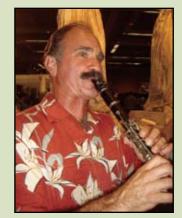
# Carmichael Times



**Experience** the Greek Isles

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'On Your Mark, Get Set, GO!"

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Her **Finest** Hour

Page 10

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Volume 29 Issue 33

Serving Carmichael and Sacramento County since 1981

**August 19, 2009** 

# Florence Morris, 105, Recalls Hard Times, Harder Living



Florence Morris

with family and friends at the Carmichael headquarters of Eskaton, sponsors of the TLC Telephone Reassurance program in which Morris is a participant.

With this milestone birthday celebration just ahead, Morris was asked of her plans for the future, to which she humbly

Carmichael - Florence Morris replied, "To live a better life." turned 105 this August 16. As she explains with histrionic On the afternoon of August detail, from the day she was 14, the centenarian celebrated born, August 16, 1904, in Many, her "triumph of longevity" Louisiana, her life was filled with hard times...and harder living. She willingly confesses to drinking, smoking, "speaking hermind" and carrying arevolver "to get her point across" – that is, until 1931 when she "found the Lord." Still, do not expect any sage advice about longevity from Morris, other than,

perhaps, to live life to its fullest. Mother Morris, as she prefers

to be called, grew up on a farm, travelled extensively, and today lives independently in a studio apartment in Carmichael. She has outlived her 14 siblings, though she was the third oldest. Her one daughter has also passed away, but her ever-expanding family includes nine grandchildren; 22 great-grandchildren; 28 great, great-grandchildren; and one great, great, great grandchild.

Joining the elder Morris at the Eskaton celebration were her granddaughter Doris Nolen and a number of other family Eskaton's TLC members. Telephone Reassurance staff and volunteers, who hosted the event, contact more than 500 older adults like Morris every day – as a public service -- to check on their wellbeing. Morris has been a participant the past five years.

With more than four decades experience providing older adult community living home-based support to thousands of Northern Californians, Eskaton thought it reasonable to trademark the title "Official Sponsor of Longevity." Home to more than two-dozen healthy centenarians, the ratio of people age 100 or older residing with Eskaton is nearly 50 times greater than in the U.S. population.

# California Voters Look to Legal Reform to Improve State Economy

Poll shows support for candidates in favor of decreasing lawsuits

By Marko Mlikotin

Sacramento Californians concerned with the state of the state's economy overwhelmingly support reforms, including legal reform, to help attract more jobs and retain the jobs currently in the state, according to a statewide poll released by California Citizens Against Lawsuit Abuse (CALA).

The poll of 700 registered voters statewide, conducted by Charlton Research Company in late July, showed just how dire the consequences of the recent economy have been to local communities.

More than 80 percent of Sacramento County voters feel that things in the state have generally gotten off on the wrong track. In addition, 88 percent of Sacramento County voters surveyed reported that local businesses have laid off employees or closed their doors. More than half believe that there are too many lawsuits in the state and that lawsuits are costing Californians their jobs.

Also, 71 percent of Sacramento voters believe that the number of lawsuits filed against businesses hurts California's economy. California consistently ranks as one of the worst places to do business in the nation.

"We all know that we're in the middle of the biggest economic crisis of our lifetime," said David Houston, small business owner and CALA co-chairman. "What this poll shows is that California's voters strongly support policies – and candidates – that can reform our legal system to keep businesses in California and attract new businesses here."

In fact, earlier this month the Nevada Development Authority (NDA) launched a \$1 million advertising campaign aimed at luring California businesses with Nevada's "pro-business attitude." Similar campaigns have already generated 14,500 new jobs and added more than \$4.8 billion to Nevada's economy over the past five years, according to NDA.

"California's sue-happy environment has a huge impact on consumers and taxpayers," Houston said. "More than seven in ten people surveyed understand lawsuits raise the prices that consumers pay for goods and services and cost California tax revenue. Now is not the time to add any additional financial burden to California's citizens or our state and local budgets."

Our legislature has repeatedly failed to pass common sense reforms. The survey

demonstrates that voters believe now is the time for legislators to act and they will support candidates who are ready to do so.

According to the survey, Sacramento County voters are more than three times as likely to support a candidate for elected office who favors legislation making it more difficult for people to sue companies compared to one who favors increasing lawsuits.

"We know what happens to businesses that get sued," said Marko Mlikotin, CALA's northern California regional director. "Because of a lawsuit the famous Sacramento area landmark, the Squeeze Inn burger joint, is being forced to relocate. It doesn't have to be this way. Voters are making it clear that they won't stand for the same old behavior from our legislators. We simply can no longer afford it."

California Citizens Against Lawsuit Abuse (CALA) is grassroots nonpartisan, organization dedicated educating the public about the negative effects of lawsuit abuse and challenging those who abuse our legal system for personal gain.

For more information, visit www.cala.com.

# **Tiny Tots Graduate Tops**



Madam Butterfly. Tutored by Miss Kelly in the Carmichael Veterans' Hall, four-year-olds learn how pipe cleaners can be transformed into butterflies.

Carmichael - The recent Carmichael Park graduation day was not quite a cap and robe affair. In fact, Gummiworm cup cakes and pizza were de rigueur when the class of '09 farewelled its teachers,

The celebration marked an end to pre-kindergarten days for 12 students of Carmichael Recreation and Parks Department pre-school. This long-established program is now taking registrations for the

fall semester at park headquarters.

Held in Veteran's Hall (5750 Grant Ave, Carmichael), the Tiny Tots program caters for children aged from three to five years old. Fees are competitive with most day-care facilities. Classes are held weekdays from 9 am until noon. Instruction follows preschool curricula, including such activities as art, puzzles, and singing. In fine weather, kids enjoy an enclosed playground with bicycles and

sand toys. "Children learn best when exposed to a variety of stimulating activities," instructor Kelly Stapp.

Herself a mother of four, "Miss Kelly" has 26 years experience in working with tots. "Children should be accepted and happy where they are," she says. "Developing self esteem is the focus in everything we do in class. At snack time (food is provided by parents on a rotating schedule), we concentrate on teaching manners and the art of friendly conversation. Telling seems a favorite with the kids."

The 2009 graduates took home diplomas and life-size paper dolls of themselves. "We used blown-up photos of their faces and attached them to cardboard bodies; we even painted the children's favorite outfits," said their instructor. "It was a lot of work but we loved seeing the children carrying their "bodies" out to their parents' cars afterwards..."

Learn more about this park districtprogramat(916)485-5322. Photo and text by Susan Skinner

# Rid the Old Fridge and Reap Some Cold Cash

Sacramento - SMUD will pay customers \$35 for their spare operating refrigerator or freezer. Old refrigerators can add up to \$125 to an annual electric bill because they use up to three times more power than newer models.

SMUD wants to help customers lower their bills and their energy demand, especially during the hot summer months. When older refrigerators and freezers are taken out of service and recycled, the customer saves money through lower electric bills and the entire community benefits from lowered power demand on the grid, especially when supplies are at their lowest levels, hot summer afternoons.

The SMUD goal is to recycle 8,000 spare refrigerators and freezers, saving more than 1.3 megawatts of electricity annually, enough electricity to power about 1,000 average-sized homes. Interested customers should act soon to take advantage while funds are available. The offer will run until the 8,000-refrigerator/ freezer goal is reached and no later than December 31, 2009.

SMUD has contracted with JACO Environmental to pick up the appliances from customers' homes and recycle the old units. JACO is an experienced appliance recycler that will schedule pick-up and transport the appliance to their facility. JACO will then recover and recycle all component parts and properly dispose of potentially harmful chemicals found in the cooling system and insulation.

