

# Carmichael Times



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Volume 29 Issue 24

Serving Carmichael and Sacramento County since 1981

June 16, 2009

## Local Cadet Graduates From West Point

West Point, N.Y. – Cadet Steven Daniel Smiley, son of Daniel and Beverly Smiley of Carmichael, CA, graduated from the U.S. Military Academy on Saturday, May 23. Smiley graduated from Rio Americano High School, Sacramento, CA in 2005. While at West Point, he concentrated his studies in Systems Engineering with Honors. He was commissioned as a second lieutenant in the U.S. Army within the Military Intelligence branch and will report to Fort Hood, TX for his first assignment.

The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

West Point, The U.S. Military Academy, is a four-year co-educational federal undergraduate liberal arts college located 50 miles north of New York City. The world's preeminent leader development institution, it was founded in 1802 as America's first college of engineering. Its mission



Cadet Steven Daniel Smiley

remains constant - to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for

a career of professional excellence and service to the Nation as an officer in the United States Army.

For more information, go to [www.westpoint.edu](http://www.westpoint.edu).

## RT to Hold Public Hearing on Monday June 22

Board of Directors Expected to Approve Fare Increases  
and Service Reductions Proposed for September 2009

Sacramento - In response to the state of California's elimination of \$26.2 million in State Transit Assistance funds and a severe decline in local sales tax revenue projected for the Sacramento Regional Transit District (RT) in Fiscal Year 2010, RT will hold a public hearing to discuss proposed fare changes for implementation on September 1, 2009. The public hearing will be held on Monday, June 22, 2009, at 6 p.m. in the RT Auditorium located at 1400 29th Street (at N Street).

The RT Board of Directors will receive public comments on potential changes in all fare categories. In an effort to close the gap on a projected \$9 million budget deficit for Fiscal Year 2010, RT staff will present cost-saving measures and recommendations for fare structure changes and increases.

The fare change public hearing follows the service change public hearing, which was held on June 8, 2009. Service changes proposed for implementation on September 6, 2009, may result in a 7 percent reduction of bus service. On June 22, RT staff will



Mike Wiley, GM/CEO

request approval of fare changes for implementation on Tuesday, September 1, 2009, and service changes for implementation on Sunday, September 6, 2009. The most recent fare increase was implemented in January 2009, and the most recent service reduction was implemented in January 2008, which cut five percent of low productive bus service.

RT is managing the complete elimination of State Transit Assistance funds through Fiscal Year 2013 and a projected \$24 million loss of local sales tax revenue for Fiscal Year 2010 by continuing to control labor and non-labor costs, and identify

additional sources of revenue to absorb this shortfall. A combination of fare increases and service reductions could potentially save \$4.9 million.

"With the complete elimination of State Transit Assistance funds for the next five years, it is clear that RT can no longer depend on support from the state of California," Mike Wiley, General Manager/CEO, stated. "In response to the nearly 50 riders who testified at the public hearing on June 8, RT staff is continuing efforts to maintain service and minimize service reductions. Many riders voiced their concerns about the negative impacts of service cuts and indicated their willingness to contribute more through slightly higher fares."

Fare change comments may be submitted in writing to the RT Finance department at P.O. Box 2110, Sacramento, CA 95812-2110 or by e-mail to [ltlyer@sacrt.com](mailto:ltlyer@sacrt.com).

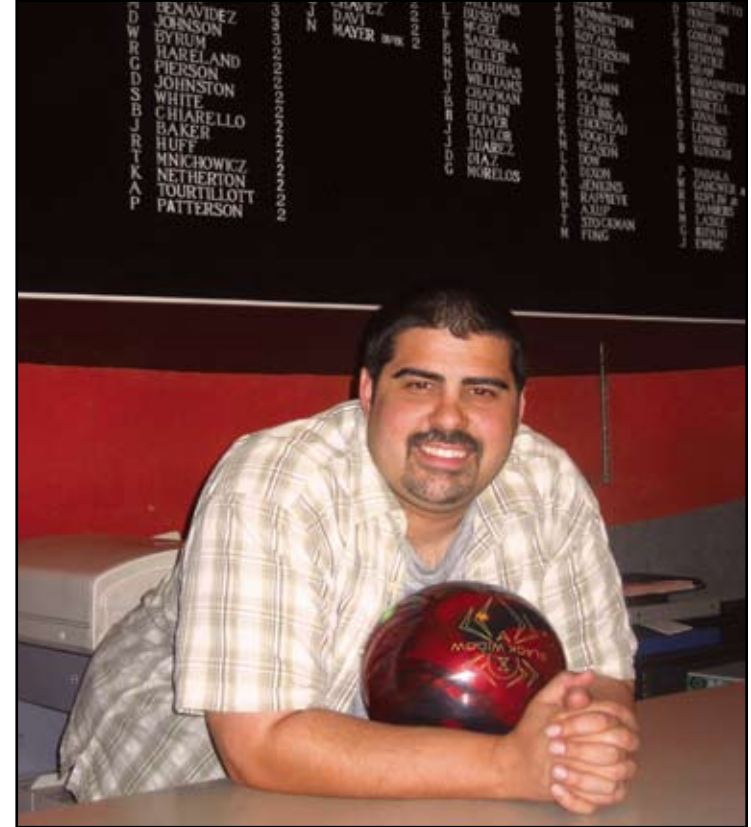
The staff reports for the June 22 board meeting and public hearing are scheduled to be posted on the RT Web site on Wednesday, June 17. For route, schedule and fare information, call 916-321-BUSS (2877) or visit [www.sacrt.com](http://www.sacrt.com).

## "A Shot at Perfection"

By Shayne J Forney

Carmichael - In the sport of bowling there is little that can compare to the thrill of rolling a perfect 300 game. For most bowlers, it is a goal that will never be attained. While there are many more 300's rolled today than there were through the 1970's, thanks to the many advances in bowling ball technology, lane oil, and changes to the way bowlers release the ball, greatly increasing their revolution rate, it is still a feat that is extremely difficult to attain. When you think about the fact that a bowler has to roll twelve perfect shots in a row, in the same game, while dealing with lane conditions changing, the distractions surrounding them from other bowlers, nerves, and the fact that there could be a pin off spot or the possibility you could just get tapped, it is amazing that the perfect 300 game is ever accomplished.

For local bowler Nicholas Mayer, there would be no distractions, bad breaks, or lane condition changes that could stop him on his night to shine. While bowling in the Businessmen's league at Crestview Lanes, Nicholas accomplished almost every goal a bowler has and he did it all in one night. In his first game of the night, Nicholas shot a perfect 300 game. This was the first 300 of his bowling career but it would not be long before he saw his second. Nicholas continued striking into the second game and it was obvious that he planned to keep his streak going... and keep it going he did. In his second game Nicholas shot another perfect 300 game. With an unimaginable, virtually unattainable



Nicholas Mayer - almost perfect!

900 series in sight, Nicholas was drawing a lot of attention from bowlers and spectators alike. After starting his third game with 8 strikes in a row, for a total of 32 consecutive strikes on the night, it was clear that history could be in the making. Unfortunately, the ninth frame would prove costly as Nicholas left a split and could not convert. He finished the game with three in a row in the tenth frame for an amazing 865 series. In a sport where rolling three strikes in a row can prove extremely difficult, Nicholas Mayer's 35 strikes out of a possible 36 will be

remembered for a long time to come. It was a dream filled night for Nicholas and his family. Nicholas, who bowls simply for the enjoyment of spending time with his dad, Michael Mayer, has no big plans for his bowling future. In fact, when asked what next he laughs and says, "I guess now I should quit, I've almost done it all." So, when will we see that perfect 900 series? "I'll get on that first thing tomorrow," Nicholas says with a grin. Nicholas currently bowls league at Crestview Lanes with his dad.

