

Carmichael Times



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June 9, 2009

Jesuit's Army Ranger



A company of Rangers silently negotiate their way to an enemy objective while participating in the third and final phase of Army Ranger training at Camp James E. Rudder, Eglin Air Force Base, Fla. (Photo by Air Force MSgt. Cecilio Ricardo)

By Dona Fair,
Joint Hometown News Service

Fort Benning, Ga.

Teaching a baby to "crawl, walk, and run" is a task most of us will tackle at some point in our lives. But for the son of a Citrus Heights couple, teaching the Army's best soldiers to "crawl, walk, and run" is a challenge most of us will never experience.

Army Spec. Alex R. Marsolais, son of Don and Barbara Marsolais of Garry Oak Drive, Citrus Heights, is a medical specialist helping Army Ranger instructors to "lead the way" for soldiers to complete one of the toughest military training schools anyone can volunteer to attend.

The instructors push the Ranger students to their physical and mental limits through sleep and food deprivation, continuous enemy attacks, and extreme physical demands, teaching them how to achieve mission success while encountering and overcoming seemingly insurmountable obstacles.

"My job requires me to be ready at all times for any medical emergency," said Marsolais, who graduated in 2003 from Jesuit High School, Carmichael, Calif. "I am also responsible for the health and well being of all Ranger students and cadre."

Ranger School is a 61-day course spread out over three distinct locations. The "Crawl" phase is located at Fort Benning, Ga., where students find out whether or not they have the physical and mental skills to complete combat missions and the remainder of Ranger School successfully. The "Walk" phase

is held in the mountains near Dahlongega, Ga., and teaches the students techniques for employing squads and platoons for continuous combat patrol operations in a mountainous environment. Finally, the "Run" phase is held in the swamps of Eglin Air Force Base,



Army Spec. Alex R. Marsolais is a U.S. Army Ranger School medical specialist. (Photo by Air Force MSgt. Cecilio Ricardo)

Fla., and tests the students' ability to operate effectively under conditions of extreme mental and physical stress.

Training young men to become Rangers requires that the instructors be the best of the best. They themselves must have several years of leadership experience, and be qualified as a Ranger, jumpmaster, pathfinder, assault climber, mountaineer, combat lifesaver, and scuba diver.

"Rangers have to think on their feet. They are constantly in the field with the students, located miles away from any definitive medical care," said Marsolais, who is assigned to the Eglin location. "Recognizing and treating any life threatening injury is crucial to keeping the students safe. We always have to be proficient in our skills because we don't get to use them everyday, but when we need them it is pretty important."

Soldiers, Airmen, Sailors, and Marines volunteer to become part of this highly trained and rapidly deployable light infantry force. Their specialized skills allow them to engage in a variety of conventional and special operational situations. This means that they must possess technical and tactical proficiency, physical fitness, mental toughness, and a winning spirit of never quitting—qualities and attributes that set them apart from other military members.

"Army Rangers are an elite fighting force. The training that they receive here, helps build future leaders of tomorrow," he said. "They are physically and mentally fit and better prepared to take on the challenges of combat."

For nearly 70 years, since the first group of hand picked volunteers was activated in World War II, Rangers have led the way on over 50 military campaigns, including operations in Afghanistan and Iraq. Occasionally, their unique skills are called upon during their military careers.

"Working with the Rangers has allowed the skills that I have served me well during my 15-month deployment to Iraq. I was able to treat all kinds of traumas from gun shot wounds to amputations from U.S. and Iraqi soldiers alike," said Marsolais, who has been in the military for three years.

At the end of the day, Marsolais and his fellow instructors can feel proud to know that the men they are molding into future Ranger leaders will be the best of the best to "lead the way."

Protecting Water Quality and Benefiting Ancil Hoffman Park

Community Report by Supervisor Susan Peters

Aerojet Corporation, the Carmichael Water District and Sacramento County are working together to address groundwater contamination issues in order to protect our drinking water sources and restore groundwater aquifers – and this collaboration also will benefit Ancil Hoffman Park.

Construction is underway of a groundwater treatment facility, irrigation pump station, and associated underground piping. The site is adjacent to the golf course parking lot.

Installation of this treatment facility and associated components is part of an overall plan approved by the U.S. Environmental Protection Agency and the State Regional Water Quality Control Board to remove and treat contaminated groundwater in



Supervisor Susan Peters

eastern Sacramento County.