There are some program guidelines: 1) The refrigerator or freezer must be in working condition, and between 10 and 27 cubic feet in size to qualify, 2) Up to two units may be recycled per residential address, 3) The refrigeratorrecycling program is done on a "first-come-first-served"

SMUD customers can sign up for the program by contacting SMUD's contractor, JACO, 1-800-299-7573 toll-free, at or by visiting smud.org and clicking on the Rebates tab.

# Carmichael Oaks Hosts Alzheimer's Fundraiser

Carmichael - Carmichael Oaks Senior Living will be hosting their annual Alzheimer's Association fundraiser with cohost the Kiwanis Carmichael on Saturday September 12th from 5-8pm. The annual event serves to raise funds for the Alzheimer's Association Memory Walk. The Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research.

Carmichael Oaks would like to extend an invitation to their families, friends, neighbors, and businesses in the community to help them raise funds for this worthwhile event. " My own mother suffers from this crippling disease. You may also know someone personally affected, so please join us for an evening of fun. It is a great way to show your support for the cause," says Virginia Stone, Carmichael Oaks marketing director.

This year's event will host a BBQ, Beer, and Boogie event. Enjoy great food, drink and entertainment featuring the Swingmasters band. In addition, there will be a silent auction and raffle. Ticket price for the event is \$25 in advance or \$30 at the door. The event will be held offsite at The Palace 6309 Fair Oaks Blvd at Marconi in Carmichael . For more info or to purchase tickets please call 944-2323.

Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd ,has been part of the Carmichael community for over 30 years, offering seniors Independent Living and now their newly constructed Assisted Living and Memory Care community. Please visit their website at www.carmichaelokas. for more information.

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Or visit us on the web at: www.victorycs.org 3045 Garfield Avenue Carmichael, CA 95608



# Effie Yeaw Nature Center - August/September Events

New Interactive Exhibit Opening August 24th: Bountiful Harvest September: New Interactive Exhibit - Bountiful Harvest: An Exploration of Maidu Culture

Park entrance fee: \$5.00 per car or FREE to ARNHA members. Open 9:00 a.m. - 5:00 p.m. daily. Nature Center Hours after Labor Day: Wed. – Sun., 9 AM – 5 PM; Mon. – Tues., 9 AM – 1 PM

#### **AUGUST**

#### **Wet and Wild Pond Animals**

Splashing, skimming, swishing, swimming, what are all those critters in the water? Meet an aquatic garter snake and learn about other aquatic critters found near ponds and rivers. Saturday the 22nd at 10:30AM

#### **Skye's the Limit**

Come to the Nature Center to meet our resident red-shouldered hawk, Skve. Take a peek into the amazing world of birds of prey that live in and around the Nature Center. Sunday the 23rd at 10:30AM

#### **Family Friendly Nature Hike**

Discover the many plants and animals that live along the American River while enjoying the sights and sounds of the Nature Area. Saturday the 29th at 10:30AM

#### **Beat the Heat!**

Take a leisurely stroll along the shady trails of the Nature Area with an EYNC naturalist.

Sunday the 30th at 10:30AM

#### **SEPTEMBER**

#### **Evening Beaver Walks**

Meet with Jack and search for nature's engineer, the beaver. Limited to eight people, best suited for adults and children 7 years and older. Call Jack at 967-0777 for time and to make a reservation

Thursday the 3rd and 17th, call for times.

#### **Exploring the Maidu Village**

How were tule shelters, grinding rocks, and acorn granaries made and used by Nisenan Indians? Find out by joining a naturalist for a guided tour of the Nature Center's replica Nisenan Summer Village.

Saturday the 12th at 10:30 AM

#### **Turkey Vultures**

What bird eats meat but can't kill its own food? These relatives of the condor and stork are intelligent, family-oriented and play games together! Learn more about the amazing turkey vulture and their importance to our ecosystem.

#### Sunday the 13th at 10:30 AM

#### Meet the Friends of the **Nature Center**

Meet the members of the Nature Center's vital support organization, the American River Natural History Association, at this annual meeting and social evening. Be prepared to be inspired!

Wednesday the 16th at 6:30 PM

#### Shake, Rattle and Back Off!

Join biologist Gary B. Hanson for this fun-filled program on one of the most misunderstood members of the animal kingdom. Great real-life stories will accompany rattlesnake facts and a comparison of this viper with other local snakes.

Saturday the 19th at 10:30 AM

#### **Habitat Improvement**

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

Sunday the 20th at 8:00 AM

#### **Discovering Gold in California**

Thar's gold in them thar hills! Learn about the discovery of gold in California and what effect its discovery had on the environment and native cultures.

Saturday the 26th at 10:30 AM



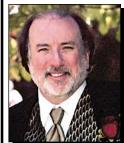


www.effieyeaw.org. The Nature Center is located in Ancil Hoffman Caounty Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV

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# Carmichael Times

Serving Carmichael and Sacramento County since 1981



#### **Publisher - Paul V. Scholl**

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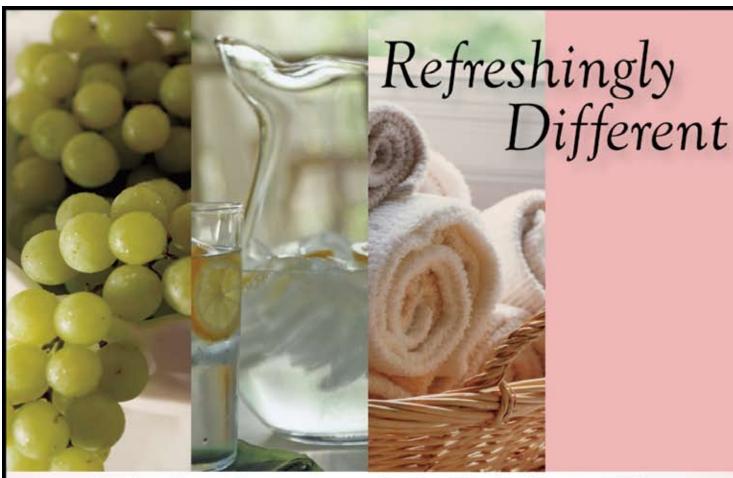


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# Carmichael Recreation Fall Classes

Carmichael Recreation and Park District *Call (916) 485-5322 for more information* Register by phone with a Visa/Master Card Go to www.carmichaelpark.com to see class listings

#### Zumba

#### Taught by Victoria Morse, Credentialed Zumba Instructor

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La Sierra Community Center, Sierra Rooms 1-2

4 classes - September 9-30, Wednesdays, 6:30-7:30pm

#### **Dog Obedience**

#### Taught by Lyle Reed

Does your dog need discipline? Help your pet understand what you want by learning basic commands such as heel, sit, come, down, stay and many more. Dogs or puppies must be four months old and have had all their DHLPP and Rabies shots. Proof of vaccinations MUST be presented on the first day of class. Please bring a four or six foot nylon

or leather leash and a regular collar. Carmichael Park Vets Bldg. Lawn 7 weeks - Saturdays, 9-10am 9/19-10/31

Cost \$100

#### **COME DANCE WITH ME**

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Cost \$46

#### Baby Ballet & Gymnastics, walking-3 years

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable

tight-fitting clothing. One parent may

assist if a child needs reassurance.

#### Pre-Ballet, 3-5 years

This class is designed for beginning ballet and movement. It is more concentrated on rhythm and slightly more structured with a focus on listening skills. Girls should wear pink tights, a black leotard without a skirt

and ballet shoes while boy need to wear a plain white T-shirt and black shorts. You can find all of these items at your local dance supply store. If you are not sure where to get quality ballet shoes, please come to the first class with bare feet and your instructor will assist you.

#### Kindergym, 3-5 years

This class focuses on basic gymnastics skills, listening and following directions. Participants will begin to develop strength and flexibility as well. Children should wear comtight-fitting fortable clothing.

#### Basic Gymnastics, 6+ years

Participants will learn basic skills including rolls, handstands, cartwheels and working on the low beam and bars. Children will begin to develop flexibility and strength as well. Children should wear comfortable tight-fitting clothing.