## SMUD Opens "E-House"

Showcasing Latest Energy-Efficient Technologies

The Sacramento Municipal Utility District (SMUD) has unveiled its renovated E-House, an educational tool designed to showcase the latest and greatest in energy efficiency techniques and materials in new home building and existing home remodeling. The latest is a vastly upgraded version of the previous model thousands of SMUD customers have visited over the years.

The full-scale, walk-through model includes many features like the latest advances in home framing that uses less wood. There are new roofing technologies and improved insulation. The new model contains energy-efficient windows, the newest daylighting products, advanced lighting, cooling products like a whole house fan, solar panels that look like roof shingles, radiant barriers; "cool" roofing, and sustainable exterior finishes.

E-House is located in the lobby of the SMUD Customer Service Center located at 6301 S Street. The lobby is open to customers from 8 a.m. to 6 p.m. Monday through Friday. Residential customers can see new technologies that can help them save money on their energy bills. Commercial contractors and building designers can utilize E-House for energy education purposes and to understand



The E-House is located in the SMUD Customer Service Center lobby. It provides a hands-on, closer look at the latest energy efficiency techniques and materials that customers can use to save money on their energy bills.

specific energy-efficient products and applications. It is also a favorite prop for local news media to visually demonstrate for their audiences ways to save money on their energy bills without sacrificing comfort. E-House is an exhibit for the SMUD Energy & Technology Center (E&TC), which promotes market acceptance and transformation of energy efficiency, renewable energy, and safe energy-usage products and processes. With workshops, exhibits, and consultations, the E&TC educates many residential

customers, critical decision makers, and change agents in the greater Sacramento area.

The original E-House was constructed in 1996. Many of the features included in the renovation were donated by partners to minimize cost impact to SMUD customer-owners.

For more information about the SMUD E-House, the Energy & Technology Center or SMUD's many energy efficiency programs that can save residential and business customer money on their energy bills, please visit [smud.org](http://smud.org).

# Band Fest A Real Blast



Taking no sass from the brass was Capitol Pops director Jerry Lopes (with baton). His trumpet section includes (back row left) Jack Murphy, Rick Baker, Linda Glover, John Skinner and Ray Latimer. Front row: Richard Kupper, Michael Olson, Norma Woodruff.



Preparing horns for their turn on stage, Sacramento Symphonic Winds brass and woodwind players include George Preston, Sue Desper, Susan Coddington-Allen, Dr General Davie and festival co-organizer Marjorie Lehr.

Photos by Susan Skinner

## Effie Yeaw Nature Center - June Events

Interactive Exhibit: Endangered Species of California's Central Valley  
Park entrance fee: \$5.00 per car or FREE to ARNHA members.  
Open 9:00 a.m. - 5:00 p.m. daily

### Evening Beaver Walks

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

Times to be arranged; Friday the 19th, and Monday the 29th

### Summer Fun Days

Through August 14th

Turn off the TV and say goodbye to summer boredom with these adventurous one-week and two-week daycamp programs. Crafts, games, nature walks and team-building activities amuse and educate youngsters K - 5 from 9 AM - 12 Noon. Pre-registration required, call (916) 489-4918.

### Summertime Stories

Come to the Nature Center to hear some sunny stories told by the Sacramento Storytellers Guild.

Saturday the 20th at 1:30PM

### Father Time Nature Hike

How has Father Time changed the Nature Area? Take this Father's Day walk with someone special and discover how flooding or a fallen tree can have a big effect on the local ecology.

Sunday the 21st at 1:30PM

### Celebrate National Pollinators Week

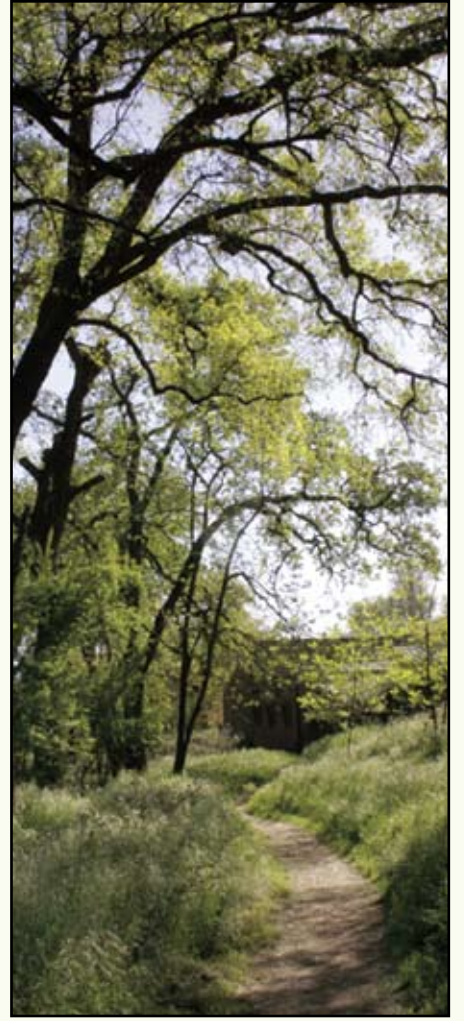
Without pollinators there would be no chocolate! One third of our food crops and 80 percent of flowering plants depend on pollination by birds, bees, bats, beetles, moths, flies, and butterflies. Join a naturalist to learn how these animals fill this important role and how humans can help them.

Saturday the 27th at 1:30PM

### Searching for Snakes

Learn to identify the distinct and unique features of snakes common to this area. Take a walk near the river to explore their habitat and possibly catch a glimpse of one of these scaly creatures.

Sunday the 22nd at 1:30PM



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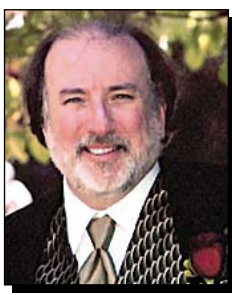
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**Publisher - Paul V. Scholl**

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Be sure to place in the subject field "Attention to Publisher".  
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# Re-founding Fathers This Fathers Day

By Johann Christoph Arnold

Many problems in our society will be solved when young men are willing to become good fathers. Of course, they can do this only if they have an example to follow. As fathers, we need to be the strongest role models for children, especially for our sons.

I loved my father. He had a tremendous sense of humor, but he also was strict and set boundaries which I didn't always appreciate at the time. I always knew he loved me. Once when I was eight or nine, I angered him so much that he threatened to punish me. I looked up at him and, before I knew what I was doing, blurted out, "Papa, I'm really sorry. Do what you have to do-but I know you still love me." To my astonishment, he leaned down, put his arms around me and said with a tenderness that came from the bottom of his heart: "Christoph, I forgive you."

Like many fathers today, my father's work sometimes kept him away from home for long stretches. I remember as a five-year-old, if I refused to obey, all my mother needed to do was to show me his picture. "Your Papa wouldn't

like it," she'd tell me, and I'd give in.

I felt very secure just being with my father. As a small boy I decided I wanted to be like him when I grew up. This relationship held me through hard times, even after his death. Now I want to pass this on to my children, grandchildren, and to all of you.

