

Carmichael Times



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Volume 29 Issue 22

Serving Carmichael and Sacramento County since 1981

June 2, 2009

Governor Proposes Eliminating Cal Grants for 200,000 Students



Gov. Arnold Schwarzenegger

In direct contrast to federal efforts to increase college access during the current recession, Governor Schwarzenegger proposed eliminating all new Cal Grants, along with deep cuts to public university systems and other essential state programs and services. The Cal Grant program has been an integral part of California's commitment to college access and affordability for more than 50 years. Since 2001, all qualified graduating high school students have been guaranteed a Cal Grant.

"The Governor's alarming threat to eliminate Cal Grants sends a discouraging signal about college affordability to all Californians," said Lauren Asher, acting president of the Institute for College Access & Success. "Students and families are counting on Cal Grants in these tough

times, and the proposed cuts will wreak havoc with college plans for this fall."

The Governor seeks to cut approximately \$250 million from the state budget. The Institute estimates that more than 200,000 students statewide – over two-thirds of all current students offered Cal Grants – would lose all or part of the Cal Grant they were counting on to help pay for college this fall. These students will see their financial aid packages reduced by between \$576 and \$9,708. Based on the Institute's analysis, here is a snapshot of these high-achieving, financially needy students and what is at stake for them.

At least 118,300 students would lose their entire grant, worth up to \$9,708, this fall. Eliminating all new Cal Grants would deny approximately 118,300 students access to aid dollars

they needed and expected for the 2009-10 academic year. These students have very low to moderate incomes, and vary greatly in age and type of college, although nearly half would have attended community colleges.

At least 90,000 returning students would lose part of their Cal Grant this fall: An estimated additional 90,000 UC and CSU students would see their promised renewal grants reduced by up to \$600 for 2009-10, a result of the Governor's proposal to eliminate support for fee increases.

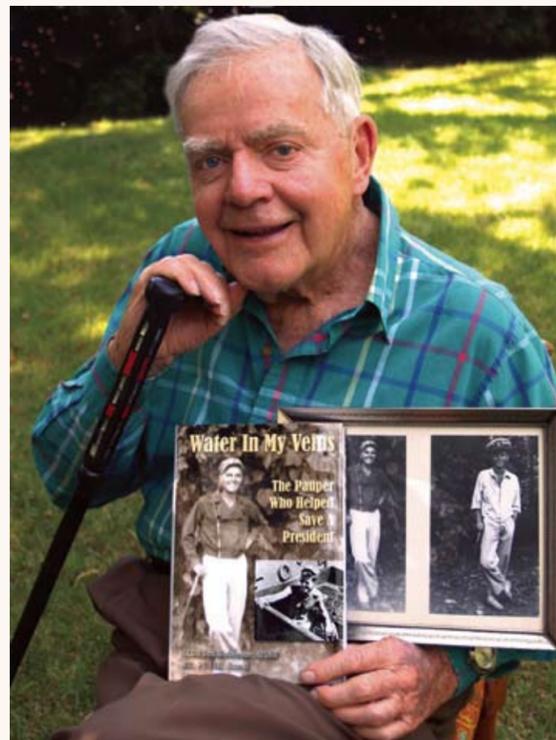
"The loss of Cal Grants will push lower income students off the college track, delay their progress, or leave them even deeper in debt as they struggle to make ends meet. Making it harder for Californians to get the training and education they need puts our state's troubled economy at even greater risk, now and in the future," said Asher. The Public Policy Institute of California recently found that California needs more than a million new college-educated workers by 2025 to protect the state economy from decline.

From Institute for College Access & Success

The Institute's analysis is based on the distribution of 2007-08 Cal Grant offers (the best and most recent available data), as well as the Schwarzenegger administration's projections for 2009-10, including: "2007-08 Cal Grant Program Recipients, Legislative Report Requirement", California Student Aid Commission (CSAC), undated, and projections provided to the Institute by CSAC on May 22, 2009. The federal poverty level for a family of four is \$22,050.

Photo by Amanda Morello

J.F.K.'s Rescuer Rallies For Effie Yeaw Nature Center



Carmichael - Aiding the Effie Yeaw Nature Center, one of the last living witnesses to an historic WW II incident will share his memories on June 13. US Navy Ensign Ted Robinson and his own PT crew survived the same Pacific attack in which a Japanese destroyer rammed Lt J. F. Kennedy's vessel.

Robinson soon volunteered for the daring mission that returned an injured and emaciated JFK from behind enemy lines. Kennedy's survival and rescue were later immortalized by the film classic "PT 109."

For many weeks after the incident, officers Kennedy and Robinson shared a tent in the

Solomon Islands. As JFK regained his strength, he borrowed a walking stick given to Robinson by a local chief. Robinson snapped the iconic photograph of a fragile JFK and his cane, later published all over the world. Kennedy used his rescuer's camera for a similar study of his rescuer. "You never saw the picture of me published anywhere," grins the Arcade resident. "I never became a president."

In his book "Water in my Veins – the Pauper who Helped Save a President," Robinson reminisces on his colorful life and the PT 109 adventure, as related to him by tentmate JFK. The author will share his experiences and his

WW II hero Ted Robinson (left) treasures the exotic walking stick that he and John F. Kennedy (below) shared. Robinson took part in the 1943 rescue of PT 109; a mission that saved a future president. The Arcade man's own vessel, PT 118, earned two Silver Stars. Robinson's JFK memoirs are included in his recently published book.



"war museum" at an ice cream social and book signing in his own garden, June 13. Anyone may attend. Admission is \$25.

Further information, call (916) 489-4918.

Metro Fire - FIRE CAMP 2009

Applications are now being accepted

It is time to sign up for Metro Fire's 2009 FIRE CAMP. Fire Camp is a day camp from July 7 - 10, 2009. Each day of camp eighty - 11, 12, and 13 year olds' are given a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a fun and exciting atmosphere.

The kids are grouped in "strike teams" of eight campers, and each strike team is mentored and supervised by two professional firefighters. Teams learn about the job of a firefighter and experience first hand life safety skills.



Through the vision and dedication of over 150 District employees, and the support of local businesses, community groups, and allied public agencies, FIRE CAMP brings youth and public servants together in an atmosphere of support, encouragement, and excitement.

To attend FIRE CAMP, applicants must be 11, 12 or 13 years of age.

Preference is given to applicants who live within the Metro Fire District boundaries. Applications can be found on our web site: www.sacmetrofire.ca.gov, go to - For Residents, Programs, Fire Camp. Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position in this year's FIRE CAMP. Remember only 80 positions are available for Camp.

Sacramento Metropolitan Fire District
2101 Hurley Way
Sacramento, CA 95825
(916) 566-4000
www.sacmetrofire.ca.gov

Bicyclist Struck By Hit And Run Vehicle

CHP Report - On May 28, 2009, at approximately 6:30 p.m., Christian Reinheimer, a 38 year old from Sacramento was riding his orange Trek mountain bike on westbound Arden Way just west of Mendota Way in the right lane. Reinheimer was riding his bicycle at approximately 25 mph and was positioned to the far right of the lane. A vehicle described as silver or light colored mini-van was traveling westbound on Arden Way approaching the

rear of Reinheimer. The mini-van struck Reinheimer which caused him to be ejected from his bicycle and thrown onto the hood and into the windshield of the mini-van.

The driver of the mini-van fled the scene immediately following the collision. Reinheimer was transported to Mercy San Juan Medical Hospital where he sustained major injuries including a collapsed lung.

The driver of the silver or light

colored mini-van was described as an older woman in her 50's or 60's with gray hair and light skinned. The vehicle should have right front hood damage and a broken windshield.

The CHP is requesting your assistance in locating the driver and vehicle involved in this collision. If you have any information you are encouraged to contact the North Sacramento CHP at (916) 338-6710.

