com

DISTRICT OFFICE (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

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Our next monthly military Highlands. Meeting time is to miss out on this informative

Monthly Military Retiree/Spouses Meeting

retiree spouses meeting will be held on 13 April 2010 at the North Highlands Park and Recreation District, located at 6040 Watt Ave, North Attendance. You don't want

1030 hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and

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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More than your 2010 Census form may have arrived at your home.





RELATIVES AND FRIENDS MAY BE LIVING WITH YOU WHO ALSO NEED TO BE COUNTED.

Your 2010 Census form may be on its way or may have arrived at your home...along with your Uncle Fred, Cousin Ann, the twins and their cat Fluffy, who may be moving in with you because of situations beyond their control. So when you're filling it out, please be sure to count everyone who is currently living in your household, including those who may have just moved in. The 2010 Census can help your community get funding for many things it needs, like hospitals, schools, police and fire stations and other things that hit home. 2010census.gov



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

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 this program through the years." 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 program CBAG therapist, founder and coordinator. "These children, some of whom are now adults, are special individuals and have had such an impact on

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 campus to elementary, on 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 community donations from members and organizations. information, For more call 916-454-6555 or visit 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

Wednesday the 14th

at 9:00 AM – Noon

967-0777.

Wildflower Walk

Habitat Improvement

Sunday the 18th at 8:00 AM

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 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 display in the Nature Preserve. while enjoying the sights and sounds Saturday the 24th at 10:30 AM

Sunday the 11th at 1:30PM

of Spring

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

Support Sacramento County Parks by purchasing a Parks Pass at the Nature Center or visit 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 TDD/TTV

Center or at www.arnha.org.

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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 longrunning 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 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.

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.

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 metlund 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