Fathers, if you love your wife and if you love your children, give them your time. Spending time together will give your family inner and emotional security. This is much more important than financial security. The Chilean poet Gabriela Mistral writes, "Many things can wait. Children cannot... To them we cannot say 'tomorrow.' Their name is today."

The love we show our children by giving them our time and attention can hold them in good stead even years down the road. As Dostoevsky reminds us in *The Brothers Karamazov*, "You must know that there is nothing higher and stronger and more wholesome for life in the future than some good memory, especially a memory of childhood, of home... For if a man has only one good memory left in his heart, even that may keep him from evil."

To be a father is to fulfill a noble vocation. But fatherhood is not for everyone: it is not for cowards or for those who are unsure of themselves. Once we become fathers, we remain fathers until we die. A true father must be a leader—a captain who guides his family's ship through perilous waters to safe shores, a general who rallies his troops to take on the daily battles.

On the other hand, a father should also model love and compassion. Jesus was not afraid to compare himself to a hen gathering her chicks. He also wept. These qualities belong to true manhood, and a true father will seek to embody them.

Finally, I believe even the best intentioned fathers will not be able to fulfill their task without finding a firm faith in God. When they do, our families and the entire country will be strengthened, because strong families form the backbone of our nation.

*Johann Christoph Arnold is a pastor and author of ten books, which are now available as free e-books at [www.plough.com](http://www.plough.com).*

# A Silver Lining by Sal Arrigo, Jr.

## Father's Day

A look at the calendar shows Father's Day fast approaching on June 21, 2009. We first began celebrating Father's Day around 1908, but it was not a national observance until President Nixon proclaimed it so in 1972. It was President Johnson in 1966 that had designated the third Sunday of June as "Father's Day."

So often people go through life meaning to express their thoughts and feelings to a loved one, but never find the time. Back in 1992 my Dad spent the Christmas holiday in a Pennsylvania hospital. He and my Mom were visiting my younger sister's family when Dad developed a lung infection. It was Christmas Eve when the day my sister called to tell me the news. I was shocked; here was a person who had been the Rock of Gibraltar all his life. My Mom, two sisters and I had never experienced many sick days with Dad, so his going to the hospital to me was stressful.

The good news was Dad made a full recovery and was out of the hospital in four days. However, the situation made me think about my Dad, and I guess the realization



Sal Arrigo, Jr.

of his mortality was startling. My wife, Colleen, said to me "he's not a man of steel, he's only human," but I'm not sure -- and I'll tell you why. Dad was the person who took me to my first ice hockey game at Madison Square Garden in New York. We also spent many hours watching games together on an old black and white television.

Dad introduced me to the sights and sounds of major league baseball. Dad many times took me to the Knights of Columbus Father-Son night, and often a sports star was the guest of honor. There were many great memories to recall, but the greatest lessons I learned

were that family comes first and that a loaf of bread on the dinner table was mandatory. Dad told me it was time to earn a buck when I turned 15. What? Who wanted to work when all your friends were playing? You know, I'm glad I went to work, but I didn't appreciate the work-ethic lesson until years later.

When Dad worked full time as a longshoreman, I can remember some long drawn out strikes. In all that time, my family never missed a meal. I'm sure my parents made sacrifices, and you can bet their determination to provide for me and my sisters has rubbed off. Was my Dad the man of steel? You bet! So to my Dad who passed away more than seven years ago, Happy Father's Day. Those life lessons you taught us all are firmly in place.

If you're reading this, give your Dad some thought today, and say thank you. *Sal Arrigo, Jr. has worked in the field of Gerontology for more than 25 years. He is a professor at Sacramento 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.*

# Father's Day: Call Your Father



Grandpa Pauli, surrounded by his son Gabriel, his wife Trish and grand-daughter Kendra, grand-daughter Hailey (visiting from Florida), (I'm holding grand-daughter Kylie), and daughter Jennifer, holding her daughter Kearston, all out to watch one of Gabriel's baseball games.

By Paul V. Scholl, Publisher

In a media-hyped society that too often beats up fathers and the family unit, we forget or neglect the importance of our fathers.

What do fathers do? They worry, a lot, but they will never mention it. They struggle to make financial ends meet, they survive, and we all prosper. They

think about college, and how they will ever pay to get you there. They do without, so you can do "with". They hope for grandchildren, before they are too old to play with them. They pray for safety, your safety, more times than you will ever imagine, until you are also a parent.

For those of us whose fathers have passed, we know what that

endless void is like. It changes you when it happens, and lives with you forever. "If I could send him just one more card..."

Dad's don't say much. But in their silence they say "I Love You" thousands of times. So send your Father's Day card early. Plan to call early in the day. And if you haven't done so lately, be sure to say the words "I Love You Dad".

# These local merchants wish you a HAPPY FATHER'S DAY!

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4141 Manzanita Ave., #105  
Carmichael  
973-9900

**Carmichael Recreation & Park District**  
The Staff  
5750 Grant Avenue, Carmichael  
485-5322

**Aegis Living**  
Chris Schoonveld  
Marketing Director & Staff  
4050 Walnut Ave., Carmichael  
972-1313

**Coffman's Furniture Gallery**  
Dave and Lisa & Staff  
6443 Fair Oaks Blvd., Carmichael  
482-9663

**Eskaton Village**  
Linda & Lucy,  
Marketing Directors  
3939 Walnut Ave., Carmichael  
974-2000

**Carmichael Oaks Senior Living**  
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Marketing Directors  
8350 Fair Oaks Blvd., Carmichael  
944-2323

**Phoenix Schools**  
The Staff  
2921 Garfield Ave., Carmichael  
481-6144

**Marie Callender's**  
Cindy Garcia, Manager & Staff  
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# Freedom Fest Parade at Eskaton



The annual Freedom Fest Parade was held Friday, June 12th at Eskaton Village in Carmichael. About 400 senior residents, from Independent Living, Assisted Living, Skilled Nursing, and Memory Care Units, celebrated and honored the American flag. The average age at Eskaton Village Carmichael is 85, and includes many WWII and

Korean vets. Some chose to march in, while others watched the parade as it wrapped around the front of the campus in celebration of Flag Day. The parade included an antique fire engine, several antique cars, "floats" made by the staff and residents, Girl Scouts performing color guard with a special flag that had been flown over the 9/11

site. Cheer leaders from Casa Roble High School also performed, along with a Dixieland band, and all joined in with a patriotic sing-along! The celebration was a great way to show how this senior generation celebrates their flag and the freedoms it represents.

Photo by Amanda Morello.



## Poor health the biggest issue facing teens

by Lauren Forcella

**Dear Straight Talk:** I read your column on gray hair in teens (APR 1) and have personally observed the non-stop competitiveness of school, sports, and "always-on" electronics. Everyone is way too stressed. But what is missing in this discussion is the importance of diet in the ability to handle stress. Many factors contribute to a proper diet, but a huge problem today are sugar-laden foods and energy drinks which kids use to chemically make up for the fact that they are on-the-run, underslept, and skipping meals. It's a vicious cycle because whenever you skip meals or eat poorly, your body actually craves sugar. Sugar is purely destructive. It upsets your body's ability to burn fuel properly. It creates the perfect environment for yeasts and other bad bacteria to thrive. Then guess what you get? A body bad at metabolizing food and good at storing fat. Sound familiar? I guarantee bodies will die out on a sugary diet — too much sugar is the main problem in bodies everywhere. Add caffeine and things get worse. Please don't switch to artificial sugar. It only creates a new set of problems. — Joe Rodriguez, National Strength and Conditioning Association

**Dear Joe:** Thank you for an important letter. Hands down, the biggest single problem facing young people today is their health. Dr. Francis Pottenger did long-term studies with cats where he placed

optimally healthy cats on a fixed, substandard diet and observed what happened generation after generation. While the first 2 generations had relatively minor health problems (colds, flu, allergies), the third generation also suffered cancer, diabetes, high blood pressure and heart disease. By the fourth generation, mental disorders and infertility joined the list of problems and his cats started dying out.