This collision is still under investigation.

Local Synchronized Swimmers Qualify for National Competition

The Sacramento Synchronized Swim Team's 18-19 Age Group team qualified to compete at the National level at the recent 2009 Region B Age Group Championships held at the Folsom Aquatics Center. The championship meet featured 8 teams from Northern and Central California. The Region B Championship was the qualifying meet for competing in the 2009 ESYNCHRO Age Group National Championships to be held June 27-July 4 in Gainesville, Fla. The top three finishing entries in each routine event qualify to go on to the National competition.

Kylie Beloian of Carmichael finished in first place out of 35 swimmers in the 10 & Under Age Group figure category. Kaitlin Staines of Fair Oaks placed first in the 13-15 Solo event, and



Kylie Beloian

placed sixth out of 66 swimmers in the 13-15 figure competition. Kaitlin also placed second overall in the 16-17 and 18-19 Age Group figure competition out of 47 swimmers. Hannah

Hammond, of Sacramento, and Morgan Clendenning, of Orangevale, took second place in the 18-19 Duet event, and also took third place in the 18-19 Trio event along with Haley Kurz of Sacramento. Sac Synchro also placed second in the 18-19 Age Group Team event, featuring Nicole Antoine, Erika Chapman, Morgan Clendenning, Marissa Forrest, Hannah Hammond, Haley Kurz, Victoria Rosas, and Kaitlin Staines.

The Region B Championships featured 215 athletes from the San Francisco Merionettes, the Sacramento Synchronized Swim Team, Redwood Empire Synchro, the Santa Clara Aquamaids, the Walnut Creek Aquanuts, the Cypress Swim Club, the Los Gatos Sirenas, and Angelfish Synchro of Los Gatos.

Got Something To Say... By CM Ricks

Let's go somewhere!

Wow what a week! Our camping season has officially begun. As the flags were hung, the thanks to military was given, families were loading up ice chests, bikes and tents into their cars. There was not a corner in Carmichael that one did not encounter a loaded trailer, an RV or pull up behind a loaded truck last weekend.

While waiting at the Eastern and Marconi light, I was behind a Prowler. I began to wonder just where they were headed. We have so many choices here guys! Heading to Ice House up Highway 50, going to Santa Cruz down 80, or heading to one of my favorites, French Meadows up Highway 80 is only a hop skip and a jump to the freeway of escape. After being gone so long, I am amazed that I am able to remember all the roads, the bridges and the lookouts while traveling to weekend destinations that have been imbedded in my mind since I was young.

Blessed am I to have a family that so believes in tradition. My children come from a long line of time being spent with grandparents, cousins, aunts and uncle's in the wilderness. From their Great Grandpa Jay to their oldest As with most teenagers, my son

thinks that staying home and hangin' with friends is most important. However, 95608er parents, once they get to the site, set up a lure and start telling family jokes, they forget all about the chlorinated pool at home.

Can you even think of a better place to live during the summer? Surrounded by running water, an hour from the mountains, less than two hours from the beach, you gotta love Carmichael! Catching crayfish and trout in French Meadows to come home and dole it out to your friends and family seems to make the whole unloading process a tad bit more bearable. Earning bragging rights is a ritual some families take very seriously. Taking Grandma the biggest fish caught and cooking it for her upon your return is an unforgettable experience for our children. As you stride through Raley's buying your set up for smore's, going to Fletchers Automotive to get your car checked out before the drive, latch on to your roots and know you are teaching your young, the directions to life long memories.

There truly is something about roasting a hot dog along side of your sibling over a fire that helps one

forget all the tensions and love one another. The saying "A family the plays together, stays together" is very true because a the end of the day, who is going to love you is in fact, your own. Traditions are made, not born. Load up your family, buy your hot dogs and go make a family memory!

*Happy Camping,
CM RICKS*

Taking my son to Santa Cruz mountains was great! I came to visit a friend in Carmichael and was thrilled to spend spring break in a tent. Colt will never forget it.
Val Thomas, Washington State Resident

It is such a joy to see the kids faces when they catch their fish! When they come home smelling of bonfire, I love it.

Harlene Ferreira, Tradition Making Mom, Grandma, and Great Grandma

Growing up with my family camping was awesome. My Great Grandpa loved going to French Meadows with all of us. We created family memories I will have for a lifetime.

Jared Mauldin, Avid Fisher, Camper

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Summer Brings Sizzling Job Opportunities

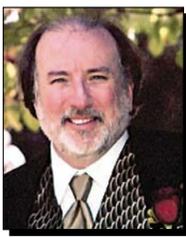
Sacramento - Area companies will be recruiting to fill hundreds of new jobs at Sacramento's 18th Annual June HIREvent, Tuesday, June 24th from Noon to 4pm at the Lions Gate Hotel, Club Ballroom in McClellan Business Park. Admission is free. Jobseekers can speak with representatives from dozens of employers in just one afternoon. Many companies have immediate

needs to fill in the areas of administration, customer service, finance, law enforcement, marketing, communications, and more. Opportunities range from entry-level through management. Candidates should dress for an interview and be prepared to meet with company decision-makers. Attendees can also have their resume reviewed by professional Career Specialists.

For more information on this event, visit JobJournal.com or call 1-888-THE JOBS.

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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

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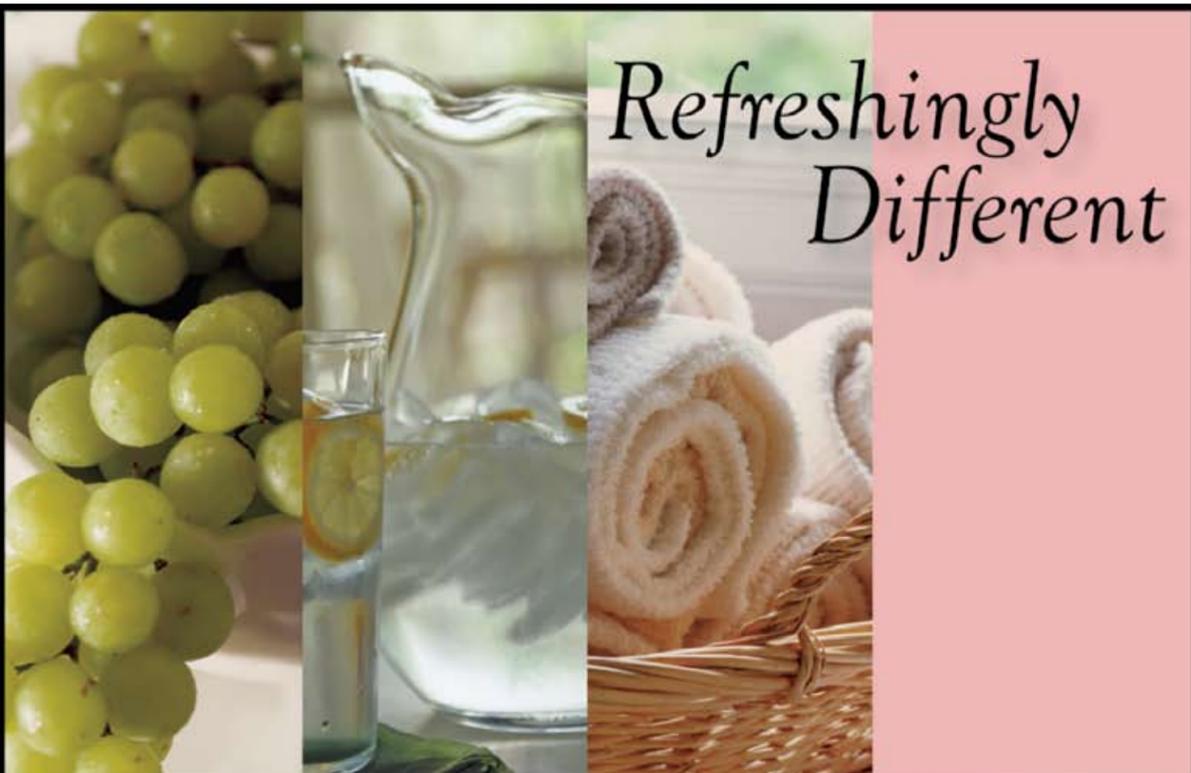
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Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at 773-1111.