While the construction activities create some temporary inconveniences to park and golf course users, there are multiple components of this project that will provide long-term benefits to the environment,

the community, and to Ancil Hoffman Park. These benefits include: protection of valuable groundwater resources; reuse of treated groundwater for irrigation of the Park; and needed irrigation upgrades. The Department of Regional Parks estimates the upgraded irrigation system could save as much as \$80,000 per year in utility costs.

The work may be noisy at times and efforts will be made to minimize inconvenience to park visitors. Controls also will be implemented to accommodate pedestrian and vehicular traffic and to ensure public safety. Questions or concerns can be directed to Tim Murphy via Aerojet's 24-hour central telephone number 355-6900.

Upon completion of the work, affected landscaping, paving, and other surfaces will be restored.

North Korea Convicts Local Journalist

Korea's North's Central Court tried TV reporters Laura Ling and Euna Lee during proceedings running from last Thursday to Monday, June 8th, sentencing them to the maximum twelve years in labor prison. They were found guilty of "grave crimes" against the nation, the country's state-run Korean Central News Agency said. The KCNA report gave no other details.

Laura Ling, 32, was born and raised in Carmichael and is a graduate of Del Campo High School.

The reporters were working for former Vice President Al Gore's Current TV, on a report about North Korean refugees —the trafficking of women and children — who had fled their homeland.

Their arrest was made on March 17 on the China-North Korean border. The trial was not open to the public or foreign

observers. Secretary of State Hillary Rodham Clinton has called the charges "baseless." The U.S. is considering adding North Korea back to a list of state sponsors of terrorism, Secretary of State Hillary Rodham Clinton said in an interview broadcast Sunday.

Current TV's Web site indicates Laura Ling has also reported on drug wars in Mexico and native tribes in Brazil. Wikipedia, an online encyclopedia lists Current TV is an independent media company led by former U.S. Vice President Al Gore and businessman Joel Hyatt. The cable television network went on the air the morning of August 1, 2005. Current TV features "pods", or short programs, of which a portion are created by viewers and users.

The blog "The Western Confucian" takes another opinion of the situation

of Euna Lee, Laura Ling, and Al Gore. It states "The two ladies have been found 'guilty of a grave crime' against the nation and of illegally crossing into North Korea" — It is impossible not to sympathize with anyone sent to "reform through labor" in that monstrous gulag archipelago, but what were they and their boss Al Gore thinking? That they could just sneak in and back out of the world's most tyrannical police state?

Journalism is a noble profession, and one that carries with it great risks. If the Nobel laureate were more of a man, perhaps he'd offer to serve their 24 years for them. Doing so would likely lower his carbon footprint."

It is believed that the trial and conviction had to be completed before political actions for their release could begin.

Succulent Sights



Carmichael Cactus Society members Patrice Farncomb (left), Jonathan Otto and Gerri Wigglesworth get up close and prickly at the organization's 33rd annual show in Carmichael Park. To learn about the society, call (916) 366-1842. Photo by Susan Skinner.

Baby Boomer Festival Comes to Sacto Convention Center

Classic Cars, live music from the 50s, 60s, 70s, and over 100 exhibitors will fill the halls of the Sacramento Convention Center June 27th and 28th. This major music festival & expo is a delightful weekend event, featuring the phenomenal music of the 60s, 70s, and 80s. The event focuses on the good memories, the nostalgia, the dreams and the needs of America's

"Baby Boomer" generation. Musicians will include the Woodstock icon, Country Joe McDonald, and a list of major tribute bands performing the music of the Rolling Stones, Beach Boys, Santana, Marvin Gaye, Otis Redding and others. Speakers will include the inspirational 2007 Ms. Universe, Joan Lopez. Seminars include important and valuable topics relating to finance, health

and energy. Exhibitors reflect the needs and interests of the Boomer generation, including health & fitness, finance and investments, arts & crafts, wineries and restaurants. Hours are from 11 to 7 each day. Tickets are \$10, with 10% going to the Boys and Girls Clubs of Greater Sacramento. Please go to www.BabyBoomerFestival.com for details.