The collapse is parallel to what we see in humanity: a global obesity epidemic nobody can figure out, mental illness topping cancer as the leading malady, 12 percent of US couples infertile, and a reduced life-expectancy. Many have arrived at the fourth generation.

Despite what drug companies want us to believe, the only cure is to return to traditional, organic, whole-food diets (whose only sugar came from whole fruit and whole carbs). The cure is not quick, so we must start now. When Pottenger reversed his study, it took 7 generations on their ideal diet for his cats to regain optimal health.

What is the ideal human diet? See [www.westonaprice.org](http://www.westonaprice.org) for the diets of optimally healthy traditional peoples discovered by Dr. Weston Price in the 1930s before processed foods penetrated every corner of the globe. It's what I raised my own healthy children on — and I suspect Brie (below) was also. Keep reading for a glimpse

into teen eating habits. More are on our website.

**Britney, 16, Sacramento, CA:** I'm on my own for 99 percent of my meals. I usually skip breakfast, seldom have a solid lunch, and am starving after sports so I chow down at the nearest burger joint. Throughout the day I snack on fries, donuts, and Cliff bars. My favorite "food" is a powdered-sugar donut. I dislike soda but love Kern's nectar (mainly sugar). People say my habits will catch up with me, but I'm 5'6", weigh 92 pounds, and have enough energy to do sports and all-nighters.

**Graham, 16, Fair Oaks, CA:** I'm a vegetarian, careful to get enough protein. Yet I'm under lots of stress and find occasional gray hairs.

**Ashley, 21, Auburn, CA:** Energy drinks were a bad habit, but I kicked them and feel unbelievably better! No headaches anymore!

**Brie, 18, Ashland, OR:** My mother raised me on organic food. We eat healthy carbs and traditional fats like chicken skin, whole milk, whole yogurt, eggs, etc. I rarely skip meals, eat very few sweets, and avoid energy drinks and caffeine. My mom is still her high school weight, and I'm 5'3", 110 pounds.

To ask a question or be a panelist, write us at [www.straighttalkforteens.com](http://www.straighttalkforteens.com) or P.O. Box 963, Fair Oaks, CA 95628.

# POPOFF!

with Mary Jane Popp

## UPDATING

Have you settled for less than the best? You know...the cut rate jacket not the designer line, the economical car not the sports model? What about the he or she in your life? Have you settled for less than Mr or Ms right instead of who you deserve? Have you ever said...If only I knew how to rope in someone gorgeous, or rich, or honorable, or more interesting? Let's just say someone with class. These types do not respond to the same old flirtation techniques. You need a unique set of skills to steal the heart of an extraordinary mate. According to **Leil Lowndes**, author of "Updating" How to date out of your league, you are looking for pain and self-destructive lives when you settle. Leil is a Communications Consultant who says you never have to settle again. She explains how to get the man or woman who once seemed out of your league...NO MORE!

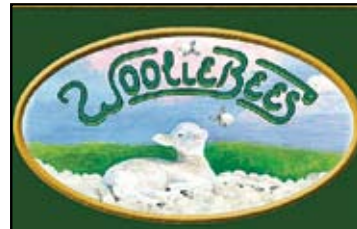
Leil gives you secrets in her straight-shooting style like:  
1) To Get a Gorgeous Partner: Don't swoon too soon. Fabulous looking folks actually like someone better if they seem unimpressed at first! Snooty huh?  
2) To Get a Wealthy, High-Class Partner: Decorate your home with class, not crass. You'll learn why a TV or certain type of common carpeting in your living room can knock you out of the running. In fact, take the "How Classy Is Your Home?" Quiz to see where your dwelling stands on the totem pole. I won't tell you where mine stood, but then I've

been married for 34 years...so there!  
3) To Get A Principled Partner: Don't get caught in one teeny little lie. One fib and your entire credibility goes out the door. And the mate with integrity soon follows. Well, maybe a teeny weeny one? Just my opinion.  
4) To Get an Interesting, "One-of-A Kind" Partner: Just don't do anything "normal." Leil shows you how to be a desirable "nut" who will win the hearts of those creative types. I got this one down. I've never ever been NORMAL!

For the guys, there are four types of women:

- 1) Drop-dead gorgeous
  - 2) Rich or High Class
  - 3) Loving and faithful
  - 4) Creative, Interesting, or Famous.
- Each one of these has a certain approach to hit a home run. For instance, there are proven dos and don'ts for getting a gorgeous woman such as...  
1) Talk to her...but be the first to walk away.  
2) Show no sexual interest in her at all at first.  
3) Never mention her looks, but compliment her on other qualities.  
4) Go for one who (here's a stretch of imagination) might look as though she's your sister.

Bottom line is you have to understand human behavior and apply easy-to-master strategies to connect with the partner of your dreams. It does require self-awareness and a willingness to change bad habits. Leil also offers a complete program for screening out the duds. It's all up to you. Good Luck!



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**CHAUTAUQUA PLAYHOUSE**  
**to revive the comedy**  
*The Odd Couple - Female Version*

(L) Warren Harrison, Susan Madden, Georgann Wallace, Chris Lamb  
Photo Credit: Warren Harrison

The hysterical comedy **THE ODD COUPLE-FEMALE VERSION** by Neil Simon will be presented in a revival opening at Chautauqua Playhouse on Friday, June 26th at 8:00pm. **THE ODD COUPLE-FEMALE VERSION** continues to play on Fridays and Saturdays at 8:00pm through July 19 (no performance on July 4th). Sunday matinee performances will play at 2:00 pm. There will also be two Thursday performances on July 2nd and 9th at 8 pm. 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.

Because of popular demand, Chautauqua Playhouse will again present the popular play with the same cast as the 2008 sell-out production. Neil Simon adapted this script from his original **ODD COUPLE** story line, but with a new twist - Felix and Oscar have now become Florence and Olive, and the poker game has become a weekly Trivial Pursuit game. The Pidgeon sisters have been replaced by the Costazuela brothers from upstairs.

**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](http://www.cplayhouse.com)

The production is directed by Jill McMahon and features Susan Madden as Olive Madison and Georgann Wallace as Florence Unger, with Chris Lamb and Warren Harrison as the Costazuela Brothers. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver.