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April 7, 2010 Legal Advertising Hotline LEGAL ADVERTISING Legal Advertising 916-532-2113 P.O. Box 14 Legal Advertising Fax Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984 Carmichael, CA 95609 916-773-2999 St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento NAME of Skytrade USA, located at 13711 Cheroke, Galt, CA 95632. SUPERIOR COURT OF FICTITIOUS BUSINESS NAME to Show Cause be published in the a week for four consecutive weeks ORDERED that a copy of this Order Home CALIFORNIA Carmichael Times, a Newspaper of General Circulation, printed in STATEMENT #1001458. Calpol prior to the date set for hearing on to Show Cause be published in the the petition. Dated: March 16, 2010. on March Om Parkash Kapoor, 8775 COUNTY OF SACRAMENTO Corporation, 10040 Prairie Dunes County 3. 2010. Carmichael Times, a Newspaper Delivery Sacramento County, California, once Publish: March 24, 31, April 7, 14, Loren E. McMaster Springhills Way, Orangevale, CA ORDER TO SHOW CAUSE Way, Sacramento, CA 95828 is of General Circulation, printed in Judge of the Superior Court Publish: March 24, 31, April 7, 14, doing business under the Fictitious a week for four consecutive weeks 2010 95662 CHANGE OF NAME Sacramento County, California, once Routes WINDNW 00303 4-14-10 The Fictitious Business Name #34-2010-00073677 prior to the date set for hearing on a week for four consecutive weeks Business Name "Five Star Transport" at 10040 Prairie Dunes Statement for the partnership was WHEREAS, Stuart James the petition. Dated: March 5, 2010. prior to the date set for hearing on Available. Fellbaum has filed a petition with Sacramento, CA 95828. Loren E. McMaster TRAHAN Way, FICTITIOUS BUSINESS NAME 00303 4-14-10 filed on Oct. 20, 2009 in the County the petition. Dated: April 1, 2010. Judge of the Superior Court STATEMENT #1002005 this court for a decree changing Shellevanne W.L. Chang Filed with the Clerk of Sacramento Linda of Sacramento. American County on Feb. 17, 2010 Publish:March17,24,31,April7,2010 Publish:March17,24,31,April7,2010. M. Akers, 7796 Glenn Ave., Citrus FICTITIOUS BUSINESS NAME Filed with the Clerk of Sacramento name of Stuart James Fellbaum to Judge of the Superior Court County on March 26, 2010. Publish: April 7, 14, 21, 28, 2010. Heights, CA 95610 is doing business Publish: April 7, 14, 21, 28, 2010. 00303 Mark James Wolf. IT IS ORDERED PARKS 4-7-10 STATEMENT #1002490. Ismael River that all persons interested in the FIVEST 00303 4-7-10 under the Fictitious Business Name Partida and Maria Alvarez, both of FLEMIN 00401 4-28-10 "The Feathered Nest-Gallery of Actiones & Art" at 10207 Fair 00401 NOTICE TO CREDITORS OF 4-28-10 above entitled matter appear before 883 Portside Court Roseville CA SKYTRA Messenger Antiques & Art" at 10207 FICTITIOUS BUSINESS NAME BULK SALE 95678 are doing business under the this court at 2 p.m. on May 5, 2010 SUPERIOR COURT OF STATEMENT #1002059. Christina (Secs. 6104, 6105 U.C.C.) Oaks Blvd., Fair Oaks, CA 95628. Fictitious Business Name "Cocoloco in Dept. 53, located at 800 9th St. *Call to place* Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Notice is hereby given to Third Floor Sacramento CA 95814 Marie Azevedo, 8536 Chamonix, Filed with the Clerk of Sacramento CALIFORNIA COUNTY OF SACRAMENTO County on March 2 2010 and show cause, if any, why the *vour legal* creditors of the within named seller Antelope, CA 95843 is doing Filed with the Clerk of Sacramento ORDER TO SHOW CAUSE petition for change of name should Fictitious that a bulk sale is about to be made Publish: March 24, 31, April 7, 14, business under the CHANGE OF NAME #34-2010-00074313 not be granted. IT IS FURTHER ORDERED that a copy of this Order Business Name "Mom's Wholesale of the assets described below. 2010. County on March 15, 2010. advertising 00303 THEFEA 4-14-10 Florist" at 8252 Auburn Blvd. The names and business Publish: March 31, April 7, 14, 21, Citrus Heights, CA 95610. Filed WHEREAS, Bich Tram Thi to Show Cause be published in the addresses of the seller are: 2010 here. 00305 4-21-10 Refrigeration SUPERIOR COURT OF COCOLO Do has filed a petition with this Carmichael Times, a Newspaper with the Clerk of Sacramento and County on March 2, 2010. Publish:March17,24,31,April7,2010. CALIFORNIA COUNTY OF SACRAMENTO of General Circulation, printed in 773-1111 Beverage Co., Inc., 8100 Dierks court for a decree changing name 532-2113 SUPERIOR COURT OF Sacramento, CA 95830. Sacramento County, California, once Rd. of Bich Tram Thi Do to Kalleena MOMSWH The Tram Do. IT IS ORDERED that all 00303 4-7-10 location in California ORDER TO SHOW CAUSE CALIFORNIA a week for four consecutive weeks COUNTY OF SACRAMENTO the CHANGE OF NAME persons interested in the above prior to the date set for hearing on chief executive office SUPERIOR COURT OF the seller is: 8100 Dierks #34-2010-00072368 ORDER TO SHOW CAUSE entitled matter appear before this the petition. Dated: March 24, 2010. Buried Sacramento, CA 95830. court at 2 p.m. on May 13, 2010 in WHEREAS. Catherine Anne CHANGE OF NAME Loren E. McMaster CALIFORNIA Rd. COUNTY OF SACRAMENTO The names and business Spillers has filed a petition with this #34-2010-00073935 Dept. 53, located at 800 9th St. Judge of the Superior Court address Third Floor, Sacramento, CA 95814 ORDER TO SHOW CAUSE of the buiyer are: court for a decree changing name of WHEREAS, Jarred Michael Publish: April 7, 14, 21, 28, 2010. 