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So, Who is Saving the Dynamite Tree?

Our last article alerted you that the O'Donnell Heritage Park was in danger of losing its nature area and cherished Dynamite Tree. This article describes how many people of different persuasions have come forth to save the nature area and Dynamite Tree. Who are these people, and what are their motivations?

Most people are motivated by their memories of what once was and should continue to be, as well as what is not and should really be. Some cherish their time as a child - playing in the field - climbing the friendly dynamite tree - riding their bikes - digging holes - and playing hide and go seek. Others appreciate the pristine beauty of nature from other locations, and wish to preserve the neighborhood's existing nature area. Young parents long for a nearby tot lot to encourage active child play. Some experienced the loss of scarce park lands due to public indifference. Many feel that park sites should not lay fallow for lack of funds - and wish to do something about it. Some wish to seize an opportunity to build community rapport - through a project funded jointly by tax dollars and neighborhood contributions.

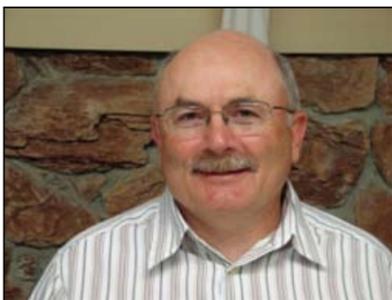
The confluence of these memories brought the Carmichael Recreation and Park District and a group of citizens to a common solution. It began with the Park Advisory Board (Dave Younger, Karen Borman, Jerry Dover, Bernie Lenau, Barbara Safford, Peter Tateishi) taking responsible action to develop park sites that have lain fallow too long - raising funds through park land sales as last resort - listening to the community's objection - and then asking their staff to find an alternate solution. The able Park staff (Jack Harrison, Keith Maddison) - worked cooperatively with the neighborhood - developed an Alternate "Plan B" - avoided the sale of acreage - and allowed

full community participation. The community was mobilized by its current leadership - Ed Nicholson (a registered structural engineer) - Ben Yates (a retired aerospace and private sector financial manager), and Vern Chang (a retired aerospace engineer and K-12 administrator). They formed a steering committee (Sue Bristow, Janet



Jack Harrison

Morones, Lisa Dugan, Angela Brown, Tom Gemma, Steve Cavender, Richard Ellis, Garrett Gravelle) to develop a strategic plan that would - establish a support database - raise funds - recruit volunteers - and assign 19 street reps for the door-to-door delivery of monthly communications.



David Younger

Major donors Bob Simmons (NDS Solutions) printed the brochures and newsletters, and Ray Wise (Screenprintit.com) created the donor signs. Patrick Cavender (patrick@kmcreative.com) created an awesome website to report on committee activities and allow you to make on-line credit card contributions (Check it out - www.odonnellneighborhoodpark.org).

The park staff and steering committee successfully developed a balanced park design that met the park district standards, and satisfied the neighborhood naturalists and park play enthusiasts. The majority of the park will remain as a nature area (protected by a walk trail), provide high play value facilities for the 0-5 tots and 5-12 children, a 3 point shooting court for older children, and a grassy play field area for everyone.

The fund raising to date has been very successful and is approaching 70% of the \$235,000 goal. (The final deadline is August 31, 2009). There are 20 major donors to date (contributions of \$1,000+) that will be recognized with an inscribed plaque at the park. There are 140 memorial bricks sold to date (target is 400) that will be integrated into the park design. As they hear about what's shaking, former neighbors are contributing - from near and afar - Carmichael, Fair Oaks, Gold River, Granite Bay, Lincoln, Roseville, Woodside and Ethiopia (Wow!). Some of the donor comments reflect their childhood memories - "Love That Dynamite Tree" - "Dynamite Tree Lovers since 68" - "I can hear my mom saying, "DO SOMETHING".

Now that you know what motivated these citizens, the question becomes: Should You Be Motivated to Join them? If Your answer is YES, you can make a contribution (form is shown below) or help by contacting the following people:
 · For Donations - Call Ben Yates, Fund Raising Chair (967.6349)
 · For Brick Sales - Call Steve Cavender, Brick Sales Chair (965.7561)
 · For Volunteers - Call Ed Nicholson, Committee Chair (806.0437)

(Next up, the Carmichael Times will report on the project schedule and volunteers needed for construction).

Carmichael Park Community Band Festival

Saturday June 6 and Sunday June 7

The Sacramento Valley Symphonic Band Association presents the annual Carmichael Park Community Band Festival, Carmichael Park Amphitheater. There will be a community band, one every hour on the hour,

both days from 1pm to 6 pm. Saturday and 11 am to 7 pm Sunday. Included in this year's line-up is the Association of the United States Army Band, "The Sounds of Freedom" from Fresno, performing Saturday

at 4 pm. and the 59th Army National Guard Band "The Governor's Own" at 6 pm Sunday. Bring the entire family, a picnic, lawn chairs, and enjoy a lovely afternoon of music under the shade trees!



Grant Parker (front) jams with Sacramento Concert Band brass and woodwind players. Parker's 50-piece group is one of 14 ensembles scheduled keep toes tapping during the 2009 Community Band Festival in Carmichael Park.

Photo by Susan Skinner

Admission: FREE
Parking: FREE

Location: Carmichael Park: 5750 Grant Ave. Carmichael 95608 (southeast corner of the park; Fair Oaks Blvd. between Grant and North)

Information: (916) 489-2576

Website: <http://svsba.org> or www.sacwinds.org

Additional Info:

Saturday - June 6
 1:00 - North Bay Wind Symphony
 2:00 - Roseville Community Band
 3:00 - Pleasanton Concert Band
 4:00 - US Army "The Sounds of Freedom"
 5:00 - Elk Grove Community Band

Sunday - June 7

11:00 - Three Note Band
 12:00 - Capitol Pops Concert Band
 1:00 - Solano Winds
 2:00 - Sacramento Symphonic Winds
 3:00 - Capital City Concert Band
 4:00 - Sacramento Concert Band
 5:00 - River City Concert Band
 6:00 - 59th Army National Guard Band "The Governor's Own"

Putting on the Dog at "Canine Craze"



Carmichael Park District's annual "Canine Craze" dog show featured pooches large, small and just dogone cute. Dressed to impress were Yipper (left) with owner Betty Bowles, Missy and owner Jessica Burkett, Zury with Gemily West, Scooter with Alex Miele and Abby and Blanca, with owner Melissa Leon.

Photo by Susan Skinner

CHAUTAUQUA PLAYHOUSE

You Can't Take It With You

Through June 21st



Daryl Petrig, Jessalyn San Gregorio
 Photo Credit: Warren Harrison

Chautauqua Playhouse announces the last show of its 32nd season, YOU CAN'T TAKE IT WITH YOU by Kaufman and Hart, opened on May 22, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through June 21. 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.

This Pulitzer Prize winning depiction of a delightfully eccentric family relates the humorous encounter between the crazy household of Grandpa Vanderhof, and his family of idiosyncratic individualists versus the conservative family of his granddaughter's suitor. Their wholehearted pursuit of happiness fills the stage with chaotic activity and witty one-liners!

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

The production is directed by Boots Martin. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast of 18 actors includes Daryl Petrig, Diane Bartlett and Shana McCarl.