La Sierra Skate Park Will Host A Day of Music

The La Sierra Skate Park will host a day of music, skating and fun for kids of all ages on Saturday, June 27 at 2 p.m. Music groups include local bands such as

Ambrosia Caprice, The Captains of Spaceship Earth, Baconhawk, Takilma, Jeepster and Fishcatfish. There will be food, vendors, skate demos, raffles and more.

The cost is \$5 and sponsors include Alien Workshop and Habitat. For Information: Bob Kerr at (916) 480-0700 or Elizabeth Crisante at (916) 483-7826

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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.

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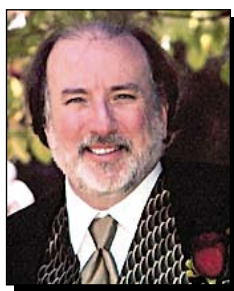
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Carmichael Times

Serving Carmichael and Sacramento County since 1981



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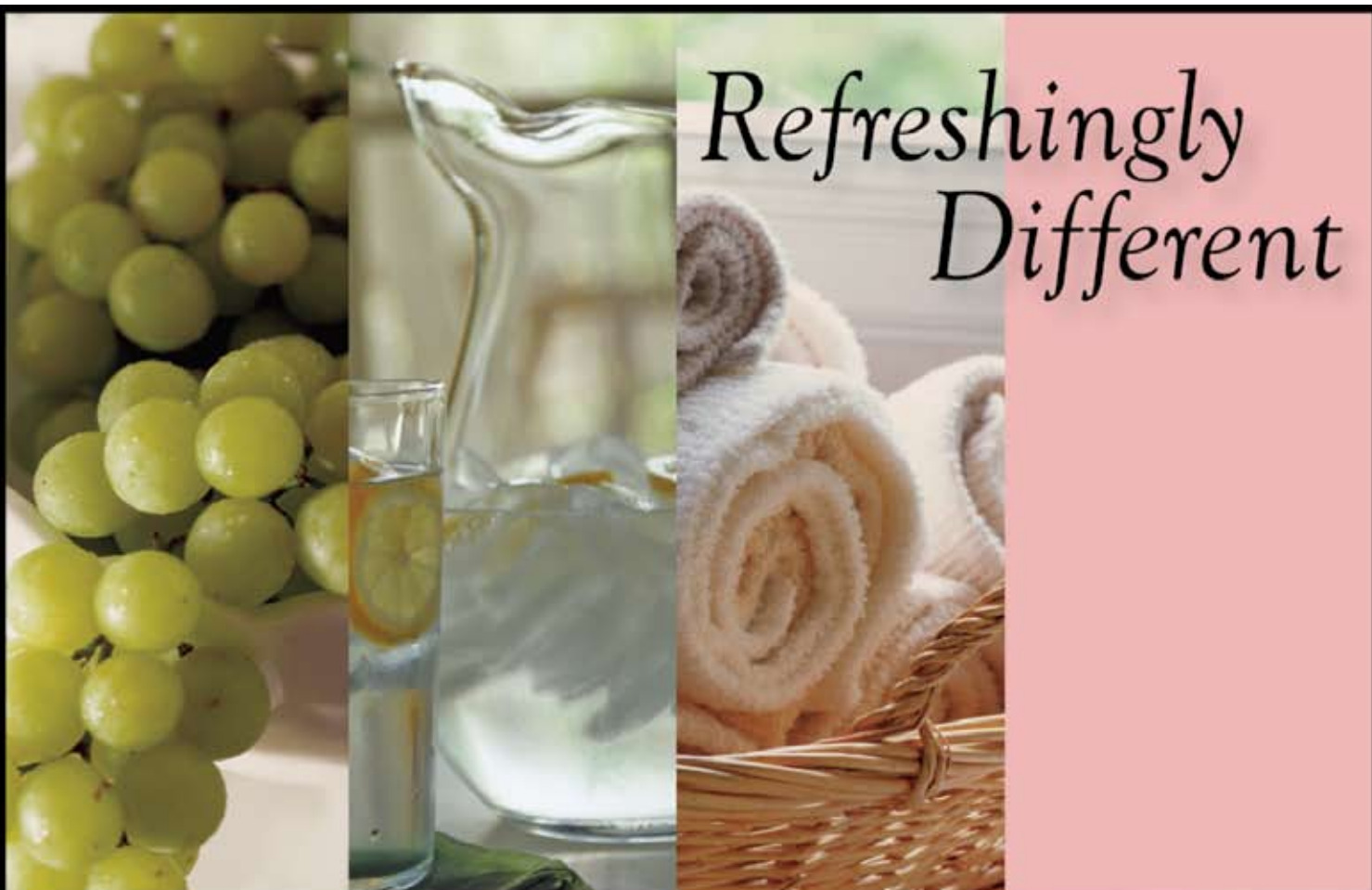
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Be sure to place in the subject field "Attention to Publisher".
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Ask a CPS Social Worker What is the Role of Foster Families?