#### Parent & Me Gymnastics,

walking - 3 years

Participants will learn the very basics of gymnastics and movement with parent participation in a fun environment.



# Man Dies in Apartment Fire

Carmichael - On August 14, 2009, a33 year old male died at the hospital after receiving 3rd degree burns over ninety percent of his body. The apartment fire was at 4800 Marconi Ave. in Carmichael.

A neighbor stated she heard the smoke detector and tried to

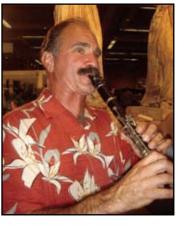
awake the man by beating on his door but was over come by smoke and heat. Metro Fire arrived at 8:26am and quickly extinguished the fire and discovered the man during a primary search. The patient was treated and transported to UC Davis Medical Center.

Metro Fire would like remind our citizens that several smoke detectors should be located throughout your home for the best possible defense against a fire.

Sacramento Metropolitan Fire District

# **Experience the Greek Isles' at the** Sacramento Greek Festival

Three-day pageant to be staged at Sacramento Convention Center over Labor Day weekend



Jeoffrey Antipa is part of the musical entertainment at the Greek Festival, scheduled for the Sacramento Convention Center on Labor Day weekend.

Sacramento -Sacramento's Greek community has been working overtime in preparation for the staging of its Labor Day weekend Greek Festival. With a theme of "Experience the Greek Isles," organizers expect a crowd in excess of 10,000 for the three-day extravaganza. The 46th annual event is sponsored by the Annunciation Greek Orthodox Church of Sacramento.

While Greek food remains the big attraction, the festival offers a virtual trip to Greece without the expense, and no passort is needed. The Annunciation organizers have seen the event grow in size and impact since its humble beginning held on the premises of the church in 1964. The Festival moved to its existing venue, the Sacramento Convention Center, in 1984.

Originally called the Greek Food Festival, the event has evolved, through the grassroots

effort of church volunteers, to become much more than a dining experience. They introduced live music, choral presentations and dancing performances, and an awe-inspiring cultural display known as Hellenica. More Greek culture is evident in the Greek Market place and the Agora where one can browse the wares of a variety of vendors offering Greek products for sale.

The boundless menu is a tasting tour of authentic Greek cuisine and this year the Festival is introducing a few special treats found or originating on the Greek Isles (Shrimp Santorini, shrimp in a feta cheese tomato sauce; Chicken Kapama, a chicken dish with hints of cinnamon). The a-la-carte menu offers some 15 delicious treats, including roasted lamb, dolmathes, stuffed grape leaves; mousaka, a Greek delicacy of eggplant and seasoned ground beef; and loukaniko an orange kissed sausage.

Other a-la-carte choices have names that may confuse the average guest, but they will find out soon enoughyou(they? not sure ) don't have to be able to pronounce them to enjoy them. Spanakopita, tiropita, fasolakia and horiatiki salata are offerings that are made from scratch by the church volunteers who love to share the cooking secrets of their homeland. Diners can also choose a complete dinner of chicken for \$9, or lamb, \$11. The dinners are served with rice pilaf, fasolakia and bread. For the uninitiated, fasolakia is a braised mixture of green beans and onions.

The Greek Taverna offers a choice of libations including wines and beer from Greece, Ouzo, an anise-flavored liqueur similar to French pastis, or Metaxa, a special blend of Greek brandy that has brought happiness to Greeks since 1888. Also available in the Taverna area are the popular Gyro sandwich and fried Calamari. Greek pizza, introduced last year, remains a popular choice at the Taverna.

A sweet shop with the tonguetwisting name of Zaharoplastion, will offer baklava and a half dozen other pastries. One favorite is the honey-dripped Diple. They even offer a gift box to go with a generous sampling of Greek sweets. Live music will be provided by Sacramento's own "Omega" band, and there will be ample opportunities for open dancing as well as dance lessons provided daily for the guests.

The three-day festival opens at 11 a.m. on Friday, Sept. 4, with free admission between the hours of 11 and 3 p.m. for that day only. With the challenging economic climate in mind, prices for admission and food items have been held. Admission for Saturday and Sunday is \$5 for adults, \$4 for seniors over 65 years of age. Children under 12 years of age are admitted free. Opening time is noon on Saturday and Sunday, closing at 11 p.m. on Saturday, and 10 p.m. on Sunday. Closing in "Greek Time" usually means closing time will be extended to please visitors.

Information about renting vendor booths is available by calling (916) 443-2033.

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Carmichael Times Page 4 August 19, 2009

# **Supervisor Susan Peters Sponsors Two Upcoming Family Concerts**

Two "Concert in the Park" events will be held in the FoothillFarmsarea--Saturday, September 12, at Pioneer Park and Saturday, October 3, at Foothill Community Park. Both outdoor celebrations are open to the public being co-sponsored Sacramento County Supervisor Susan Peters and the Sunrise Recreation and Park District with corporate support from Mercy San Juan Medical Center and

John Skinner's Fabulous Band will be the featured entertainment at both venues playing a variety of easy listening music oriented entire family.

will be at Pioneer Park, 5100 Verner Avenue, is near Pioneer School, in Old Foothill Farms. The fun begins at 3 p.m. with the concert from 4 to 6 p.m.

The October 3 celebration will be an encore performance of the Skinner Band at Foothill Community Park, 5510 Diablo Drive, in Foothill Farms. The fun that day begins at 2 p.m. with the music playing from 3 to 5 p.m.

"The Foothill Farms area has McClellan Business Park. a strong sense of community and holds a special place in my heart because it is the part of Sacramento County where I was raised, "says Peters. "To assist in maintaining that neighborhood spirit, I

The September 12 event am pleased two 'Concert the Park' events will in be held this fall that are oriented for the entire family to enjoy along with activities for all generations."

> "Everyone is welcome and the best way to enjoy the day is to bring a picnic, blanket and lawn chairs for a relaxing time in the late afternoon concluding in the evening's early hours."

> Both events will feature children's activities, information booths and refreshments for sale. More information can be obtained from the Sunrise Recreation and Park District by calling (916) 725-1585.

# Assistance League Elects New Officers

Sacramento, McPherson was installed as President of Assistance League® of Sacramento during the Annual Meeting held recently at the Del Paso Country Club. Also installed were twelve new officers and board members along with eighteen new members who joined the ranks of the philanthropic all volunteer, nonprofit organization.

In tackling her new role as

President of the 41 year old organization, McPherson said, "I am honored to be selected to serve as President. Our member volunteers work hard giving of their time and talents as we pursue clothing more children, vision screening preschoolers, supporting women with new clothing who are seeking jobs and involving seniors in retirement communities. These are just a few of the many philanthropic programs that we offer. We look forward to working more closely with the community we serve and to develop partnerships with others who share our mission of serving specific needs of children and adults in the greater Sacramento area."

President McPherson brings to Assistance League a variety of talents ranging from the artistic, to educational as well as executive management skills. returning to Sacramento in 2006, McPherson served in a variety of roles and finally as President of Assistance League of Charlotte, North Carolina. She has been active in the greater Sacramento



Mary McPherson Newly-Elected President Assistance League of Sacramento

community for a number of years having served in a variety of volunteer roles with the Assistance League of Sacramento, as a Docent at the Crocker Art Museum of Sacramento, and she previously owned and operated an image consulting company called Success Dimensions . She taught junior and senior high school Art Classes for six years in Nebraska, and Art History at the college level. President McPherson graduated from the University of Nebraska with a Bachelor of Science Degree in Teaching, and is the past Alumna President of Delta Delta Delta sorority of Stockton, CA. Mrs. McPherson and her husband, Sam, who works as a Human Resources Consultant, live in Sacramento.