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Jessie Bhanagor (left) from Sher e Punjab restaurant serves rice and spicy chicken to Mindy Sage and Angela Nodolf. The samplers were among the 600 guests at the recent Taste of Carmichael fundraiser. Kiwanis volunteers Len Ohlendorf and Hal Snow look on. To learn about local Kiwanis, call (916) 804-7687

Photo by Susan Skinner



Real faces, not Facebook, best ticket for love

by Lauren Forcella

Dear Straight Talk: This girl at my school added me as a friend on Facebook and we started talking online and texting and passed a lot of personal information back and forth. The thing is, we had only talked in person twice, and now we knew so much about each other from talking online that when we spotted each other at school, it was like, what is there left to talk about? We've pretty much stopped texting and chatting and I'm disappointed because I really want to get to know her. How have others made the jump from online to real life? — Santa Rosa

Rachel, 17, Fair Oaks, CA: This is my problem, too. You start texting or talking online and get to know at least the basics about each other, but then those first few times hanging out you don't know what to talk about. But, really, you just have to push through it. Re-ask questions, expand on things you've talked about. If you're "meant to be" it will just flow.

Jack, 18, Fair Oaks, CA: Nothing beats face-to-face, so start a conversation with her! It takes a lot of guts and she knows that.

Hannah, 17, Auburn, CA: I had a relationship with this guy from my school where we'd text and sometimes talk on the phone,

but never in person. We had two classes together, too, so it felt really ridiculous. We finally decided to meet outside of school and we hit it off! But, still, no talking at school. Then, out of the blue, he comes up and kisses me! We aren't together now but we're amazingly good friends and had a really good relationship while it lasted. So don't be afraid! Make a move, look how it worked for me!

Shelby, 17, Auburn, CA: It sounds like you are the type that freezes up in person. I'm the same way and talking on MySpace or texting is much easier. If I were her, I would want you to just walk up to me and put your arm on my shoulder and be like, "What? Not talking to me anymore?" real playful-like. Then see where it goes.

Graham, 15, Fair Oaks, CA: Just because you've done the small talk doesn't mean there isn't more conversation to be had. Since it's been awhile since you last "talked", next time you see her, ask how she's doing, and what's new.

Lennon, 22, Fair Oaks, CA: Talking only online to someone is like knowing them and not knowing them at the same time. This new communication is screwy that way. Someone will ask to be my friend on Facebook with nothing in real life to initiate the friendship other

than knowing who I am. Then it's awkward when I see them in person because I don't really know them. I recommend inviting your girl to do something that will give you something to talk about beyond get-to-know-you questions.

Jessie, 16, Ashland, OR: I've gotten to know several people through MySpace and Facebook, and even though we all went to the same school, only one made it to the real world. It's hard, especially if one or both of the people are shy. Make contact, either in person or online, and suggest a time to hang out. When you see her, bring up a topic you discussed online and follow it. If you don't give it a shot, you'll never know what could've happened.

Dear Santa Rosa: You can assess compatibility and bond more in 5 minutes of face-time than 5 decades online. My advice to all lonely teens out there: Get out from behind the computer! Join clubs, sport teams, church groups, any activity where you engage with the same faces regularly. Those are the faces you'll make memories with, not Facebook faces.

To ask a question or be a panelist, write us at www.straighttalkforteens.com or P.O. Box 963, Fair Oaks, CA 95628.

Focus on the Family Teams with YouDiligence to Protect Children and Promote Internet Safety

Christian Newswire -- YouDiligenceTM (www.youdiligence.com) is teaming with Focus on the Family® (www.focusonthefamily.com) to provide Internet safety services to families who want to protect their children from online predators and cyber-bullies and inappropriate online exchanges.

YouDiligence is web-based and works directly over the internet on Facebook and MySpace. There is no complicated software installation or download necessary on any computer. Parents can feel comfortable that no matter where, or on what computer their child is posting material from, when a keyword match is found, the word, its context and location are sent to the parent's email in real-time, allowing them to react to potentially dangerous situations appropriately.

"Millions of families turn to Focus on the Family for guidance on parenting, and our arrangement with

YouDiligence provides an avenue for many parents to start protecting their children online, specifically within the social networking sites," said Rich Bennett, Vice President at Focus on the Family.

"YouDiligence gives parents the power to be proactive in protecting their children from online predators and cyber-bullies," said Kevin Long, president of You Diligence. "It scans children's MySpace and Facebook pages for inappropriate content and then automatically alerts parents by email. YouDiligence is extending a special offer to Focus on the Family constituents through the Family Safety Initiative. Details are available at: (www.focusonthefamily.com/safety).

Recently over 100,000 child predators had their MySpace and Facebook accounts terminated. Most kids ages 10 and up spend an average of 20-30 hours per week (mostly

unsupervised) communicating on social networking websites, like MySpace and Facebook -- which control about 90% of the social networking market for kids. These sites are online hang-outs where tweens, teens and adults create virtual profiles, post comments on each others' pages, trade messages and upload photos and videos of themselves for anyone to see.

Focus on the Family reaches more than 220 million people in 155 nations, and is a Christian nonprofit organization dedicated to helping families thrive worldwide. Founded in 1977, Focus on the Family provides practical tools, spiritual resources and emotional support to families at every stage of life.

YouDiligence is a leader in the field of Internet safety and is headquartered in Montpelier, Vermont, with offices in Washington, DC and West Lafayette, Indiana.

Keeping Your License

Having a license to drive means freedom to any motorist. But what factors do the DMV and highway patrol consider to determine the driving fitness of older adults? Speakers from the DMV and CHP

share information that may help you to keep your license safely.

This free class will be held from 9:30 – 11:00 AM, Wednesday, June 10

Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608

Call The Senior Connection for reservations, (916) 334-1072

Caregiver Fitness

More and more Californians are becoming caregivers to family members in need. Care manager Larry Dawes, MSW will speak on juggling personal and caregiving responsibilities and how to

develop care-giving muscle!

This free class will be held from 6:00 – 7:30 PM Tuesday, June 9, 2009

Eskaton Adult Day Health Center
Carmichael

5105 Manzanita Avenue
Carmichael, CA 95608

Call The Senior Connection for reservations, (916) 334-1072



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CHORAL SOUNDSCAPES

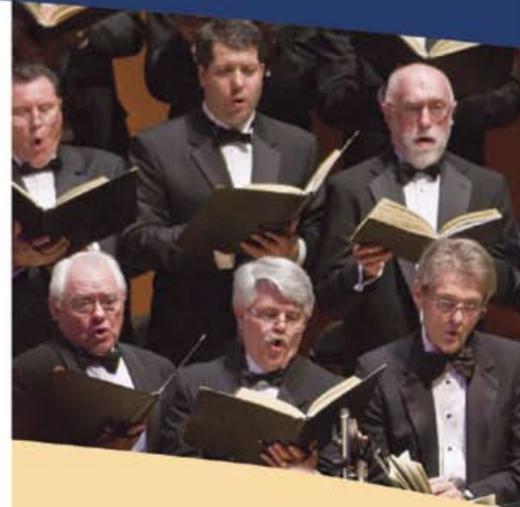
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Sunday, June 7 at 7 p.m.
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The SCSO salutes the choral and chamber music traditions with songs of Exaltation, Remembrance and Thanksgiving including:

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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 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 12, 19, 26, June 2, 2009. BARNHA 90502 6-2-09

CHANGE OF NAME #34-2009-00043355-CU-PT-GDS WHEREAS, Huong Nguyen and Wendy Huong Quan have filed a petition in this court for a decree changing name of Huu Phuc Quan Nguyen to Timothy Phuc Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 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 petition. Dated: May 7, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. SMITH 90503 6-9-09

is recorded with the appropriate County Recorder's Office." DATE: May 24, 2009 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Ashley Jennings, Authorized Signatory 505 N. Tustin Avenue, Suite 243 Santa Ana, CA 92705 Sale Info website: www.USA-Foreclosure.com Reinstatement and Pay-Off Requests: (866) 387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE FEI # 1002.120024 05/26, 06/02, 06/09/2009. FEI 90504 6-9-09