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FICTITIOUS BUSINESS NAME STATEMENT #0904674. Premium Security, Inc., 9234 Branford Hills St., Las Vegas, NV 89123 is doing business under the Fictitious Business Name "Premium Security, Inc." at 9234 Branford Hills St., Las Vegas, NV 89123. Filed with the Clerk of Sacramento County on May 13, 2009. Publish: May 26, June 2, 9, 16, 2009. CORP20 90504 6-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0904150. Western Project Management, Inc., 136 Southcreek Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Scheduling Solutions" at 136 Southcreek Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County on April 29, 2009. Publish: May 26, June 2, 9, 16, 2009. SCHEDU 90504 6-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0904649. Windmill Nursery, 5750 Windmill Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Paul Niemann; Andrew Niemann" at 5750 Windmill Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 13, 2009. Publish: May 26, June 2, 9, 16, 2009. PAULNI 90504 6-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00044080-CU-PT-GDS WHEREAS, Aaron David Cure has filed a petition in this court for a decree changing name of Aaron David Cure to Aaron David Cure. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 24, 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: May 13, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 26, June 2, 9, 16, 2009. CURE 90504 6-16-09

NOTICE OF TRUSTEE'S SALE TS No. 08-0048382 Title Order No. 08-8-181958 APN No. 282-0340-008-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/01/2006. UNLESS YOU TAKE ACTION TO

PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, as duly appointed trustee pursuant to the Deed of Trust executed by PHILIP J WILSON, AND DESIREE SUNSHINE WILSON, HUSBAND AND WIFE AS JOINT TENANTS dated 03/01/2006 and recorded 03/15/06, as Instrument No. , in Book 20060315, Page 1419), of Official Records in the office of the County Recorder of Sacramento County State of California, will sell on 06/23/2009 at 11:00AM, At the main entrance to the County Courthouse, 720 9th Street, Sacramento at public auction to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any of the real property described above is purported to be: 2016 CLEARFIELD WAY, CARMICHAEL, CA, 956085409. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$342,739.02. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee,

beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. DATED: 08/10/2008 RECONTRUST COMPANY 1757 TAPO CANYON ROAD, SVW-88 SIMI VALLEY, CA 93063 Phone/Sale Information: (800) 281 8219 By: Trustee's Sale Officer RECONTRUST COMPANY, is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. FEI # 1006.32609 6/02, 6/09, 6/16/2009 FEI 90601 6-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0904853. Richard Kiosinski, 6312 Date Palm Way, Carmichael, CA 95608 and Jimmy Hobbs, 3961 Maudray Way, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Step Systems" at 6312 Date Palm Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 19, 2009. Publish: June 2, 9, 16, 23, 2009. STEPSY 90601 6-23-09

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

#34-2009-0004417-CU-PT-GDS WHEREAS, Marianne James-Whoolfstone has filed a petition in this court for a decree changing names of Marianne James-Whoolfstone to Marianne Ryan; and Samantha Shannon James-Whoolfstone to Samantha Shannon Ryan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 1, 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: May 18, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 2, 9, 16, 23, 2009. WHOLF 90601 6-23-09

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

#34-2009-00044943-CU-PT-GDS WHEREAS, Roman Rudy Tabayoyan has filed a petition in this court for a decree changing name of Roman Rudy Tabayoyan to Roman Tabayoyan Zapata. IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 2 p.m. on July 8, 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: May 27, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 2, 9, 16, 23, 2009. TABAYO 90601 6-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0905145. Angelo G. Sardo, 56 Waterglen Circle, Sacramento, CA 95826 and Kevin L. Felte, 5081 Moddison Ave., Sacramento, CA 95819 are doing business under the Fictitious Business Name "Financial Transaction Services Global" at 1500 7th St. #1-A, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 28, 2009. Publish: June 9, 16, 23, 30, 2009. FINANC 90602 6-30-09

FICTITIOUS BUSINESS NAME STATEMENT #0904467. Sean Denton, 5216 Rimwood Dr., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Above All Pool & Spa" at 5216 Rimwood Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 7, 2009. Publish: June 9, 16, 23, 30, 2009. ABOVEA 90602 6-30-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME and GENDER

#34-2009-00045415-CU-PT-GDS WHEREAS, Daniel Charles DeBone has filed a petition in this court for a decree changing name of Daniel Charles DeBone to Dani Cailin DeBone. Petitioner has also filed a petition for a decree changing petitioner's gender from male to female and for the issuance of a new birth certificate reflecting the gender and name changes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 21, 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: June 2, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 9, 16, 23, 30, 2009. DEBONE 90602 6-30-09

FICTITIOUS BUSINESS NAME STATEMENT #0904767. CAMU, LLC, 900 "G" St. #202, Sacramento, CA 95814 is doing business under the Fictitious Business Names "California Mutual LLC; CAMU, LLC at 900 "G" St. #202, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 15, 2009. Publish: June 16, 23, 30, July 7, 2009. CALMUT 90603 7-7-09

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SANTA CLARA CITATION re: ADOPTION CASE #1-09-AD-021604 THE PEOPLE OF THE STATE OF CALIFORNIA. To Dale Wayne Schmitz: YOU ARE HEREBY CITED to appear at 10:30 a.m. on July 28, 2009, in Department 15 of the above entitled court, located at 191 North First St., San Jose, CA 95113. At that time and place, you must show cause why the Petition of DION LoRUSSO to adopt your minor child, KELLY SCHMITZ, should not be granted without your consent in the above-entitled proceeding, on the grounds that you have abandoned that child. The above-referenced adoption Petition alleges that, for a period in excess of one year beginning September 16, 2004, you willfully failed to communicate with, and pay for the care, support, and

education of, the above-named child, although able to do so. YOU ARE FURTHER ADVISED that if you appear at the above hearing, and wish to have legal counsel but are unable to afford counsel, the court will appoint counsel on your behalf. Dated: June 5, 2009. David H. Yamasaki Clerk, Chief Executive Officer/ Clerk. Publish: June 16, 23, 30, July 7, 2009. SHAPIR 90603 7-7-09

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# Mercy Perinatal Recovery Network Receives Achievement Citation Award

## Mercy Sacramento Program Helps Mothers to Battle Addiction, Gain Control of Lives



Brian Ivie, far left, looks on as Kathleen Montgomery, second from left, begins her acceptance speech on behalf of Mercy Perinatal Network, after receiving the 2009 Achievement Citation Award during a ceremony in New Orleans on Sunday, June 7.

The Catholic Health Association of the United States (CHA) announced June 7th that Mercy Perinatal Recovery Network, a program sponsored by Mercy San Juan Medical Center, Sacramento, CA, has been honored with the association's 2009 Achievement Citation Award. The award was presented at CHA's 2009 Catholic Health Assembly in New Orleans.

The Achievement Citation, CHA's most prestigious award, was established in 1975 to honor bold and innovative initiatives from Catholic health care providers in service to their communities.

Mercy Perinatal Recovery Network (PRN) is an outpatient drug and alcohol treatment program that takes a holistic approach to sobriety. "Abstinence isn't enough," said Kathleen Montgomery, manager of Mercy Women's Center, which houses the program. "The women

need to develop a new life." Women accepted into the program go through three stages of treatment: for the first three months, they work on getting sober and starting to recover from the addiction; for the next three months, they receive continuing care; and for the final three months, they learn how to sustain a sober life.

The program's service mix includes individual, group and domestic violence counseling; anger management work; art therapy and creative writing sessions; yoga; parenting education; legal help; nutrition training and smoking cessation. Women can get help with transportation costs and are provided free meals. The program provides child care for children aged five and under.

Mercy PRN began in July 1997 when Mercy San Juan Medical Center provided start-up costs. Since its inception, the program has grown to serve annually

approximately 150 or so drug- or alcohol-addicted mothers and mothers-to-be and 50 children.

Mercy PRN reports a success rate far superior to that of similar programs: In 2007, 73 percent of Mercy PRN's patients completed the first 90 days of treatment, compared to the national average of 30 percent. Sixty percent completed 180 days of treatment, compared to a national average of 38 percent.

Administrator Montgomery said child care staff nurture the children and help them learn. They also help them deal with their emotional challenges. And as clients progress through recovery, Mercy PRN helps them prepare for life after graduation. The program offers literacy courses and job skills primers, for instance.