Judy Franz, from Carmichael, was newly-elected as Treasurer. Eighteen new members who were inducted at the Annual Meeting live in number communities throughout Sacramento and Yolo Counties. The following are from Carmichael; Dorothy Dublirer, Stella Mackay, Donna Mayol, and Darlene McLean.

President McPherson said, "During the year (June 2009 -May 2010), they will be oriented and trained to participate and commit time to one or more of our eight philanthropic programs that we administer (i.e., Bears, Clothes for Careers, Docent, Eyes Right, History in a Trunk, Kids on the Block<sup>TM</sup>, Operation School Bell®, and Senior Friendship and they will also work in our Second Season Thrift Shop located at 2528 Yorktown Avenue, Sacramento, CA 95821 - (916) 488-0828.

League Assistance Sacramento is dedicated to putting caring and commitment into action by serving specific needs of children and adults in the greater Sacramento area. It is one of 120 chapters of the National Assistance League® and is a nonprofit all-volunteer organization. League volunteers are vital contributors to their individual communities assisting children, seniors, families and those in need.

For additional information contact Charlotte Stott at (916) 488-5505, access the web site: www.assistanceleague. sacramento.org or e-mail to alsac@sbcglobal.net.

# Carmichael Jewelry Extravaganza

AMERICAN CANCER SOCIETY DISCOVERY SHOP

2744 Marconi Avenue, Sacramento • August 28 at 10:00

The Sacramento Discovery Shop presents its 2009 JEWELRYEXTRAVAGANZA, begin-ning Friday, August 28. For sale will be antique, vintage, and contem-porary necklaces, bracelets, rings and earrings, many created in 14 and 18 karat gold and sterling with gems, including diamonds, sapphires, rubies, emeralds and opals. Costume and designer jewelry will also be featured, highlighted by two sterling Los Castillos pins, one designed by

the noted artist, Jorge (Chato) Castillo. Come on Friday at 10:00 for the best selection.

The Sacramento Discovery Shop is a specialty resale store known for its selection of quality merchandise. Donations of new and gently used merchandise are accepted at 2744 Marconi Avenue, near Fulton Avenue, Monday through Friday from 10 to 6; Saturday 10 to 5; Sunday noon to 5. Prospective volunteers are always welcome. hundred percent

the proceeds go directly help support American Cancer Society's commitment to research, education, advocacy and patient services. For more information,





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# CHAUTAUQUA PLAYHOUSE



(L) Blake Flores, Mary Bond and Marc Berman

Chautauqua Playhouse announces the first show of its 33rd season, PICASSO AT THE LAPIN AGILE, by Steve Martin, opening on August 14, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 20. 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.

opening on August 14

This is America's favorite funny man, Steve Martin's, first comedy for the stage. Einstein and Picasso meet in a Paris cafe in 1904 just before they set the world afire. An infectious, time warping, dizzying romp! The show is as funny as it is thought provoking.

The production is directed by Maggie Upton. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast includes Daryl Petrig, Blake Flores, Marc Berman and many others

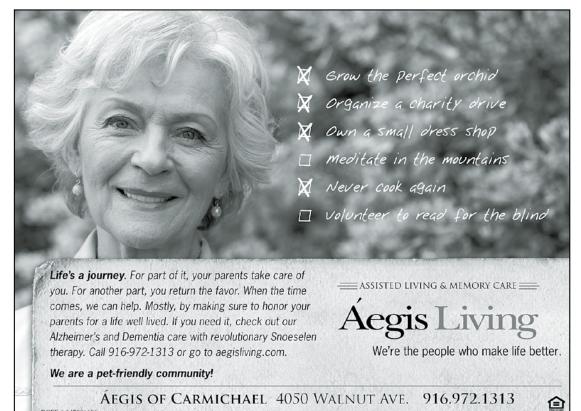
Because of popular demand, this year Chautauqua Playhouse has extended the run of each of its productions to six weekends. This makes 285 additional seats available for each production. Season tickets are currently available. Individual tickets go on sale on August 7.

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.com

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come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen.

Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. J.F.P. (MPG)

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Puzzles are on Page 7 Magic maze **Answers** TYPED ALL FROM THE MIDDLE ROW



Weekly SUDOKU -Answer

	71101101											
1	4	9	3	7	6	2	5	8				
5	3	7	2	9	8	4	6	1				
2	8	6	5	4	1	3	7	9				
8	7	3	9	2	5	6	1	4				
4	6	2	8	1	7	5	9	3				
9	1	5	6	3	4	8	2	7				
7	5	1	4	8	2	9	3	6				
6	9	8	1	5	3	7	4	2				
3	2	4	7	6	9	1	8	5				

— **King** Crossword -Answers Solution time: 25 mins.

#### Trivia Answers 1. Cafe Nervosa

2. Juneau, Alaska 3. The Sun 4. Kaminsky 5. Excessive

6.154 7. 10 percent 8. Monaco

9. 0.3 seconds

talkativeness

10. Samuel Goldwyn

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STATEMENT OF ABANDONMEN<sup>T</sup> OF FICTITIOUS BUSINESS

FILE #0610653 following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Tayo's Fabric & Quilts, located at 10127 Fair Oaks Blvd., Fair Oaks, CA 95628.

Shenna Mealey, 6936 Drywood Way, Orangevale, CA 95662; R. Brian Mealey, 10127 Fair Oaks Blvd., Fair Oaks, CA 95628. The Fictitious Business Name Statement was filed on Sept. 25 2007 in the County of Sacramento. Filed with the Sacramento

County 20, Sept. July 12, 19, 90705 Publish: 2009 August TAYOSF 5, 8-19-09

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2009-00053712

WHEREAS Max Alvarado and Michelle Alvarado have filed a petition with this court for a decree changing name of Angel Joseph Gutierrez-Alvarado to Angel Joseph Alvarado. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 2, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 22, 2009. Loren E. McMaster

Judge of the Superior Court Publish: July 29, August 5, 12, 19, **ALVARA** 90705 8-19-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00053312 WHEREAS, Shayne Janette Reid has filed a petition with this court for a decree changing name of Ryver Lee Stockman to Ryver Lee Reid. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 28, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a

copy of this Order to Show Cause

be published in the Carmichael

Times, a newspaper of general

circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the netition. Dated: July 17, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: July 29, August 5, 12, 19,

8-19-09 90705

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00052587

WHEREAS, Harry Adam Harper has filed a petition with this court for a decree changing name of Harry Adam Harper to Adam Harry Harper. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Aug. 21, 2009 in Dept. 53, located at 800 9th Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2009. Loren E. McMaster Judge of the Superior Court Publish: July 29, August 5, 12, 19, 2009

FICTITIOUS BUSINESS NAME STATEMENT #0906811. River City Ice Cream, Inc., 2513 El Vita Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "River City Ice Cream, Inc." at 2513 El Vita Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 22, 2009. Publish: August 5, 12, 19, 26, 2009. RIVERC 90801 8-26-09

90705

8-19-09

HARPER

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2009-00054041 WHEREAS, Fou Saeteum and Yian Saeteeum are filed a petition with this court for a decree changing name of Farm Seng Saeteurn to Megan Elizabeth Saeteurn. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 8, 2009 in Dept. 54. located at 800 9th Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 27, 2009. Shellevanne W.L. Chang Judge of the Superior Court Publish: August 5, 12, 19, 26, SAETEU 90801 8-26-09

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00053905

WHEREAS, Felipe De Jesus Cervantes has filed a petition with this court for a decree changing name of Felipe De Jesus Cervantes to Cody Ethen James Cervantes. IT IS ÓRDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 4, 2009 in Dept. 54, located at 800 9th Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 24, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 5, 12, 19, 26,

CERVAN 90801 8-26-09

FICTITIOUS BUSINESS NAME STATEMENT #0907214. Lisa 1266 Knopfler Circle, CA 95630 is doing business under the Fictitious Business Name "Simply Slim Weight Loss" at 6112 Sunrise Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on Aug. 5, 2009. Publish: August 12, 19, 26, September 2, 2009. SIMPLY 90802 9-2-09