NOTICE OF TRUSTEE'S SALE File No. 7530.20717 Title Order No. 4020154 MIN No. Loan No. 68240141313099 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/30/06, 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): Randy J. Selby and Ouida Selby, who are married to each other Recorded: 02/22/06, as Instrument No. Book 20060222, Page 1326, of Official Records of Sacramento, California. Date of Sale: 06/15/09 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street, Sacramento, CA The purported property address is: 2901 EASY WY, CARMICHAEL, CA 95608 Assessors Parcel No. 272-0130-046 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$76,826.42. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney (frequently by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent

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

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, SWV-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

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. WHOOLF 90601 6-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0904323. Jerrold A. Azevedo, 10523 Fair Oaks Blvd. #325, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Lifetime Wellness" at 6056 Rutland Dr. #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 23, 2009. Publish: May 19, 26, June 2, 9, 2009. LIFETI 90503 6-9-09

FICTITIOUS BUSINESS NAME STATEMENT #0904682. Lisa Sweeney, 2500 La France Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "ASAP Print Solutions" at 2500 La France Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 13, 2009. Publish: May 19, 26, June 2, 9, 2009. ASAPPR 90503 6-9-09

NOTICE OF TRUSTEE'S SALE File No. 7530.20717 Title Order No. 4020154 MIN No. Loan No. 68240141313099 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/30/06, 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): Randy J. Selby and Ouida Selby, who are married to each other Recorded: 02/22/06, as Instrument No. Book 20060222, Page 1326, of Official Records of Sacramento, California. Date of Sale: 06/15/09 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street, Sacramento, CA The purported property address is: 2901 EASY WY, CARMICHAEL, CA 95608 Assessors Parcel No. 272-0130-046 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$76,826.42. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney (frequently by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent

NOTICE OF TRUSTEE'S SALE File No. 7530.20717 Title Order No. 4020154 MIN No. Loan No. 68240141313099 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/30/06, 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): Randy J. Selby and Ouida Selby, who are married to each other Recorded: 02/22/06, as Instrument No. Book 20060222, Page 1326, of Official Records of Sacramento, California. Date of Sale: 06/15/09 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street, Sacramento, CA The purported property address is: 2901 EASY WY, CARMICHAEL, CA 95608 Assessors Parcel No. 272-0130-046 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$76,826.42. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney (frequently by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent

NOTICE OF TRUSTEE'S SALE File No. 7530.20717 Title Order No. 4020154 MIN No. Loan No. 68240141313099 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/30/06, 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. A public auction sale 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 95608. 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

NOTICE OF TRUSTEE'S SALE File No. 7530.20717 Title Order No. 4020154 MIN No. Loan No. 68240141313099 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/30/06, 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. A public auction sale 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 95608. 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

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 #0904853. Richard Kosinski, 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 #34-2009-00042897-CU-PT-GDS WHEREAS, Crystal Sallander has filed a petition in this court for a decree changing name of Caelan Robert Stanley to Caelan Robert Sallander. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 11, 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: April 30, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 12, 19, 26, June 2, 2009. SALLAN 90502 6-2-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043220-CU-PT-GDS WHEREAS, Aaron Barnhart and Lucie Barnhart have filed a petition in this court for a decree changing name of Christopher Dylan Bojorquez to Christopher Dylan Barnhart. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 16, 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 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. ISBUTT 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043644-CU-PT-GDS WHEREAS, David Smith and Alyssa Smith have filed a petition in this court for a decree changing name of Kyah Lynn Dietz to Kyah Lynn Smith. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 18, 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 12, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. DRISCO 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043942-CU-PT-GDS WHEREAS, Mary McGuire Driscoll has filed a petition in this court for a decree changing name of Mary McGuire Driscoll to Mary Constance McGuire. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 23, 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 12, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. DRISCO 90503 6-9-09

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 #0904853. Richard Kosinski, 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 #34-2009-00044943-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

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Films and DVDs for the Whole Family

by David Dickstein



Family Films

Land of the Lost
Opens June 5, rated PG
landofthelost.net

Lasting only two seasons in the mid-'70s, "Land of the Lost" is best remembered by Baby Boomers as more campy than classic, which probably will suit Will Ferrell's brand of over-the-top comedy better than his last TV-to-film effort, "Bewitched." The Irvine-born Ferrell stars as a has-been scientist who is thrust with his assistant and a redneck survivalist into an alternate universe populated by dinosaurs and other creatures.

Transformers 2: Revenge of the Fallen
Opens June 24, rated PG-13
transformersmovie.com

Not getting their fill of giant robot action in the 2007 blockbuster, Shia LaBeouf and Megan Fox return to lend a human hand in an epic battle between the Autobots and the Decepticons. Director and co-writer Michael Bay has said the sequel is less about a boy and his car than Sam (LaBeouf) coming of age. Rainn Wilson of TV's "The Office" joins returning supporting cast members Josh Duhamel and John Turturro.

Family Home Entertainment

A Bug's Life (ages 4-adult, now available, G): Available on Blu-Ray Hi-Def for the first time is one of Pixar-Disney's earlier, and engaging animated features. The 1998 movie follows a misfit ant who hopes to save his colony from grasshoppers. Your

child will never look at a garden the same. I, for one, have spared the lives of countless nature friends since seeing this humorous, visually stunning and touching film. Grade: A



Barney: Sing & Dance with Barney (ages 2-5, released June 16, not rated): The purple dinosaur gets a bad rap for being super sweet and deliriously happy all the time, but isn't that how we want our children to be? So heave a sigh and let your youngster sing and dance to "Twinkle, Twinkle, Little Star," "B-I-



N-G-O" and "If You're Happy and You Know It" with the cheeriest of all children's TV icons. Music CD with five songs is a nice bonus. Grade: A-

Goosebumps: Return of the Mummy and The Scarecrow Walks at Midnight (ages 6-12, now available, not rated): Sold separately, these are the latest DVDs featuring creepy episodes of the anthological TV series that will bring daunting delight to future ghostbusters. Based on R.L. Stine's classic children's horror novellas. Grade: B+

The Jetsons: Season 2, Volume 1 (ages 4-10, released June 2, not rated): The three-disc collector's set includes 21 episodes of the cult-classic cartoon series' second generation, which aired in 1984 and 1985. Although there's a special place in the hearts of Baby Boomers who watched the original series in the '60s, the

"newer" batch is still futuristic family fun. Grade: B+

Looney Tunes Movie Collection: Looney, Looney, Looney Bugs Bunny Movie (ages 3-8, now available, not rated): The title is as almost as lengthy as the entertainment value of this feature-length release that is cleverly comprised of three parts. Each features a collection of legendary cable shorts that are threaded with new material. A winner for all generations. Grade: A

Snoopy's Reunion (ages 3-8, now available, not rated): When Snoopy becomes homesick for his puppyhood days at the Daisy Hill Puppy Farm, he and Charlie Brown organize a reunion with his brothers and sisters. Cute stuff. Originally aired in 1991, this is one of the best non-holiday-related Peanuts TV specials. Grade: B+

KING Crossword

1	2	3	4	5	6	7	8	9	10	11	
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56				57				58			