By Laura Coulthard

Deputy Director, Sacramento County Department of Health and Human Services — Child Protective Services Division

Question: I've heard that our community needs more foster parents. What do they do, and why they are needed?

Answer: At some point in our lives, we all need a little help. Foster parents fulfill this role by caring for children who have been removed from their homes because their families are unable to keep them safe. They provide a nurturing environment for children until they can safely reunite with their parents, be cared for by relatives, be adopted by loving families, or successfully transition to adulthood. In some cases, foster parents adopt the children they have fostered.

In return, foster parents receive reimbursement to cover the costs of providing food, shelter, clothing, and other basic needs. But make no mistake about it...it takes a special heart to be a foster parent. Aid payments do not necessarily cover all of the expenses of caring for a foster child, especially "little extras" like summer camp, school photos or after-school sports. The greatest reward comes from knowing that you are making a difference in the life of a child.

The foster care system has been in place for decades. The culture of foster care, however, has changed enormously. In Sacramento and other counties using the Family to Family model, foster families are known as "resource families" because of how they help children find permanent homes and how they act as resources for the birth family. Today, foster parents/

resource families serve as mentors, role models and advocates, often forming lifelong connections to the children whom they foster.

Older foster youth are especially in need of this kind of attention. Nearly half of the 3800 children in foster care in Sacramento County

outcomes. They are less likely to move from home to home and more likely to remain in the same neighborhoods and school districts.

May is National Foster Care Month, when we at CPS join with the community in honoring these unsung heroes.



are older than 10. Each year, about 300 of these youths turn 18 and are no longer eligible for aid, a process known as "aging out" of foster care. Most leave the system without the kind of resources and connections they need to live as healthy, self-supporting adults. Having a permanent, lifelong connection with a caring adult makes the difference.

Another culture change is the increasing emphasis on placing children with relatives or extended family members (neighbors, family friends, etc.) who act as foster parents. Children placed with relatives tend to have better

You can learn more by going to www.fostercaremonth.org.

If you'd like information about being a foster parent, call the Sacramento County Foster Licensing Department at 916-875-5543 (875-5KID). But that's not the only way to help foster children. In a future column I'll detail the ways that you can positively impact children who have been abused or neglected.

"Ask a CPS Social Worker" is a community column produced by Sacramento County Child Protective Services.

POPPOFF!

with Mary Jane Popp

WHY GIRLS TALK...WHY BOYS DON'T

As a parent, do you feel you need a survival guide to connect with your teen? Now you have that guidance from Susan Morris Shaffer and Linda Perlman Gordon. They offer a nurturing voice for those years of confusion and crisis, and they let us know how different boys and girls can be in "Why Girls Talk" And What They're Really Saying and "Why Boys don't Talk" And Why It Matters.

According to Shaffer and Gordon, teenage girls often worry about how others view them, and as a result, they resist expressing their honest feelings for fear of not being accepted. They may continue to talk a lot, but often they express what they think they ought to say. So they offer suggestions to help develop a girl's sense of self. This allows girls to thrive despite the normal setbacks of teenage life like not being invited to a party, having less than stellar athletic skills, breaking up with boyfriends, or not doing well on exams.

So, they explain how to:

- 1) Identify effective strategies for interpreting necessary information from the drama of girl's daily lives.
- 2) Assist parents in developing skills to help their daughters to establish a strong sense of self while sustaining the parent-child bond.
- 3) Strike a balance between the stereotypes of the "mean girl" and the "nice girls" so daughters can

create a sense of authentic self. 4 Explore parents' boundaries to avoid over identification with, and investment in, social success and failures of girls.