FICTITIOUS BUSINESS NAME STATEMENT #0907176. Robert Frank Giordano, 5512 Gibbons Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Names "BG Snacks: Motivation 2 Exercise" at 5512 Gibbons Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 4, 2009. Publish: August 12, 19, 26, September 2, 90802 9-2-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2009-00047769 WHEREAS. Dawn Louise Champagne has filed a petition with this court for a decree changing name of Dawn Louise

Champagne to Dawn Louise Offerman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 23, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the Judge of the Superior Court petition. Dated: July 21, 2009. Shellevanne W.L. Chang Judge of the Superior Court

September 2, 2009. CHAMPA 90802 FICTITIOUS BUSINESS NAME STATEMENT #090. Mike Flanary, 4821 Zube Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "B and M Property Maintenance" at 4721 Zube Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00053197

10, 2009. Publish: Áugust 1Ў, 26, September 2, 9, 2009. BANDMP 90803 9-9-09

Publish: August 12, 19, 26,

WHEREAS, Lisa Bonner Davis has filed a petition with this court for a decree changing name of Jordan Paul Gabriel to Jordan Paul Gabriel Davis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 28, 2009 in Dept. 53. located at 800 9th Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 30, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 19, 26, September

2, 9, 2009. 90803 9-9-09 DAVIS

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055074

WHEREAS, Phu Ducle & Xi Thi Phan have filed a petition with this court for a decree changing name of Huy Ducle to Andrew Huy-Ducle. IT IS ORDERED that

all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 18, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 7, 2009. Shelleyanne W.L. Chang Publish: August 19, 26, September

90803

9-9-09

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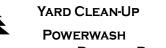
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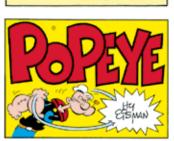






















The Spats







by Jeff Pickering





Find at least six differences in details between panels.



5. Can added to shelf. 6. Barber's scissors are missing. buttons, 3, Shoes are black, 4. Barber has moustache. Differences: 1. Pole is different. 2. Mom's jacket has more

19

35

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# -Rodriquez

- 1. TELEVISION: What was the name of the frequently visited coffee shop on the sitcom "Frasier"?
- States' northernmost state capital?
- 3. ASTRONOMY: What object in our solar system is about 110 times bigger than Earth?
- 4. ENTERTAINERS: What was entertainer Mel Brooks' last name at
- 5. LANGUAGE: What is logorrhea? 6. LITERATURE: How many sonnets
- are attributed to William Shakespeare? 7. GENERAL KNOWLEDGE: About what percentage of people are left-
- 8. GEOGRAPHY: Which European country is only 2 square kilometers?
- 9. ANATOMY: About how long does it take to blink your eye?
- 10. FAMOUS QUOTES: Who once said, "A verbal contract isn't worth the paper it's written on"?

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11

25

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# Weekly **SUDOKU**

GAMES

by Linda Thistle

	4	9	3				5	
		7			8		6	1
2				4	1	3		
8				2		6		4
4		2			7		9	
	1		6	3				7
	5		4				3	6
	9	8		5		7		
3			7		9	1		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

#### **DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging **★★★** HOO BOY!

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## **MAGIC MAZE**

#### TYPED ALL FROM THE MIDDLE ROW

LIEAXTQNJGCZW GDAXUROLJGD PNKIFCAAXV O L J H E C A X S A G A S V R P NL J(G A L A H YXVTKAFLFAAGR ISSGELLDLBF WUAHTRQAAAGLO I G F D S D S F A C S YAXWVTSRSKGLPO ISDLAKSLLAF

Flasks Halls Alfalfa

Dallas Flags

Galahad

Sagas Saľads Salsa

Shall Skalds

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

## All Answers on Page 5

# **Contract Bridge**

CHALK ONE UP FOR DECLARER South dealer. North-South vulnerable.

NORTH WEST **EAST ★**— **∀**J 10 8 2 **♦** Q J 7 3 ◆ OJ 10.9 ◆ A 7 5 3 ◆ K 9 7 5 2 **4**1086 SOUTH

♠ A 10 9 6 5 4 2 **♥**AQ4

The bidding: East North South West 1 **↑** 3 **↑** 4 **♦** Pass Pass 3 NT Pass Pass

Opening lead — queen of diamonds

Although bidding methods have changed considerably since contract bridge was introduced in 1925, very little advance has been made in cardplay technique during those years. This is mostly because during the many years of auction bridge and the predecessors of contract bridge - a very high level of skill in card play had already been attained.

It is probably true that most players today play their cards better than most people did 70 years ago, but the stan-

dard of play set by the experts of that period is not very much different from that practiced by our experts today.

Consider this deal from the Bridge Olympics of 1936. The principle involved is just as valid now as it was then, and equally instructive. North-South were expected to bid and make four spades.

West leads the diamond queen, and declarer ruffs the third round of the suit. When South then leads a low trump toward dummy and West follows low, South is expected to play dummy's eight. If he doesn't do that, he goes down one.

The hand was devised to test South's knowledge of safety plays and to punish him if he made the wrong play. It is clearly right to finesse the eight in order to assure the contract. If the eight loses to the jack or queen, which is probable, then the missing trumps can divide no worse than 3-1, which in turn means there will be no additional trump loser.

Failure to play the eight would indicate a lack of concern about the safety of the contract. Once in a while a suit will break 4-0 (about one time in 10). and if declarer can protect himself against this possibility, he should do

It may sometimes cost declarer an overtrick to take out that form of insurance, but he should surely make the investment. Securing the contract is always the first consideration. © 2009 King Features Synd., Inc.

by Steve Becker

#### Genealogical Association of Sacramento Meeting

The Genealogical Association of Sacramento will meet 1pm 16 September 2009 at the Belle Coolidge Library, 5600 South Land Park Dr, Sacramento. It is to be a "sharing meeting" which means those attending will "share" new or interesting happenings in their research

Also Nina Biddle from the Central Library will have an important proposal to present to GAS members, regarding our book collection housed at Central Library. We're the oldest/ active genealogy association in the Sacraemento area, so this is a fairly large important book collection. Some books were purchased/presented "in memory of", some received as gifts, and others purchased by our own association.

Whatever Ms. Biddle's proposal concerns: ownership housing, or even circulation the membership needs to attend and learn factual information about the proposal. Therefore members are urged to attend, and visitors are always welcomed

#### Monthly Meeting of Mission Oaks Genealogy Club, Carmichael, CA

On August 20, 2009, Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael Subject will be: "Life on the Geiger Dairy in Rio Linda (1943-54)." Visitors are welcome. For more info call Robert Noyes (916) 332-5753 or visit website: http:// missionoaksgenealogyclub.org.

### Sacramento German **Genealogy Society**

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

The meetings are held at 1pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's is located directly behind Country Club Plaza near Watt and El Camino Avenues.

TUESDAY, **AUGUST 25, 2009** Topic: "German Research on the Internet" Presenter:

Baerbel Johnson, AG This meeting is quite special, because there is no one in the entire United States who knows more about German resources that are available on the internet – and besides that, no one else who keeps

**Got Community** News? Call 773-1111

Answers on Page 5

33 Triumph

spray

36 "CSI"

38 Bridge

42 "Young

role

Eve

44 "Portnoy's

player

39 U-shaped

yoke holder

Frankenstein"

35 Banned bug

evidence

up to date on them as well.