Montgomery added that the program is a ministry to help these women, whom society has deemed expendable. And it is rewarding work, she said. "I come to work and see true courage. I see women claiming the life that was intended for them. They work so hard to create a new life for themselves and their kids."

The Achievement Citation award was presented at a gala celebration that also honored recipients of CHA's Sister Mary Concilia Moran Award for a visionary leader; the Lifetime Achievement Award for a lifetime of contributions to the ministry; and the Midcareer Award, which recognizes remarkable achievement in the recipient's field.

# King Crossword

### ACROSS

- 1 Ring out
- 5 Spud's buds
- 9 Crony
- 12 Malaria symptom
- 13 Freebie
- 14 Latin 101 word
- 15 It opens in the fall
- 17 Tier
- 18 Slowly
- 19 Out of dreamland
- 21 "People" competitor
- 22 Bob Woodward book
- 24 Put one over on
- 27 Foundation
- 28 Swindle
- 31 Historic time
- 32 Lubricant
- 33 Witness
- 34 Pink-slip
- 36 Exist
- 37 Nasty
- 38 Trophy, e.g.
- 40 Familiar greeting
- 41 Shaggy hairdos
- 43 Panda food
- 47 E.T.'s craft
- 48 Supreme
- 51 — Lanka
- 52 Object of devotion

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
18								19	20			
				21		22	23					
24	25	26			27				28		29	30
31					32					33		
34			35		36				37			
			38		39			40				
41	42						43			44	45	46
47					48	49	50					
51					52					53		
54					55					56		

- 53 Blue matter
  - 54 Turf
  - 55 Yield
  - 56 Lhasa — (dog)
- ### DOWN
- 1 One of the Three Bears
  - 2 "Zounds!"
  - 3 Emanation
  - 4 Group of teams
  - 5 Reverberate
  - 6 Thee
  - 7 Ambulance VIP
  - 8 Lance
  - 9 Eden
  - 10 Beyond
  - 11 Actor Rob
  - 16 Opposite of "trans-"
  - 20 Symbol of intrigue
  - 22 Bizarre
  - 23 Not working
  - 24 Updated "groovy"
  - 25 Spoon-bender Geller
  - 26 Overly fearful
  - 27 Piglets' pop
  - 29 Meadow
  - 30 Barbie's
  - friend
  - 35 Ram's mate
  - 37 Champagne + O.J.
  - 39 Jellied entree
  - 40 Scenery
  - 41 Disarrange
  - 42 Frizzy do
  - 43 Curse
  - 44 Dislodge
  - 45 Responsibility
  - 46 "Beetle Bailey" dog
  - 49 Expert
  - 50 Scepter

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## Weekly SUDOKU

by Linda Thistle

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

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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Answers on Page 5

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# The Inside Scoop on Air Pollution



According to the EPA, the best way to address indoor air pollution is to control or eliminate the sources of the pollutants.

(NAPSA) - Many homeowners might be surprised to learn that air pollution can be as much an indoor concern as it is an outdoor problem. The U.S. Environmental Protection Agency (EPA) includes indoor air pollution among the top five environmental health risks facing Americans today. The cause? Particulate matter, including dust, smoke, pollen, animal dander, tobacco smoke, particles generated by combustion and particles associated with dust mites, mold, bacteria and viruses,

as well as gaseous pollutants that come from the combustion process, building materials, furnishings and products such as adhesives, paints, varnishes, cleaning products and pesticides. The problem these pollutants pose can be heightened by construction and remodeling practices designed to conserve energy. Tighter seals, while they help to ensure the efficient operation of air conditioners, furnaces and heat pumps, restrict the flow of fresh outdoor air into a home and

limit the removal of indoor air pollutants from the home.

According to the EPA, the best way to address indoor air pollution is to control or eliminate the sources of the pollutants, ventilate a home with clean outdoor air and take advantage of air-cleaning devices, some of which can be installed in the ductwork of a home's heating, ventilating and air-conditioning (HVAC) system.

In fact, homeowners can find indoor air quality products designed to combat poor air quality and its effects while providing extra comfort and added efficiency. The Coleman electronic air cleaner, for example, can remove up to 94 percent of airborne particles, including dust, pollen, pet dander, plant spores, fungi, bacteria and tobacco smoke.

Coleman Heating & Air Conditioning offers a variety of indoor air quality products, including:

- Media air cleaners and HEPA air cleaners that remove pollutants;
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- Whole house dehumidifiers that eliminate excess moisture and prevent toxic mold growth;
- Ultraviolet air purification systems that radiate germ-killing levels of ultraviolet light through a 50-watt UVC lamp;
- Heat and energy recovery ventilators that allow homeowners to adjust fresh airflow while retaining energy used to heat or cool a home, saving money on utility bills in the process.

For more information, visit [www.colemanac.com](http://www.colemanac.com) or call (877) 874-7378.

# What's Your Household's Cap-and-Trade Tax Burden?

## Tax Foundation Calculator Helps Individuals Estimate Annual Household Costs of a Proposed U.S. Cap-and-Trade System

Americans can now estimate how much a U.S. cap-and-trade system would cost their individual households annually with the Tax Foundation's new Household Cap-and-Trade Burden Calculator. The calculator can be found at <http://www.taxfoundation.org/capandtrade>.

The calculator is based upon a study released in March, Tax Foundation Working Paper No. 6, "Who Pays for Climate Policy? New Estimates of the Household Burden and Economic Impact of a U.S. Cap-and-Trade System." The study shows that a cap-and-trade system designed to reduce greenhouse gas emissions by 15 percent would place an annual burden of \$144.8 billion on American households. The average annual household burden would be \$1,218, which would be approximately 2% of

the average household income.

Although carbon emission permits under a cap-and-trade system would be purchased first by energy companies, the costs are ultimately paid by American consumers. The calculator asks how much a household's combined monthly income is (pre-tax) and how much a household spends monthly on various items like electricity, natural gas, food, clothing and transportation. It then calculates the total annual additional cost that cap-and-trade would impose on that household as well as the cap-and-trade burden as a percentage of income.

Tax Foundation adjunct scholar Andrew Chamberlain, author of the working paper, emphasizes the importance of the calculator as a way to show Americans

that cap-and-trade would not represent a "tax free" way to reduce greenhouse gas emissions. "The purpose of the calculator is to bring to light the hidden tax burden that a cap-and-trade system would impose on American households," says Chamberlain. "This is because a cap-and-trade system offers lawmakers a way to curb greenhouse gas emissions through regulations rather than tax increases – a less visible approach that enjoys the popular perception of being less burdensome to households."

Working Paper No. 6 can be found at <http://www.taxfoundation.org/publications/show/24472.html>.

The Tax Foundation is a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937.



## MUSIC CAMP Northminster Presbyterian Church

July 6 to 10 - 9:00 AM to 4:00 PM  
3235 Pope Avenue

as participate in singing and movement. They will also be putting a musical together.

The musical, Fruit for Thought, will be performed on Sunday, July 12, during the worship service (9:55 a.m.) Children are asked to bring their lunch. Snacks and drinks will be provided. The cost is \$25.

For more information, call 487-5192 or visit [Northminsteronline.org](http://Northminsteronline.org).

## Paratransit Mobility Training

Come learn about navigating the RT Bus system, senior discounts and how to sign up for Paratransit. Do you qualify for a free life time RT bus pass? Come and find out Monday, July 20th at 1:30 p.m. at the Ethel Hart Senior Center, 915 27th St., Sacramento.