In their companion book on boys, they introduce the importance of staying connected with boys. In their research, they found the range of acceptable outlets for boys to be much narrower. Society pressures mothers into pushing away their sons for fear that their children may become dependent and enmeshed. Becoming a man is understood as becoming autonomous, self-sufficient, and separate. This may be achieved at the expense of learning how to stay connected with others, be intimate, participate in family responsibilities, and create a community. So the authors include this advice for boys:

- 1) Encourage empathy in the home.
- 2) Help build closeness and sense of family.
- 3) Interrupt the cycle of racism by discussing all aspects of tolerance.
- 4) Read subtle boys' cues.
- 5) Set firm, consistent limits to encourage responsibility.
- 6) Participate in school and community activities to make sure your child's needs are met when you're not present.

These are just a few of the examples used in both books. Susan Shaffer is a parenting expert, and acclaimed gender equity specialist. Linda Gordon is a clinical social worker and trained mediator. You can check out their website at www.parentingroadmaps.com. It's up to you, and being a parent is no easy task. You need all



the help you can get. These ladies hope to get you to take it in stride.

Check out the "POPPOFF" Radio show live Monday thru Friday AM-950 KAH1 at 3 PM & 10 PM for provocative fast-paced informational and entertaining radio listening!

June DiMaggio, niece of Joe DiMaggio and Radio personality Mary Jane Popp, co-authors of "Marilyn, Joe and Me" will be signing books at **The Almost Perfect Bookstore** 1901 Douglas Blvd Roseville June 20 from 1-4 PM A special will be offered this day only!

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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.

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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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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.
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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; Wednesday the 3rd, Friday the 19th, and Monday the 29th

Summer Fun Days

June 8th – 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.

Turkey Vultures

What bird eats meat but can't kill its own food? These relatives of the condor and stork are intelligent,

family-oriented and play games together! Learn more about the amazing turkey vulture and their importance to our ecosystem.

Saturday the 13th at 1:30PM

Habitat Improvement

Join Jack and help improve the Nature Area. Call Jack at 967-0777 if you can help with this project.

Sunday the 14th at 8:00AM

California's Black-tailed Deer

Take a guided walk to gaze at these gentle woodland animals and learn more about their world with hands on items like pelts, skulls, and antlers.

Sunday the 14th at 1:30PM

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

Local Resident Receives Degree from Loyola University New Orleans

(Grassroots Newswire) - May 26, 2009 -- Loyola University New Orleans awarded 987 degrees at its 98th commencement ceremony Saturday, May 9, at the Louisiana Superdome.

Gordon Au, from Carmichael, received a Master of Music &Thelonious Monk Certificate degree from the College of Music & Fine Arts. Louisiana Gov. Bobby Jindal addressed the Loyola University New Orleans 2009 graduating class, and

internationally renowned jazz musician and chairman of the Thelonious Monk Institute of Jazz Performance, Herbie Hancock, received an honorary degree during commencement ceremonies at the Louisiana Superdome.



Teen need a job? Clip this column!

by Lauren Forcella

Dear Straight Talk: I've been trying to get work at a fast food place with no luck. I'm 16 and I've never had a job before and there are so many kids applying. How can I set myself apart? — Sonya

Dear Sonya: Here are tips from two general managers of two different popular fast-food chains that hire tons of teens. I was not able to use the names of the chains due to corporate liability jitters, but I am grateful for the no-nonsense advice these hiring managers shared. As you read their tips, notice how both managers pay close attention to how you present yourself, how enthusiastic you are, and whether you have passion for their food. The other key is to keep showing your face. The squeaky wheel gets the grease, so don't think you are being annoying by stopping back in over and over. It's what they want to see.

Here is what one manager had to say:

- Show up looking presentable! First impressions are everything. No pants sagging to the knees, no ripped clothes. Present a look I want behind my counter.

- Don't make the application look like a 2-year-old filled it out. A lot of you obviously aren't reading the questions before filling in the answers.

- If this is your first job, don't leave your past employment blank. Most of you have done babysitting or yard work. Write it down! These are real jobs, too.

- Lots of kids hand me the application and say, "Here, thank you," and walk off. This will not get you hired. You have to act like you WANT this job. Get over your embarrassment and say, "Hi, my name is Sonya. I come here as often as I can and such-and-such is my favorite thing to order. I really want to work here!" Your enthusiasm is what I am hiring.

- What bugs me most is when you check back by phone about your application. I get 50 applications a week, so you need to show your face in here once a week and keep telling me, in-person, that you want this job.