#### Crossword KING

#### **ACROSS**

- Give the axe to 5 Prompt
  - Surrounded
- by 12 Jamaican
  - citrus
- 13 Venomous
- viper
- 14 Arp's style
- 15 Handle roughly
- 16 Long March
- leader 17 Exile
- 18 Threatening
- term
- 20 Siestas 22 Yogi Bear's
- home park 26 Winter

- 29 Type squares 30 Bagel topper
- 31 Partner in
- crime 32 More, to
- Manuel 33 Father (Fr.)
- 34 Ms. Farrow
- 35 Insult (SI.) 36 Metric
- measure
- 37 Comedian
- Paula
- 40 Morse morsels
- 41 Bandleader
- Cugat 45 Eastern
- bigwig

47 Bill

- 49 Part of A.D. 50 Lummox
- 51 Swelled
- head 52 "- Rhythm"
- 53 Go angling 54 Dog's dog
- 55 Whip

#### **DOWN**

- 1 Wrestling style
- 2 Culture
- medium
- 3 Hint

6 N.A. nation

7 People

- Party pooper
- Ship of the desert
- 27 Hodgepodge
- 28 Robert
- Graves subject

32 Faux pas

named for

one's own

roomy and

8 Take as

They're

gloomy

10 Picks out of

a lineup

11 Gram. case

21 Foolish sort

partners

theatrical

23 Minimum

24 Standard

25 Former

26 Overly

19 Wet expanse

- author 45 Sprite
- 46 Miss Piggy's

Complaint"

43 Grandson of

- pronoun 48 Palindromic title
- warmer things are

Carmichael Times Page 8 August 19, 2009



By Laura Snyder

I was flipping through a magazine today when it occurred to me just how warped our society has become. The articles in the magazine weren't the problem. Those are just opinions and stories. We've known for a long time that opinions are like dirty diapers – everyone has had one at some point and they all stink.

We read the opinions just to see if there's anyone out there whose opinion is the same as ours. Usually, we find that there is no one in the world as smart as we are.

No, the opinions aren't the problem, the advertisements are what really soured my Every one of them was like an insult to the average person's intelligence.

One was a cat food ad, where the cat was daydreaming about sunrises and farms, butterflies and baby chicks. The adpromised an "amazing world of delight." Um... It's cat food people!"

My cat doesn't dream about an amazing world of delight. He's just hungry. In fact, if I turned her loose inside of that daydream, those butterflies and baby chicks would be toast. Delight would turn into Midday Massacre faster than you can say survival of the fastest. Delighful? I don't think so.

The next ad asks an apparently tired populace if they are

# Heels and Toes

sleep. If you actually take the time to determine the answer to this question, you are probably doing way too much reading and not enough sleeping. You'll most likely answer, "Well, now that I think about it, I do wake up sometimes. Is that bad?" Well, the ad assures us it is indeed bad, and that what we need is an electronically-controlled air mattress so that we can mess with the buttons all night to get comfortable. Isn't making the mattress softer, then firmer, then softer, then firmer the same thing as tossing and turning all night? You're still tossing and turning, the only difference is that the bed is doing all the work.

To be fair, the buttons do allow for some entertainment when you can't sleep. It's kind of like playing a really low-key video game. The up-and-down motion would probably feel like you're a baby lying on your mommy's bosom. In fact, it's so realistic that consumers have started to wet the bed again. And nothing will put you to sleep faster than that, right? All they need to add is an artificial heartbeat and a coupon for Depends.

The next page showed a stunning photograph of the bottom of someone's feet. Imagine the casting for that! The ad promised "softer feet without the fuss." What fuss? Is this really an issue for people? They are your feet! If you leave them on the ground where they belong, nobody will see the bottom of them anyway. It's like

frustrated by the quality of their selling a cream that makes your tongue the right color. If you leave your tongue in your mouth where it belongs, you wouldn't worry about what color it was. I hope I didn't just give anybody any stupid ideas.

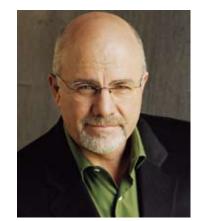
> Suffice to say that the only time rough heels might be detrimental is when you own satin sheets or Berber carpeting or when you are a foot model for no-fuss heel cream. My suggestion: Buy cotton sheets, pull up the carpeting hardwood floors are all the rage right now - and then we won't need foot models for no-fuss foot cream. Problem solved.

> My favorite ad has to be the one that touts a plastic toe separator and says it treats foot problems. Again with the feet! If you feel the need to wear a plastic toe separator, you've got a whole other set of issues to address. It doesn't say how much this state-of-the-art personal appliance costs, but there is a \$15 coupon, which means it's, well... more than that.

> Imagine, though, if you will, a world where your heels are soft as a baby's behind, you sleep on a giant breathing video game, cat food elicits delightful daydreams for your precious Fluffy, and your toes are sufficiently separated. Life would be good then, wouldn't it?

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife. com Or visit her website www. lauraonlife.com for more info.

# Laura on Life Dave Says' Bed, Cat Food,



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.

#### Spoiled All Around

Dear Dave,

My husband and I are not on the same page when it comes to money and our three teenage daughters. I think they should learn to work and make some money, but he doesn't care if they work or not. Plus, he insists on regularly buying them big-ticket items they don't

Commercial

deserve like cameras and fancy phones. What can I do about this? - Susan

Dear Susan,

You're right about one thing. Kids should learn to work and make money at an early age. I've given nice gifts to my kids, but the difference is that they work and make money for themselves, too. The nice gifts I gave them were for special occasions. Showering them with expensive toys all the time was not our way of life.

In this situation, your husband is allowing them to be nothing but consumers. They're not learning how to work, and they're not learning how to save or give. This is setting them up for a lifetime of unrealistic expectations, and it's a really bad plan. If nothing changes you're going to end up with kids who think they're princesses. They'll believe the entire world revolves around them, and the poor guys who marry them will spend the rest of their lives trying to keep three spoiled little girls happy.

Still. I think the biggest problem here is that you and your husband are experiencing a marital breakdown. If the kids were taken out of the picture, the same problems would still be there. The difference is that they would manifest themselves in other ways. He needs to stop being so impulsive, but maybe you could lighten up a little and try to establish some guidelines as to when gifts are appropriate. There's a middle ground you guys can reach, but it's going to take some time and effort. Most of all it means the two of you are going to have to work together!

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Worried About the Future Dear Dave,

I'm worried about my parents and their finances. They're both in their fifties, and they're not being very responsible with their money. I'm especially concerned about what this could mean when they reach old age. Do you have any advice on how I could help them manage things better? - Corey

Dear Corey,

It sounds like you may have already run into what I call "Powdered Butt Syndrome." Once someone has powdered your butt, they really don't want your advice on anything. Sometimes parents will grow to the point where they respect and even seek counsel from their children. But the reality is that most adults simply don't want unsolicited advice.

I'm on the radio every day giving financial advice to people, but I don't grab them by the throats and make them listen. I encounter or hear about people doing dumb things all the time, and in most cases I mind my own business. Now, it's a different story if someone asks for my opinion. At that point, I'm obligated to tell them what I think.

But if the person I'm worried about is a good friend or member of the family, I'll try to put myself in a position where they might ask for advice. One good idea could be to tell them your story. You could describe your past problems, how you fixed them, and how much easier and secure things are now. Sometimes, when you approach a person with this kind of spirit, it becomes easier for them to get into subjects they ordinarily wouldn't talk about. - Dave

\*Please visit www.davesays.org for more financial advice.

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# **Alzheimers Run Breaks Records**



Eileen Javora from race sponsor KCRA 3 readies the crowd for the first race of the day. "On your marks, get set, GO!"

### Race Relations

By Sal Arrigo, Jr.

Relax; this has nothing to do with the now infamous "Beer Summit."

What I am talking about involves a morning that featured 1,500 of my closest relatives gathering at East Lawn Memorial Park in East Sacramento for the Alzheimer's Aid Society's 2nd Annual 5K Memorial Run/Walk, the City of Sacramento Championship, on Saturday, July 25, 2009. When I first arrived at East Lawn at 5 am, I was greeted with a peaceful silence that was quickly going to be shattered as

the race crew, volunteers and participants slowly gathered over the next few hours. There were families and friends participating in honor of, or in memory of, a loved one, or just supporting a local cause.