4-28-10 CHANGE OF NAME Express Refrigeration, Catherine Anne Spillers to Catherine Harris has filed a petition with this and show cause, if any, why the WOI F 00401 **Credit Card Debt?** 4141 Northgate Sacramento, CA Anne Schroeder. IT IS ORDERED court for a decree changing name petition for change of name should #34-2010-00072906 Blvd. Inc., 95834. that all persons interested in the of Jarred Michael Harris to Jarred not be granted. IT IS FURTHER SUPERIOR COURT OF WHEREAS, Nathaniel Dale #4, CALIFORNIA COUNTY OF SACRAMENTO Over \$10,000 in credit card bills? As listed by the seller, all other above entitled matter appear before David De La Rosa. IT IS ORDERED Potratz has filed a petition with ORDERED that a copy of this Order this court at 2 p.m. on April 19, 2010 in Dept. 53, located at 800 9th St., this court for a decree changing business names and addresses used that all persons interested in the to Show Cause be published in the Only making the minimum payments? above entitled matter appear before Carmichael Times, a Newspaper ORDER TO SHOW CAUSE by the seller within three years before name of Nathaniel Dale Potratz to the date such said list was sent or Third Floor, Sacramento, CA 95814 this court at 2 p.m. on May 7, 2010 of General Circulation, printed in CHANGE OF NAME Nathaniel Dale Ezekiel Sterling. We can get you out of debt in months in Dept. 53. located at 800 9th St. IT IS ORDERED that all persons delivered to the buyer are: NONE. and show cause, if any, why the Sacramento County, California, once #34-2010-00074254 instead of years a week for four consecutive weeks interested in the above entitled The assets sold or to be sold petition for change of name should Third Floor. Sacramento. CA 95814 WHEREAS, Cynthia Ann Bast We can save you thousands matter appear before this court at are described in general as: not be granted. IT IS FURTHER and show cause, if any, why the prior to the date set for hearing on has filed a petition with this court of dollars for a decree changing name of the petition. Dated: April 1. 2010 9 a.m. on April 23, 2010 in Dept Description: inventory, stock in ORDERED that a copy of this Order petition for change of name should 54. located at 800 9th St., Third trade fixtures and equipment and to Show Cause be published in the not be granted. IT IS FURTHER Loren E. McMaster We can help you avoid bankruptcy Cynthia Ann Bast to Cynthia Ann Carmichael Times, a Newspaper ORDERED that a copy of this Order Judge of the Superior Court Floor, Sacramento, CA 95814 good-will located at: 8100 Dierks Rd. Fleming, IT IS ORDERED that all and show cause, if any, why the Sacramento, CA 95830 of a certain of General Circulation, printed in to Show Cause be published in the Publish: April 7, 14, 21, 28, 2010. persons interested in the above Not a high-priced consolidation loan or one of entitled matter appear before this petition for change of name should refrigeration repair and sedrvice Sacramento County, California, once Carmichael Times, a Newspaper DO 00401 4-28-10 those consumer credit counseling programs not be granted. IT IS FURTHER ORDERED that a copy of this Order business known by the name "G&S a week for four consecutive weeks of General Circulation, printed in court at 9 a m on May 13 2010 in Refrigeration and Beverage Co., Inc. prior to the date set for hearing on Sacramento County, California, once Dept. 54, located at 800 9th St. CREDIT CARD RELIEF The trade name of the business is the petition. Dated: March 8, 2010. a week for four consecutive weeks to Show Cause be published in the Third Floor, Sacramento, CA 95814 and show cause, if any, why the Carmichael Times, a Newspaper also included as part of the sale. Seller Loren F McMaster prior to the date set for hearing on Judge of the Superior Court the petition. Dated: March 26, 2010. 800-383-2050 Not available in all states petition for change of name should of General Circulation, printed in shall retain the accounts receivable Sacramento County, California, once Publish: March 24, 31, April 7, 14, not be granted. IT IS FURTHER and payable and other obligations of Loren E. McMaster the Seller accruing up and until the Closing Date of April 1, 2010, except a week for four consecutive weeks 2010. SCHROE Judge of the Superior Court 00303 prior to the date set for hearing on the petition. Dated: March 12, 2010. 4-14-10 Publish: March 31, April 7, 14, 21, as specified in the Sales Agreement. 2010. This bulk sale is subject to California SUPERIOR COURT OF DELARO 00305 4-21-10 **ONES LAW FIRM** Shelleyanne W.L. Chang Gordon G. Bones CALIFORNIA COUNTY OF SACRAMENTO Judge of the Superior Court Uniform Commercial Code Section FICTITIOUS BUSINESS NAME Attorney at Law Publish: March 17, 24, 31, April 7, 6106.2. Proceeds from the sale shall all be distributed to the Seller. ORDER TO SHOW CAUSE STATEMENT #1001719. Alisa 2010. 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841 STERL 00303 4-7-10 If so subject, the name and address CHANGE OF NAME Donna Wallor, 911 Apero Place, El #34-2010-00073136 WHEREAS, Alicia Monique Mays of the person with whom claims may Dorado Hills. CA 95762 and Ralph Ransel, 8358 Red Fox Way, Elk