ACROSS

- 1 Prospector's hope
- 5 Tie up the phone
- 8 Distort
- 12 Eye layer
- 13 Have bills
- 14 Tower city
- 15 Stationer's quantity
- 16 "— the ram parts ..."
- 17 "Meet Me — Louis"
- 18 Like debts
- 20 Thingie
- 22 Pigs' digs
- 23 Solidify
- 24 Harbor structure
- 27 Airy
- 32 George's brother
- 33 Exist
- 34 Heady quaff
- 35 Bliss
- 38 Sailors' hoosegow
- 39 Listener
- 40 "CSI" evidence
- 42 Balance
- 45 Sent packing, at a talent show
- 49 Bakery buys
- 50 2008 Texas hurricane
- 52 "— want for Christmas ..."
- 53 Caspian feeder
- 54 Meadow
- 55 Subject, usually
- 56 Withered
- 57 Pitch
- 58 Competent
- 2 Microwave, e.g.
- 3 Bound
- 4 Grayish red
- 5 Tire company
- 6 Idolater's feeling
- 7 Opera composer
- 8 Arachnophobe's worry
- 9 Mad monarch of drama
- 10 Being, to Brutus
- 11 Power measure
- 19 Tagged player
- 21 Time of your life?
- 24 Conk out
- 25 Tulsa sch.
- 26 1962 Peck movie remade with De Niro in 1991
- 28 Numerical prefix
- 29 Millinery
- 30 "The Greatest"
- 31 Journey segment
- 36 Big bother
- 37 Raw rock
- 38 Split need
- 41 "Fuhged-daboutit!"
- 42 Comic strip penguin
- 43 Pink-slip
- 44 Pinball no-no
- 46 Amorphous mass
- 47 Hebrew month
- 48 Eat in style
- 51 Mauna —

DOWN

- 1 Mentor
- 2 Microwave, e.g.

Weekly SUDOKU

by Linda Thistle

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

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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River City Brakes

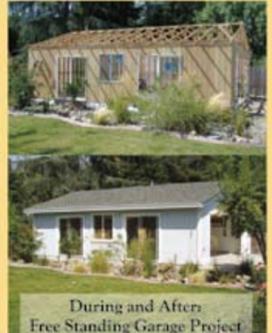
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DFG Seeks Local Volunteers for Mourning Dove Banding Program

The Department of Fish and Game (DFG) is seeking volunteers in the Sacramento area to participate in its Mourning Dove Banding Program.

The imprinted bands that are attached to birds' legs are an important tool used by wildlife managers to help them evaluate mourning dove populations. Band recovery data is reported to the U.S. Fish and Wildlife Bird Banding Laboratory, where it is added to a national database. Wildlife managers use this information to keep track of the species' survival and harvest rates. Volunteers must first complete a

two-hour training course led by DFG biologists. Two training dates are being offered this month, on May 21 and 28, at the DFG building, 1812 9th Street in Sacramento. Training sessions are held from 4 to 6 p.m. All materials will be provided.

Around the state, 4,000 mourning doves will be captured and banded this summer as part of a comprehensive effort to ensure the continued success of this valuable migratory game bird. Volunteers are needed to apply the bands, age and sex the birds, and record and report the data. Program participants should be

over 18 and have good organizational skills and a commitment to wildlife preservation. The trapping and banding work is typically done in the early morning and late evening, but volunteers who can only work limited hours or on certain days can still be utilized and are welcome.

For more detailed information about the program or to reserve a space at a training session, please contact Regina Abella at (916) 445-3728 or by e-mail at rabella@dfg.ca.gov. Additional training dates and locations will be scheduled as needed.

Operation River Safe

Metro Fire would like to remind all of our citizens that alcohol consumption and swimming do not mix. To learn about pool safety log onto www.sacmetrofire.ca.gov and click on for residents.

Due to an unfortunate incident in the year 2004, Metro Fire started a program called "Operation River Safe". The tragic incident involved a 12-year-old Rancho Cordova boy, swimming in the American River over the 2004 Memorial Day weekend. The boy was swimming with his family for the better part of the day, "with his life jacket on." It was when he removed his life jacket and attempted to swim across the river while snorkeling

that his family lost him in the swift currents of the American River.

Operation River Safe is set up over the three major holidays in the summer: Memorial Day, 4th of July, and Labor Day. With the donations from UC Davis trauma and outreach program and Kaiser Permanente, we purchase numerous life jackets at a significantly discounted price from Diversified Marine.

Metro Fire employees along with our CERT (Community Emergency Response Team) members staff a table at the raft launch located on the north and south side of the Sunrise footbridge. The life jackets are not only loaned out to citizens recreating on the water, but we

also ensure that each life jacket fits each citizen correctly. A life jacket must fit the person properly in order for it to work effectively. That is why we have such a large assortment of sizes. Near the end of the day, Metro Fire employees and CERT members go down to Goethe Park and at the end of Harrington way and remind people to return the borrowed life jacket.

The Sacramento Metropolitan Fire District wants to remind our citizens to always wear a life jacket whenever you enter our waterways, watch out for each other, and never leave a child unattended around any water source, not even for a second.

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195/75SR-14	58.55	235/75SR-15	69.77	195/70TR-14	56.17

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P235/75R-15 B	111.17	P215/70TR-16	104.25	LT265/70R-17 E	168.09
LT235/75R-15 C	118.16	P235/70SR-16	115.65	P245/65SR-17	130.80
LT225/75R-16 E	138.25	P245/70SR-16	122.45	31/10.50R-15 C	127.61
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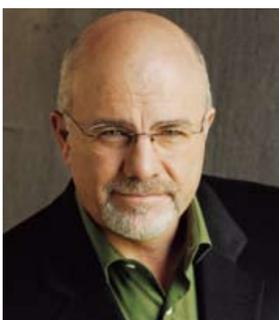
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Dave Says



Standing Up to the Family

Dear Dave,
I'm 22, and trying to follow your plan to take care of my money. I'm working my way through school. The other day I paid cash for nice little used car. The rest of my family made fun of me, saying I should have bought a new car. They also think I take out student loans for school. They all have car payments, credit card debt, and things like that. How do you deal with criticism like this, especially from your own family?
-Lakeisha

Dear Lakeisha,
Criticism is a tough thing to handle at any age, especially when it's coming from your own family. I'm sure your family loves you, but I think you have to recognize the fact that when it comes to handling money, they are a dysfunctional bunch. This doesn't make them bad people, and you should still respect and love them, but hooray for you for breaking the mold and showing them there's a better way!

"Those convinced against their will are of the same opinion still." That's one of my favorite sayings, and it is so true! You, on the other hand, know what you want to accomplish, and you already know what you're doing is smart. So, I'd suggest taking the bobble-head approach. Just sit there and nod your head when they start telling you how you should handle your finances. You don't even have to really listen. Then, when they run out of air, go on with your life, follow your excellent plan, and work toward your goals. Remember, this isn't about you, so don't take it personally. It's about them, and how little they really know.

I can already tell you're going to be a success, kiddo. You've got a tremendous amount of backbone to go against the current in your family. Just don't be disrespectful, and don't try to talk them into following you. In their minds, you're

just 22-years-old, and you don't know a thing! Later, if they decide they want to follow you, it will be because they see the stuff you're doing works! It may not happen for a few years, and it may not happen at all, but if you stay on this path, they're going to come to you for money one of these days. You can be polite, just say no, and tell them that you're not going to support their dysfunction. You'll gain their respect over time. And once they reach that point, they just might be willing to listen to you!
- Dave

Survivor Insurance

Dear Dave,
My husband is 30 years old, and already has gone through open heart surgery twice. He has \$250,000 in term life insurance, which is all we can afford, but his company started offering survivor insurance. It would provide money for me and the kids over a period of years until I die or if I get re-married. He makes \$60,000 a year, and the insurance only costs about \$15 a month. Considering his medical history, what do you think of this idea?
- Jocelyn

Dear Jocelyn
You guys are awfully young to go through all that and be fighting those kinds of medical bills, let alone having to deal with the disease itself. God bless you both. I'm really proud of you, though, for thinking ahead and planning for the future in the midst of such difficulties.