Cost: Free  
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# Tires LES SCHWAB

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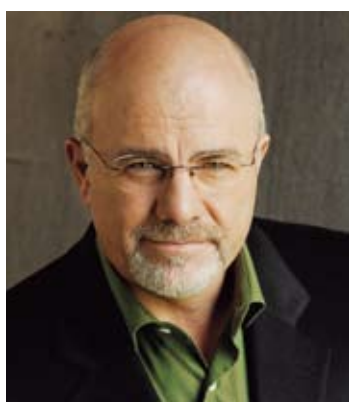
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# Dave Says



concentrate on her studies. Should we get another loan for her last year?  
- David

Dear David,

I've got a better idea. Keep in mind I said a *better* idea, not an *easier* idea.

She needs to be working full-time and then some, all summer long. If she does this and also works part-time during the school year, and you guys chip in a little, you may not need to think about another loan.

I really don't give a hoot about her lifestyle while she's in college. No college kid, especially one that's not working to help make things happen, deserves to be put up in a fancy apartment while her parents go into debt or break their backs working to support them. I worked all the way through college, and so did thousands of other people.

Statistics show that the average, in-state cost of tuition for college in this country is about \$6,000 a year. It costs about \$5,000 to live in a dorm, plus you've got books and food and a few incidentals. So, the average total will be between \$12,000 and \$15,000 year.

That means you guys have to come up with about \$1,000 to \$1,200 a month. I really believe that if you'll all work together, and involve everyone in the process, you can make this happen without taking another loan!

In the long run, you'll all be happier if you do it that way.

- Dave

### Budgeting For Stupid

Dear Dave,

Do you think it would be a good idea to budget a little money each month for playing the lottery? I spent \$10 on scratch tickets the other day and won \$100. I think it might be a

pretty good idea to save \$90 and put the other \$10 toward more tickets.

- Edward

Dear Edward,

Here's a thought. Just stuff ten bucks down your garbage disposal each month and save the cost of driving to the nearest convenience store.

Really, now, you can't be serious! The lottery is a tax on the poor, and on people who can't do math. I'm not riding a moral high horse. Research shows that people from lower income brackets, folks who can't afford to be throwing their money away on some ridiculous game, spend four times as much on lottery tickets as anyone else. Rich people don't mess with this garbage, because they know the lottery isn't a wealth-building tool. When was the last time you saw a line of BMWs and Mercedes' pulled up to your local convenience store to buy lottery tickets?

The only winners in the lottery game are the students who get scholarships, but in reality they are riding to school on the backs of the poor masses who gamble away their grocery money.

Lots of people think winning the lottery will mean life on easy street. The truth, however, is that it rarely works out that way. Did you know that 65 percent of Lotto winners go bankrupt in less than 15 years? Your chances of winning big are about 125,000,000 to 1. You're more likely to be bitten by a snake, or die in a car accident on the way to buy the stupid lottery tickets!

If you've got money to throw around, do something smart with it, like get out of debt! Do you have an emergency fund? Are you investing for your retirement, or your kid's education? If you've done all of this, give it to someone who's hurting, or invest it in your community. Don't waste it on something as dumb as the lottery!

- Dave

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



By Laura Snyder

A clean house was never one of my priorities. Maybe a far-off dream like granite countertops and a professionally landscaped yard, but not a priority.

There are many things that I value above a clean house on my list; number one is having happy, healthy, well-adjusted kids. That's number one because if I mess that up, everyone will know.

Number two is a happy, healthy marriage. There are many people who would put this first, but I have made my determination based on risk and consequences and to be perfectly honest, the risks and consequences of my marriage failing are far lower than the risks and consequences of my children failing.

With that as my barometer, a clean house is way down on the list, which is why my house always looks as if a bomb had gone off in it. With a husband, five children, and a career, the demands on my time are greater than the twenty-four hours that I am allotted. My house suffers, but in fifty years will anyone really remember what my house looked like?

My children's bedrooms are

# Laura on Life

## What Else is Down There?

the worst. When someone pulls into the driveway, everyone in the house knows the drill: Pick up everything in the living room, throw it into a bedroom, and slam the doors shut.

A friend of mine gave me a ride home one day. I could tell that my family could be relied upon to execute the drill even without my presence, because as soon as the strange car pulled into the driveway, I saw a flurry of activity through my living room window which was followed by what sounded like fireworks going off in the house. When I walked in, the living room was spotless and my son looked at me and said, "Aw, false alarm!"

I try to make my kids clean their rooms once a week, but I suspect that the vast majority of the mess gets shoved under the bed. Once something goes under the bed, it's gone - poof! If they can't find something, it never occurs to them to look under the bed. It apparently requires a different set of skills to look under the bed. The skill of spelunking comes to mind.

Cleaning under the bed is a voyage of discovery. That PSP cartridge that he hasn't seen since Christmas is pulled out and suddenly cleaning under the bed is exciting. What else is down there?

He finds 3 or 4 Nerf gun bullets, the mini flashlight he used to read under the blankets, the book he used to read under the blankets, 49 cents in assorted change, 1/2

bag of Easter-colored Skittles, a puddle of blue ink where a pen was crushed under a box of old golf balls, the remote for his remote-control car which doesn't work anymore because he was forced to push it around, the remains of a blueberry Pop-Tart, and a pair of underwear that looks as if it was part of a science experiment.

It's exciting until he pulls out a sticky napkin wrapped around a moldy apple core. Then it's, "Am I done yet?" "Is there still stuff under the bed?"

"Well, yeah, but none of it is any good."

The cleaning part of this endeavor has somehow eluded him. The only reason to be under the bed after all, is to be reunited with money and toys that he hasn't seen since he was in preschool, right?

Well, on my priority scale, the risks and consequences for not cleaning under the bed are not high unless you consider that having bugs in the house that have a taste for blueberry Pop-Tarts and old apple cores might jeopardize the happy, healthy kids priority. Cleaning under the bed as a priority has just risen significantly higher.

"What else is down there? Never mind, let's just move the bed!"

*Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at [lsnyder@lauraonlife.com](mailto:lsnyder@lauraonlife.com) Or visit her website [www.lauraonlife.com](http://www.lauraonlife.com) for more info.*

### Yet Another Student Loan?

Dear Dave,

Our daughter has one year left in college. She's going to a state school here in Texas, and we've already taken out two loans to help her out. She's living in nice apartment off-campus. She doesn't work so she can

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# Celebrate Carmichael's Founders Day

Saturday, September 26th, 2009

To Volunteer or become a Vendor, Call the Chamber of Commerce at 481-1002



# Negotiators Reach Another Tentative Deal on Firefighter Contract Extension

*Firefighters to Vote on Tentative Agreement This Week*

*From Firefighters for Sacramento City*

Sacramento city firefighters will vote on another proposed deal next week to extend their contracts. Once again, firefighter negotiators have agreed to salary concessions in order to save the city millions, though there are still concerns that the current deal doesn't protect firefighters from layoffs and ensure that firehouses are kept open beyond next year.

"We will put this deal to a vote of our membership at a time to be determined next week," said Sacramento City firefighter Chris Harvey. "Our goal remains to have an adequate number of firefighters on the job to protect public safety in our communities, and it will be up to our members to determine if this tentative agreement achieves

that. We all want to move forward, and that's why firefighters have continued to agree to salary concessions every step of the way."