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

WHEREAS, Marcquis Eugene Parks has filed a petition with this court for a decree changing name of Marcquis Eugene Parks to Kiwii 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. IT IS FURTHER ORDERED that a copy of this Order

Handyman

Business & Service Directory

be filed is Michael Gralian, G&S

Refrigeration and Beverage Co.,

Inc., 8100 Dierks Rd., Sacramento,

CA 95830, and the last date for

filing claikms shall be April 31, 2010.

Publish: April 7, 14, 21, 28, 2010.

Marie Zvolanek and Jason Zvolnek.

both of 6715 Thunderhead Circle,

Orangevale, CA 95662 are doing

the

4099

00401

4-7-10

NAME

Sallie

Fictitious

Bridge

Household Help

"Wind-n-Willow

Express Refrigeration Inc., Buyer

Dated: March 19, 2010

4141 Northgate Blvd. #4

Sacramento, CA 95834

FICTITIOUS BUSINESS

STATEMENT #1002092.

under

Name

at

FXPRFS

business

Business

Apothecary"

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

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

in Dept. 53. located at 800 9th St.

Bathroom Remodeling

Grove, CA 95758 are doing business under the Fictitious Business Names

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Fox Way, Élk Grove, CA 95758.

Filed with the Clerk of Sacramento

00401

STATEMENT OF WITHDRAWAL

FROM PARTNERSHIP

OPERATING UNDER FICTITIOUS

BUSINESS NAME

FILE #0909533

withdrawn as a general partner(s)

from the partnership operating under the FICTITIOUS BUSINESS

The following person(s) has/have

4-28-10

Publish: April 7, 14, 21, 28, 2010

County on Feb. 23, 2010.

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Carmichael Times Page 8

MISSING PERSON

If anyone has information of the whereabouts of Eileen F. Sheftic formerly of 3922 Oak Villa Circle Carmichael, California please contract Jerome E. Falbo, Esquire at 80 Jefferson Street, Winthrop, Massachusetts 02152. Telephone number 1-617-846-3433 F-mail address is lawfsg@Verizon.net. (MPG)

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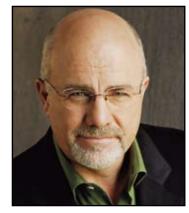
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers -The Total Money Makeover, Financial Peace Revisited and More Than *Enough. In them, Ramsey exemplifies* his life's 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. Ramsev 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'thave 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

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 for more financial advice.

CHAUTAUQUA PLAYHOUSE



لو

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.

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

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.

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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.

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

All contestants receive

free training in

ramp walking,

public speaking,

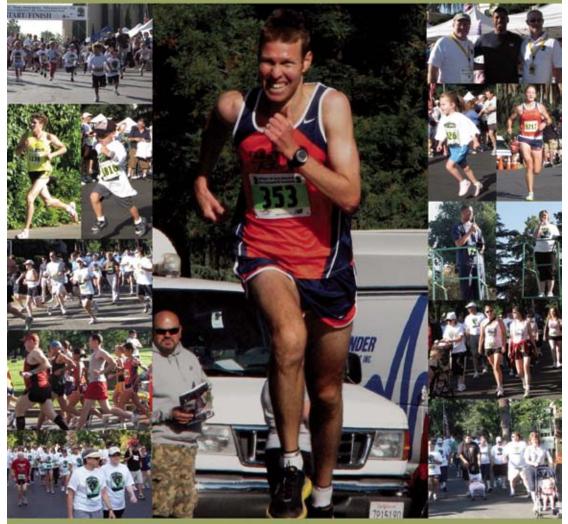
skin and hair care.



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



Benefiting ALZHEIMER'S AID SOCIETY Of Northern California

Visit us at www.memory5k.org

The Annual Grape Race Comes 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

Sacramento - Saturday April 17th 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!!!



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.

Singles Spring Dance April 10th

ticket price of \$15 presale

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 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 interchurch 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, or at Berean Bookstore in Sacramento, and Jireh's Bookstore 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, includes directions to the dance as well as information about upcoming including seminars, events getaways, and parties and cruises.

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.



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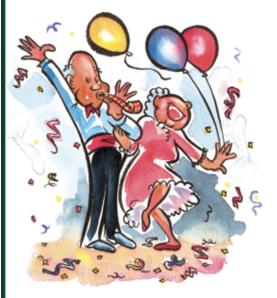


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Carmichael Resident Joins Cristo Rey High School Sacramento Board of Directors

Carmichael - Cristo Rey High School Sacramento, a private college preparatory school where students help pay for their education through an innovative workstudy 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

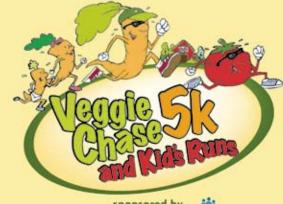
valuable life skills and helping to pay the cost of their education.

"We appreciate the willingness of community leaders, such as Sister Gabrielle, who share our vision for innovative, highquality 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; cocurricular 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.

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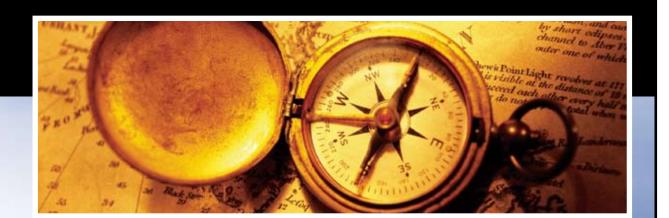
Hank Fisher Properties senior communities are known for their quality care and generous services. At the Chateau, residents receive exceptional memory care at a very affordable rate. A trained, compassionate staff is available 24 hours a day to ensure residents enjoy life-enhancing activities and a service-rich environment; including meals, housekeeping, medication management, other personal care and much more.

The Club Carmichael Park, a memory day care program, is an added resource for spouses, families and friends caring for a senior loved one with memory loss. The Club

participants enjoy meaningful activities, care and companionship while family caregivers run errands or simply relax.

> Call Suzanne at (916) 481-7105!

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