Usually, I'm not a big fan of specialty insurance products, but your case it might be a good idea. It may be the only affordable insurance you can get. You might want to take a look at mortgage life insurance, too. It's a rip-off most of the time, but it's usually a guaranteed issue, meaning they'll give it to you regardless of your health situation. Plus, it will pay off your mortgage in the event of his death. Hopefully, you won't have to cash in anything like that for a long, long time.
- Dave

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



Karen Scalf Linamen

Every year I host an intimate soiree for a select number of pirates. At least that's how it started. It ended with a fire code violation, a food fight and a love triangle. But I'm getting ahead of myself. The whole thing began last fall when I discovered that John Perrodin--a member of a writer's group I belong to--is a closet pirate. This does not mean if you invite him into your home he will abscond with your closets. It means there is a little-known video on youtube in which he is dressed up like a swarthy buccaneer.

I'm not surprised he's a pirate. Lots of writers moonlight to make ends meet. I'm just surprised he waited so long to tell us. Naturally I asked him to come to our next meeting dressed in full pirate regalia. Then I emailed our entire group telling EVERYONE to come dressed as pirates. I called it "The 1st Annual Convenin' of the Pirate Writers." Our new slogan was, They say the pen is mightier than the sword, but we say why choose? Wield both.

It was such fun, I decided to do it again this year and invite even more writers. My daughter and three nephews--all between the ages of

Even Pirates Live and Learn

11 and 17--helped me decorate. We hung an ocean backdrop and deck railing, created a starry sky from white lights and blue sheets, and added sound effects of stormy sea and creaking wood. We even rigged a fog machine and strobe light inside a huge trunk filled with plastic coins.

The next thing I heard were these words: "Auntie Karen, can we have a pirate party, too?" How could I say no? The kids took invitations to school. Two days before their party, I asked, "So how many invitations did you pass out?" Kacie said, "About four hundred." "FOUR HUNDRED?!?!!" Isaacs said, "We got friendsto help." Connor said, "Then I printed that extra two hundred..." Hunter added, "I saw kids making photo-copies of invitations and passing those out."

I'm lucky. Of the 600-plus pirates invited, a mere 250 showed up. Although I have to admit that hosting 250 adolescent pirates in my home gave whole new meaning to the phrase "Abandon ship!"

At one point, half the kids were dancing--jumpinginunison,actually--when one wide-eyed nephew found me in the kitchen. "Auntie Karen! The floor's about to crack!" I rushed into the living room. Sure enough, every time those hundred jumping pirates came down for a landing, the floor sagged a good two or three inches. I stopped the dance, but not before the ceiling light in the basement came loose.

Other interesting moments included a food fight, broken mirror and the time I had to step between two middle school boys on the verge of coming to blows over a girl.

These kids had too much free time on their hands. I should have

planned more party games, like the perennial favorites "Walk the Plank" and "Dunk the Rambunctious Party Guests from the Yard Arm." After everyone went home, I got mixed reviews from my daughter and nephews. The 17-year-old said, "That was A LOT of kids. I've never been so stressed in my life."

The 11-year-old kept staring zombie-like into space, muttering, "I couldn't get them to stop squishing grapes on the windows..."

The 13 and 15 year-olds said, "That was fun. Can we do it again?"

Surprisingly, my answer is yes. Life is a trip. Sometimes it's a voyage. And when things go awry, we can regret trying something new...or we can learn from our mistakes, make a few adjustments and get back to the open sea.

I told the kids, "Let's write down what worked and what we'll do different next year."

The 11-year-old thought a moment. "I think we should invite fewer friends. And maybe only people we actually know." See? Progress already.

Life is short. Live large. Learn as you go. Throw a pirate party once a year whether you need to or not. And never wallow in regret. Just pick yourself up by your pirate bootstraps and sail on.

Oh, and pass the word: Savvy pirates don't squish grapes on the windows. They need them to stave off scurvy.

Karen Linamen is a professional humorous speaker and the author of a dozen humorous self-help books. Her latest books Only Nuns Change Habits Overnight and is available online or in bookstores. Purchase Karen's books or inquire about speaking availability at karenlinamen.com.

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.

Ramsey earned his Bachelor of Science degree in Finance and Real Estate from the University of Tennessee. A frequent speaker around the country at large-scale live events, Ramsey is a passionate and inspiring presenter who is at ease on both sides of the mic. More than 500,000 people have attended Ramsey's live events. He resides with his wife, Sharon, and their three children, Denise, Rachel, and Daniel, in Nashville, Tennessee.

Monthly Military Retiree Spouse Meeting:

Our next monthly military retiree/spouse meeting is now changed to the 2nd Tues of the month instead of the previous 2nd Wed. So our next meeting will be on Tuesday, 9 Jun 2009 at 1030 hrs and the meeting place will now be in the building where the offices of the North Highlands Park and District are located. We are working to get a

speaker from the In House Support Services but have not confirmed it as yet but we wanted to get this notice out as soon as possible. Those of you who may want to have lunch after the meeting should call Jo Jo at 344-6249 at least 24 hrs prior to the meeting date. If you have any questions, contact one of our volunteers at 561-7476.

Send A Card To Iraq

If you go to the web site at www.lets say-thanks.com you can pick out a thank you card and the Xerox Corporation will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services.

It is FREE and it only takes a second. Wouldn't it be wonderful if the soldier received a bunch of these? Make the site a favorite and send one every day!

For more information contact Joe Fraccola, 916-638-8720

The Genealogy Association of Sacramento meeting will meet at 1 p.m. June 17, 2009 at Belle Coolidge Library, 5600 South Land Park Drive, Sacramento.

Dr. Bob LaPerriere will be speaking on "Women's Health Issues on the Overland Trail" and "Gold Rush Medicine". Early Medical terms are sometimes a problem for researchers.

We are the oldest active genealogy organization in the Sacramento area, and the public and prospective are always cordially invited to attend meetings.

Carmichael Geranium Society

**Carmichael Community Clubhouse
5750 Grant Avenue, Carmichael**

June 12 Meeting - 10:00 A.M. - 12:00 A.M.

Program:

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Open from 5 pm to 10 pm for dinner**



By Laura Snyder

It's happening. The event of the year. Something every male in my family has been awaiting with barely-controlled excitement. Yes, the new Star Trek movie is out.

They are Trekkies. Not the dress-like, talk-like, have-to-have-all-the-collectibles kind of Trekkies. Simply the gotta-watch-the-movie-before-anyone-tells-me-about-it kind.

My husband informs me that Trekkies are insulted by the word Trekkies and that they now want to be referred to as Trekkers -- as if Trekkies was some kind of racial slur. What difference does it make? No matter what they call themselves, every one of them knows what quadro-tritcale is and can trace Spock's ancestry back to the nearest Romulan. That just isn't normal. Trekkie is not the worst thing they could have been called, for sure.

My twelve-year old has a fixation with Spock. His spirit responded to something in the Vulcan's unemotional intelligence. He has begun to greet people with the

Laura on Life

traditional Vulcan high-sign and the words: "Live Long and Prosper."

Sometimes his preoccupation with his inner-Vulcan has caused him to be less focused when it comes to his own responsibilities.

"Did you do your chores, yet?" I ask.

He uttered a one-word Vulcan-like response: "No."

Exasperated, I said, "You know, I think that trying to show no emotion has frozen all of your brain cells."

He raises a Spock-like eyebrow as if a Klingon has just appeared and says, "Phasers on deep-fat fry."

Needless to say, it's getting a little annoying.

My husband is no help. He is the original Trekkie and has indoctrinated all of his sons from the time they exited the womb. They learned how to make the Vulcan Vee with their tiny little fingers before they learned to speak. They all know what a Tribble is and that they weren't really much trouble because the cute little pests saved everyone on the Enterprise from certain death. My daughter has asked for a Tribble for her birthday.