One of the highlights of the day is the kids' races that precede the main 5K event. The effort put forth by the kids is a sight to behold. Parents are cheering as their little one struggles to cross the finish line, but the look on the child's face as he or she receives a medal for their efforts

is priceless (all kids receive a medal). It is now post time; we can hear the bugle in the background signaling for the runners and walkers to assemble just like the start of a great horse race. You can feel the excitement as the race emcee, Eileen Javora settles the crowd and thanks them for their participation today and reminds them their assistance

goes toward supporting families and

caregivers in Northern California who are dealing with Alzheimer's disease. The race was also attended by Mayor Kevin Johnson (who was also a race participant) and he enthusiastically fired up the crowd, and wished all participants well. At this point of the morning there is an ebb and flow of emotions - runners want to take off, and the entire race committee, who has been working for nearly a year for this one moment, is ready to witness how all their efforts will turn out. However, it would not have been as special if we did not have Lori Faulconer to sing so wonderfully the "Star-Spangled

Sacramento Mayor Kevin Johnson greets

fellow runners at the finish line.

Banner." We are now ready for liftoff--

Eileen announcing, "on your mark, get

set..." sends chills up my spine; what

a site to see all these people disappear

into the East Sacramento neighborhood

only to return to triumphant applause!

the park..., holy cow, they are

smoking," the race announcer

shouts over the public address system.

"We have the runners entering

Austin Ramos (14.56), Jason Hame

It was a grand day, and the entire race committee, East Lawn Memorial Park and all those involved want to thank the East Sacramento community and those who stood in front of their homes

you didn't take part this year you'll get a chance to involve vourself in the event



(16.29) and Benji Xie (16.46) were the top three male finishers. As for the ladies, we had Elissa Briggs (18.24), Janine Marello (18.34) and Wendy Pratt (18.51). Hey folks, these are times for a 5K (3.1 miles) and in plain English, this is fast! In fact, you could have been the last runner or walker to cross the finish line and it would not have mattered at all.

and cheered for all the participants. If

next year, so save the date as we return Saturday, July 24, 2010 for the 3rd Annual Alzheimer's Aid Society 5K Memorial Run/Walk, the City of Sacramento Championship.



Sal Arrigo, Jr. has worked in the field of Gerontology for more than years. He is a professor at Sacra-mento St. University and American River College. Sal is also the Development Chair for the Alzheimer's Aid Society and will have A Silver Lining as a regular column in this newspaper. You can contact him at *916-448-7001*.

Over 1500 runners participated in this year's race. Here's a shot of a heated *sprint towards the* finish line through the East Lawn Mortuary grounds.





The San Juan Spirits Girl's Soccer Team came out in full force to support the run.

The Fleet Feet Race Team came from all over the area to run in this year's event. This is just a few of their many supporting runners, some of whom took race awards.





West Coast **Plumbing** Contractors, led by Lisa West, was one of the largest teams in the race. You can always count on family!



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Carmichael Times Page 10 August 19, 2009



#### Life and Love give us what we need.

By Paul V. "Pauli" Scholl

A few days ago my wife passed away in her sleep. As I found her early that morning, it was surreal, shockwaves in an instant, panic, crushing realization and a sinking unimaginable.

"Trish, wake up. Wake up! Oh, come on baby please wake up! Trish, wake up!"

Calling 911 as I looked upon her, checking for all the signs. "Oh, come on baby, please wake up...

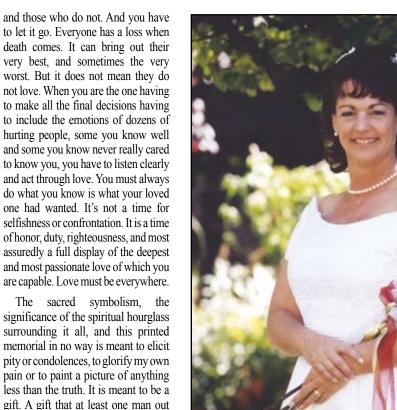
The emergency crew arrived quickly. Confirmation was quick. Police arrived, asking only the necessary questions. They went next door to get my neighbor to stay with me until the coroner arrived. "Trish, wake up..."

It seemed only minutes before the coroner was in the room, asking again only the necessary questions, compassionate and professional. "Can I just lay with her for awhile?" I did, and I told her how I loved her, as I did every day we were together. I held her, just as I wrapped my arms around her all those nights watching goofy television shows together. I kissed her face.

That morning, as I lay next to her on the bed, with the sun rising through the window of our bedroom, I again studied the beautiful lines of her face. The curvature of her cute little nose, the lips I'd kissed thousands



## August 2nd, 1958 – August 6th, 2009



Patricia Diane Scholl in her finest hour

The first play was a ground ball to me, I turned and threw to her at second, and she turned a beautiful double play. 6 to 4 to 3. I ran over to her and we introduced ourselves with a big smile and a high five.

She was due up at our first turn to bat. I remember watching her walk up to the plate from the dugout. Her walk. Man, oh man, what a walk. I was smitten. As it turned out I was in the wrong game, and on the wrong team. But I was right on time.

"We had time together many years ago that no one here even realizes happened. She was magic to me then. She is magic to me now.'

I read a poem I had written for her over twenty years ago named "What Happened at Carnelian Bay". It spoke of our love for each other from twenty years ago. As I went through some of her keepsakes days later, I found a copy tucked away in a secret place.

#### How I proposed

She was always so much fun at the ballpark. She would keep score, eat peanuts, drink beer and tell a story all at the same time. That was the plan. Sharing her in her element of joy and enthusiasm.

The A's were loosing all night long...when Miguel Tejada hit that game winning double to defeat the Yankees in the bottom of the ninth to win by coming from behind, it was a dream come true.

Through all the velling and celebrating, I turned and asked her,..... "Will you marry me?" She stopped breathing, had to sit back down, "What?" and had to ask me to say it twice. "Yes" never sounded so glorious.

"On that wedding day, I knew, I was the luckiest man on the face of the earth"

Readings offered throughout the service were given by her big brother Joe, representing the family, long-time friends Jakki and Lorrie representing her many close friends, our daughters Christina and Jennifer, and her good friend Terri. All very poignant and appropriate, describing the many facets of her life.

#### Our wedding rings and their symbolism.

We designed them together. The roses represent ourselves, the three leaves on each rose represent our children, and the three diamonds represent the spiritual aspects of divine love. "Gabriel, You have been my son many times.

Christina and Jennifer, you will always be my daughters.'

#### Her last birthday

On Trish's last birthday, just this past August 2nd, Trish spent the entire weekend with her grand daughters. She was in the closest place to heaven she could be. My son Gabriel and I were having a father and son weekend, staying at the very same hotel were Trish and I spent our honeymoon on the north coast.

We tried to get back in time for the early evening so I could be with her, but we were caught in traffic and I was hours late. She waited. We shared a piece of birthday cake, and a kiss. I gave her her birthday gift, a new music box with a picture on it of what I wanted to create with her in our backyard. A beautiful and lush surrounding of a gazebo where we could go out every morning and share our coffee and thoughts together. The tune? What a Wonderful World.

#### Presentation of the Roses by the Naughty Nieces

During the ceremony, 300 roses were presented to everyone in attendance by the Naughty Nieces, all the women in the family who regularly get together one or two weekends each vear just to bond as the women in the family. Trish was the only one to have never missed one of those weekends.

#### As they handed the roses out I read:

These roses are given to you today as an extension of Patricia's love They are your keepsake. Trish always loved the surprise of coming home to roses. Last night, she was surrounded in her rest by the dried petals of every rose I have given her throughout our marriage.

#### "300 Roses"

Love comes and goes in the silence of the night

By any other name You and Love are just the same Both warm and deep within in my

My roses, my kiss, my soul Every rose a kiss Every petal an "I love You" Every look in your eyes Another hour in my heart Rest now my sweet, adored and cherished wife 300 roses will be returned ten fold to everyone you loved to everyone you've touched Shhh! ---- You can hear Love

#### Our marriage

coming...