Earlier this week, firefighters offered a deal that would have them take a 5% pay-cut, freezing their salary for two and a half years, if the city had agreed not to layoff firefighters until 2012. This offer would have saved the city more than \$10 million over the duration of the contract extension on top of \$10 million in current savings from early retirements and staffing vacancies.

Concerned about protecting public safety and stopping the city's rotating closures of firehouses, Sacramento's firefighters want to ensure that there are adequate numbers of firefighters on the job to ensure quick response times and save lives.

When negotiations began,

firefighters were the first to come to the table offering to take a pay-cut, but have expressed concerns about the negotiation process, the city's intimidation tactics of issuing pink slips during the firefighters' voting process, and the city's lack of concessions to protect public safety.

Over the past 30 years, the City of Sacramento has seen significant reductions in fire protection. While the population has nearly doubled and calls for firefighter service have more than quadrupled, the number of city fire trucks and engines has decreased.

In 1977, there were 15,317 calls for service and 21 engines, and 10 trucks located within City limits. In 2008, there were 70,907 calls for service and only 19 engines and 9 trucks stationed in the City.

# New Senior Living Community in Carmichael to Hire 30 New Team Members

Carmichael - Sunrise Senior Living, a leading provider of senior living services, will open its newest community, Sunrise of Carmichael, on July 23, 2009. With this new home opening comes the opportunity to employ over 30 new team members in the areas of culinary, nursing,

activities, and caregiving. Sunrise offers a full benefit package, premium wages, and tuition reimbursement to its employees. Sunrise of Carmichael, the Company's fifth community in Sacramento, will be first Sunrise community in California custom-built to

feature its distinctive programs for residents with early, mild or advanced cognitive impairments such as Alzheimer's disease.

To learn more about Sunrise, please visit <http://www.sunriseseniorliving.com>. (916) 485-4500

## First Pitch for Baseball Academy Coming July 19th



The Dusty Baker Baseball Camp opens this year on July 19th in Rancho Cordova. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball.

For more information call Bruce Carmichael at 1-530-644-3067, or E-Mail: [bdcarmichael@sbcglobal.net](mailto:bdcarmichael@sbcglobal.net).

Visit the camp website at [www.dustybakerbaseballcamp.com](http://www.dustybakerbaseballcamp.com)

Session One Ages 9-12 Sunday, July 26 – Friday, July 31

Session Two Ages 13-15 Sunday, July 26 – Friday, July 31

Advanced Session, Ages 15-19 Sunday, July 19– Friday, July 24

## Local 185 Helps Out Senior Gleaners



Volunteers from Sacramento Construction and General Laborers Local 185 were out in force last Friday and Saturday helping other volunteers who help feed the poor and hungry. Fourteen Local 185 members generously gave of their time and labor to help Senior Gleaners, Inc. maintain its focus on feeding

the poor and the hungry. After a morning spent gleaning in the fields or sorting and packing food boxes to distribute to charities, heavy brush clearing around the Gleaners' warehouse tends to be a job that gets pushed down the "to do" list. Local 185 took care of that job and cleared the brush for them.

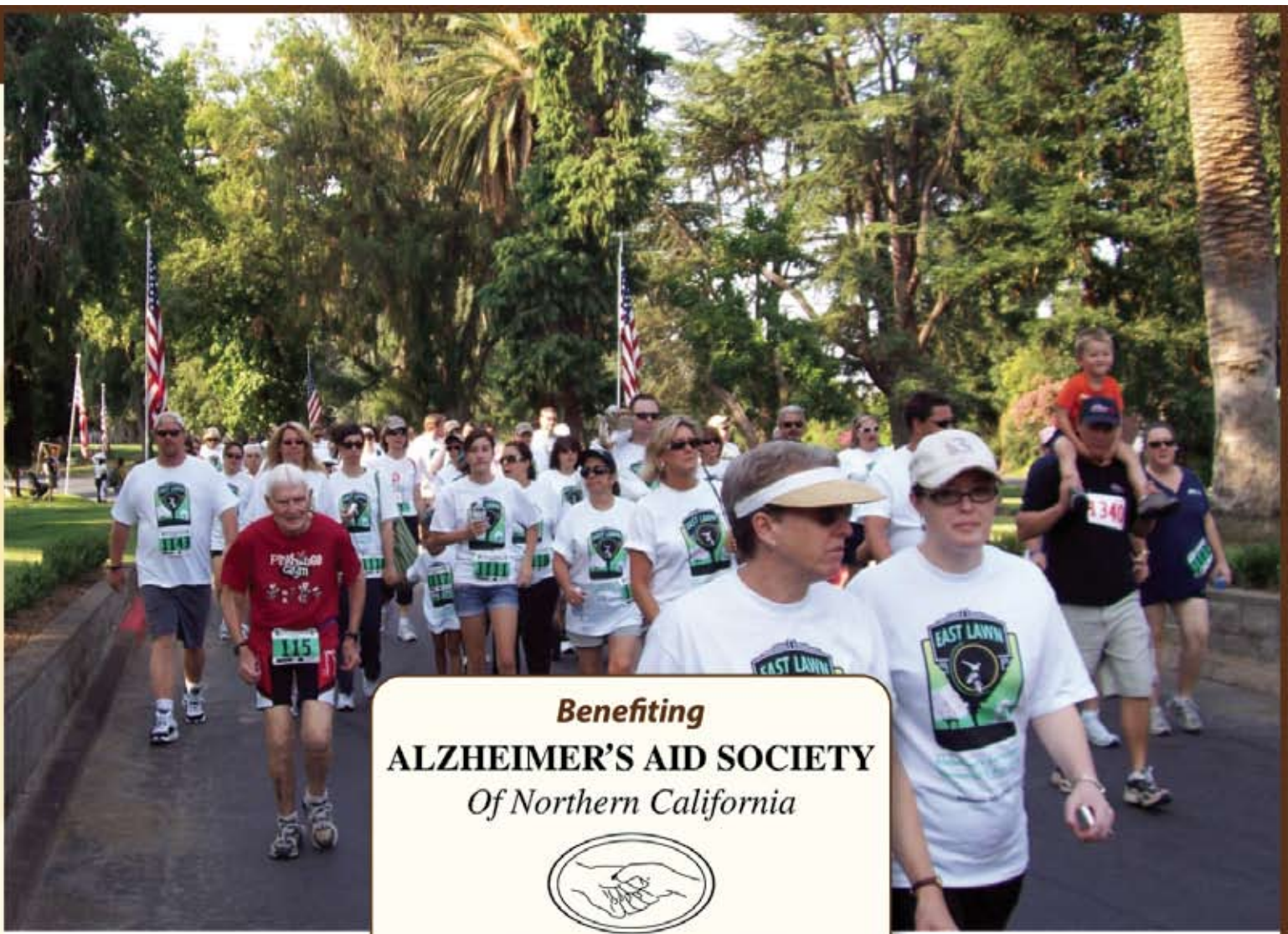
Senior Gleaners President, Felix Barrera said "We really appreciated all the hard work they did out here, especially in the heat of last week." Being a retired Laborers' Local 185 member himself, Barrera was especially proud of the service they provided.

**2nd Annual**

**Alzheimer's Aid Society Memorial 5k Run/Walk**  
City of Sacramento 5k Championship

**Saturday July 25, 2009**  
Start and finish lines at the historic East Lawn Memorial Park

For registration or more info:  
[www.memory5k.org](http://www.memory5k.org)



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**NewsTalk 1530 KFBK**

To participate in the event or to donate, visit the Alzheimer's Aid Society website at [www.memory5k.org](http://www.memory5k.org)