When my husband and I went to see the movie, he pronounced the producer "A genius!" because apparently the man had changed the whole time-space continuum and made it possible to do a whole new Star Trek series -- which is something every Trekkie dreams of -- without having to adhere to any of the inconvenient past lives of any

of the characters. In this new timeline, anything could happen. Captain Kirk could become assimilated by the Borg. Chekhov and Sulu could have a gay affair (not that much of a stretch). And Uhura could become first mate when Spock decides to go to medical school on Bones' advice. Yes, they could have been friends! We're talking a whole new world with the same characters! My husband was ecstatic.

My oldest son, the scientist, loved the movie but was distracted by the scientifically glaring errors in black hole and time continuum theory. However, he took comfort in the fact that the beloved crew was simply going where no man had gone before.

All I can do is shake my head in wonder at the furor this movie has caused, before and after its arrival. The shock wave went through my family like a megaton bomb... only backwards... and in slow motion. Visualize this: wave upon wave of the elation of its imminent arrival, alternating with the waves of depression because it wasn't here yet. All of which culminated in an emotional, slow motion explosion when the movie finally arrived at the theatres and they sat at ground zero.

All I can say is: "Beam me up Scotty! There is no intelligent life down here."

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.

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.

Visit the camp website at www.dustybakerbaseballcamp.com

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

**Session Two Ages 13-15 Advanced Session, Ages 15-19
Sunday, July 26 – Friday, July 31 Sunday, July 19– Friday, July 24**

Help Suit Up Homeless Dads This June



Celebrate the Dad in your day, join us to make fathers feel special this June. Bring in an old business suit to donate to homeless men who need business clothes for interviews and we'll give you a month of free lessons for you and your Dad. Getting a job is a huge challenge when you have been homeless. Getting a suit for that all important job interview

is often financially impossible when you have to choose between food for your family and clothes for yourself. Help us help homeless Dad's find a new job by donating your Dad's old suit and he can get a new one. Visit www.robinsonstk.com for a drop off location near you. For a Robinson's near you, call 481-6815

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GHC's Rocklin location is the company's fourth branch, which opened in December 2007. GHCS has been a leader in quality in-home care since opening its first branch in 1994 in Los Gatos. A second branch followed in San Mateo, then a third in Modesto. The Rocklin branch recently expanded and moved the office to a new suite on Lonetree Boulevard.

GHCS is dedicated to providing excellent in-home care to seniors and the medical community in the greater Sacramento area, including parts of Placer and El Dorado counties.

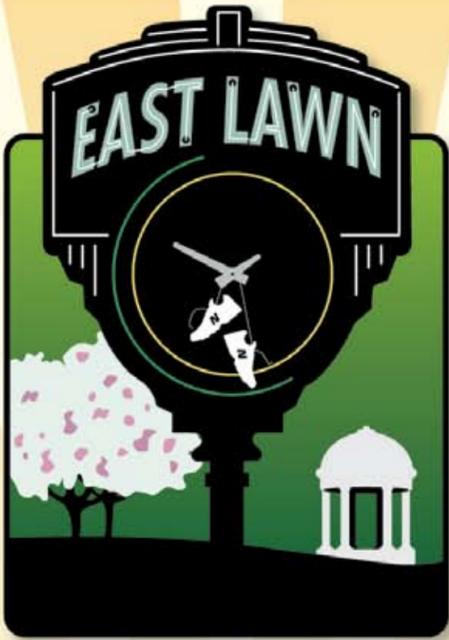
We are a non-medical home care agency that specializes in assisting with personal care, bathing, dressing, cooking, cleaning, laundry, transportation, shopping, errands, companionship, as well as hospice and respite help.

The care can be staffed on an hourly, overnight, and live-in basis. We provide a free in-home consultation and long-term contracts or deposits are rarely required.

We love our wonderful caregivers and you will, too! Each are bonded, insured, and must pass extensive criminal and DMV background checks.

We invite you to stop by our office from 8am to 5pm Monday through Friday. Don't hesitate to give us a call to learn more about our services or visit our Website at www.geriatrichomecare.com

2nd Annual



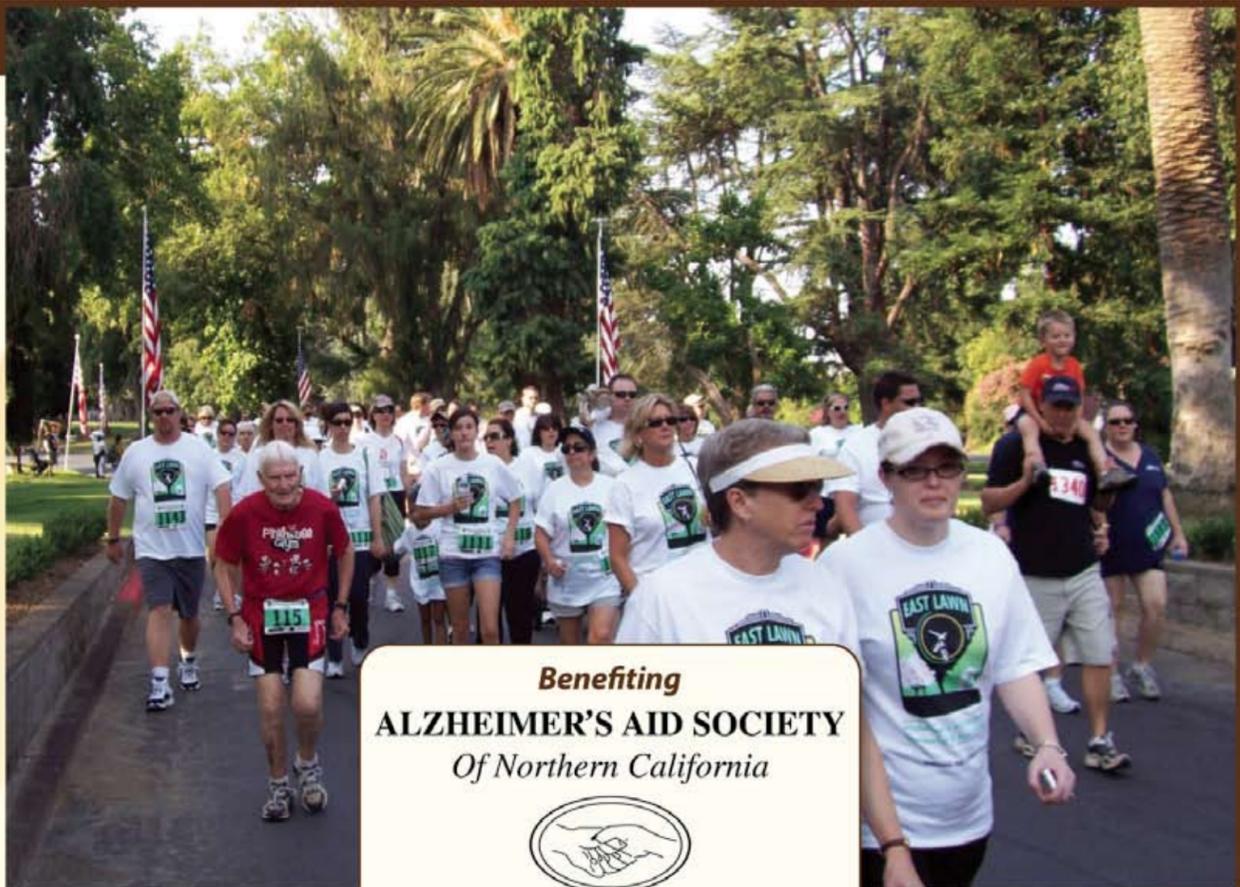
**Alzheimer's Aid Society
Memorial 5k Run/Walk**
City of Sacramento 5k Championship

Saturday July 25, 2009

Start and finish lines at the historic
East Lawn Memorial Park

For registration or more info:

www.memory5k.org



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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