We had big dreams. We were married at a sacred time, on a sacred date. The symbolism representing one's body and soul being reflected by another's body and soul, perfect in their reflection. A perfect union. Complete recognition of one another.

Countless times we would call each other, or leave messages at that sacred time, morning or night. Everything else stopped for a kiss. When she prepared a meal, no matter what, where, or when, I could taste all the love that she put into that gift for me. Never, never, was there

a meal that didn't taste like love.

In marriage, we served each other. We saved each other. Trish spoke to me the other night. She chose red for her day.

#### "Pauli, I want red"

had for life. It symbolizes the deep spiritual passion we had for each other. And it is with that passion for her, that I share this last poem, and end this ceremony of remembrance for my wife, Patricia Diane Scholl. Thank You my beloved, for letting me be your Hero."

#### A Victor Hugo poem, read at the memorial, and on our wedding day

When two souls, which have sought each other

for however long in the throng, have finally found each other, when they have seen that they are matched,

are in sympathy and compatible, in a word, they are alike, there is then established for ever between them

fiery and pure as they themselves are, a union which begins on earth and continues for ever in heaven. This union is love, true love, such as in truth very few men can

that love which is a religion, which deifies the loved one, whose life comes from devotion and passion,

and for which the greatest sacrifices are the sweetest delights.

Amen.

conceive of,

love of my arms into the warmth and the love and the light of Yours.

Trish filled every room she entered with love and joy and laughter. Trish was a big baseball fan, loyal to the Oakland A's. She had great love of music, dancing, games and many other sports. She was a big supporter and organizer of teams for annual Relay for Life/American Cancer Society events in Vacaville and the Sacramento area. She was very active in the Lincoln, CA Chamber of Commerce, recently being named their ambassador of the year. She lived her life with great passion for life, always giving of her time to family and friends in need.

Memorial services were held Thursday, August 13th at 11:00 am at Saint Mary's Catholic Church, 350 Stinson Avenue, Vacaville.

Born in Fairbanks, Alaska, she has lived for the past few years in Roseville. She was 51 years old. She is survived by her loving husband Paul V. Scholl of Roseville, owner of the Messenger Publishing Group, two daughters Christina Rae Whedbee and Jennifer Lynn Simms, son-inlaw Christopher Simms, stepson Gabriel Lucas Scholl, parents Joseph and Judy Gregorich of Vacaville, brothers Joseph, David, Tommy Dale, Timmy and Ricky, sister Victoria and their families, and her dear grand children Hailey Smiley, Kearsten, Kylie and Kendra Simms, along with dozens of nieces and nephews,



"The luckiest man on the face of the earth"

"I'm having a dream, about having a dream, about having a dream, and in that dream guessing who it will be that will wake me up.'

Trish had a great relationship with her mother-in-law, Margaret Scholl of Fairfield. She would often take her on trips to see matriarchs of the Scholl family throughout the bay area, just to get to know the family history. She would also take her shopping, a sometimes difficult task for an 86 year old great-great grandmother. Trish was greatly accepted and loved by the entire Scholl family.

Trish also had a wonderful and special relationship with her stepson Gabriel. They had a bond all their own. She was his sounding board, his rock.

Days later, as I held my daughters one more time before they left our home, headed back to their own worlds, the tears and weeping came



A special bond with Gabriel

over me, unstoppable, "I hope that you have learned one thing, how deeply a man can love a woman."

God, I know I ask this days too late, for she is already with you, grant her spirit safe passage. May she fly from the warmth and the

aunts and uncles, cousins and friends who all will miss her dearly.

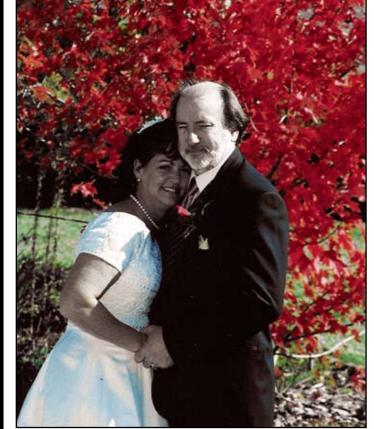
A special thank you goes out to McCuen Garden Chapel Funeral Home in Vacaville, the Vacaville-Elmira Cemetery, Father Gomez of Saint Mary's Catholic Church in Vacaville, the Roseville Police Department, the Placer County Sherrif and Coroner's Office, the emergency crew, Ambience Florist of Roseville, A & A (Anthony) Music Events of Sacramento and Pamela Pamperin, Harpist, of Rocklin. All of you were so supportive, professional and caring. Trish would have given all of you one of her world famous hugs.

Thank you also to all of you who have sent the dozens and dozens and dozens of cards, emails and flowers. They are all very much appreciated.

In lieu of flowers, please make a donation to the American Cancer Society. Mail in the contribution to the American Cancer Society Solano County Unit 744 Empire Street, #206 Fairfield, CA 94533, or call direct 707-425-5309. Make sure to indicate that it's to be credited to the 2010 Vacaville RFL. In honor of Trish Scholl. Please credit this donation to the Vacaville Relay For Life 2010. Team Name: Naughty Nieces.

I take thee Trish, to be my wedded wife, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish until death do us part.

"Rest now my sweet, adored and cherished wife. You were magic to me then. You are magic to me now. You have always given to me the best days of my life." Pauli.



There was always a "fiery" passion

of times, the forehead that touched mine in tough times, just as I had looked upon her all those mornings. She was so serene, no anguish or struggle obvious, only calm.

The coroner waited until I was ready, as if you're ever really ready to let go of the one you expected to spend the rest of your life with in love and joyful living.

There are few things in life more final than watching a coroner's vehicle drive down your street taking your loved one's body away.

#### Ceremony and Burial Plans

Many asked "How can you do the service yourself" and "Are you sure you are up to it?" and others not sure of motive asked "Why?" Once the very idea of having to prepare a service came there was no doubt I had a duty to my wife to perform it myself. There was no uncertainty, no fleeting thought, anxiety or indecision. I knew only I could give my wife what she truly wanted, in life and in death.

Seeming stoic, separated, at times I'm sure aloof, it was duty to my wife first and foremost. I was doing what had to be done to give her the reverence, respect and spiritual safety in both worlds.

All the while, my heart was breaking into more pieces than there are stars in the sky. The universe failing in its immensity to secure room enough for the hole I was falling through.

"Jesus, my Lord and Saviour, at some point, please just catch me."

No matter how loving, how well intended, you believe a family is in their caring, there will always be issues. You will find those who have social graces and those who do not. You will find those who understand grace itself,

### The beginning of the ceremony

there reading this will look at his wife

with more love and understanding,

and never again take the most simple

moments with her for granted. It is a

gift to at least one woman out there

who will recognize and acknowledge

the love her husband gives her

everyday. A gift to a husband and

wife that will share a deeper love, a

greater joy, and a longer commitment

to a marriage as intended by God.

Taking my place as Rev. Paul, and husband "Pauli"

"Today, I stand before you, As a minister, As a brother, As a son, As a father, but most importantly, for this day, I stand here as the adoring

Husband of Patricia Diane Scholl I am presiding over this ceremony, because Trish asked me to. When we were married, she had said she had only wished that I could be both her groom and the minister, because she loved to watch me perform wedding ceremonies. Today, I grant her that wish"

#### How we met

We met for the first time over twenty years ago on a softball field in Fairfield, California. I was on another



Always the loving Grandma

field waiting for a team that never showed up. She waved to me to "Come on, we're starting" from an adjacent field. Thinking I was somehow in the wrong place, I ran to her and took shortstop. They had already started the game, with the first batter getting a hit. She was playing second base.

"Red symbolizes the passion Trish