And from the other manager:

- Don't give your application to the cashier! I have a 6-inch-deep pile of applications on my desk right now. Give it directly to me so I have a face associated with it,

otherwise it's lost in space.

- Don't come in during lunch or dinner rush. Come in when it's slow so I have time to give you a 5-minute interview. Now you're even more on my radar.

- We're tolerant of body jewelry and tattoos, but if they are obtrusive and make people uncomfortable, don't wear them here.

- Are you smiling? Do you make eye-contact with me? Do you have a positive attitude and up-beat energy? If so, you are one of the people I want to surround myself with. Skills? Don't worry, I can teach you.

- What do I ask during the 5-minute interview? I ask, "Do you eat here?" If you are passionate about your favorite item, you will probably be passionate about working here. I also pay close attention when I tell you we wash our own dishes and clean our own toilets. What's the look on your face now?

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

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8-08



ROCK DOC

By Dr. E. Kirsten Peters

Thomas Jefferson had so many serious interests and accomplishments, it's difficult to name even half of them. Besides helping to found a nation, he analyzed the gospels, started a university, promoted fine dining and bought half our continent from the French. He also squeezed in a few hours now and then to theorize about the origin of some peculiar bones dug out of the earth. (That bit of work made him a cousin to all of us geologists – or so I like to think.) But despite his brilliance in many fields, Jefferson got something important quite wrong, and we

Mr. Jefferson and the Ice Age Zoo

perhaps can learn from the fact that so great a mind clearly stumbled.

Up and down the eastern seaboard of North America, some odd sets of bones had been discovered in the gravel bars and riverbanks of colonial America. Many of them appeared to come from an elephant-like creature with enormous, curved tusks. No one had ever seen such an animal in the flesh. Today, every schoolchild would call the remains woolly mammoths and mastodons, but such identifications weren't obvious if you were Joe Farmer in 1750 and you unearthed just a bone or two from a creek bank.

In 1796 Jefferson seriously studied a different set of fossil bones dug up in western Virginia. The beast was about 8-10 feet long, with a tank-like skull, thick and sturdy bones, and amazingly long claws on its paws. Jefferson first thought the animal was a great cat – a mega-lion of some sort. Later, when he read a scientific paper that came from Europe, Jefferson changed his mind and correctly identified his animal as being a type of sloth. The current scientific name of the beast, *Megalonyx (great-claw) jeffersonii*, honors Jefferson for his connection to the animal.

But what's much more important to me than the old bones is that Jefferson fully expected living mammoths and great sloths to show up in the world. North America was largely unexplored, after all, and it seemed quite plausible to him that the animals might soon turn up grazing west of the Mississippi. Jefferson even asked Lewis and Clark to keep an eye out for the beasts when the famous expedition headed toward the Pacific.

To put it simply, Jefferson rejected the idea of extinction. And that remained true until his own dying day, many decades later. Extinction simply seemed to Jefferson like the wild imagining of an evil nightmare. If certain animals had dropped off the face of the whole Earth, Jefferson reasoned, others might as well. Then the whole

of creation could come apart.

Like many great thinkers of his age, Jefferson could not believe that a divinely ordered Creation would include extinction. It was much easier to imagine mammoths and sloths roaming the Great Plains.

But it wasn't long after Jefferson's day until almost everyone accepted the idea of extinction. In part that was because exploration of the hinterlands didn't yield living mammoths and sloths. And in part it was because more and more exotic animals – what we'd now call dinosaurs, pterosaurs, and ichthyosaurs – were being unearthed, and it was really quite clear to everyone they were not still alive (and thank goodness for that!). And there were more extinct Ice Age mammals discovered, too, ranging from saber tooth tigers a beaver as large as a modern black bear.

Two generations after Jefferson, the general public started flocking to newly built natural history museums to see the fossils of ancient monsters on display. The bigger, the scarier, the better, and school children continue that strong current of interest in the subject today in our society, with kids often more able than I am to assign the formal scientific names to dinosaurs and Ice Age mammals alike.

One of the clearest lessons of geologic history is that species are temporary – our own most likely included. We may or may not like it, but extinction is as common as dirt.

The fact that a man as brilliant as Thomas Jefferson was quite wrong about something so fundamental as extinction should make us less minds quite humble. But soldier on we must, with our best judgments and a reasonably tincture of self-doubt to guide us.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043178-CU-PT-GDS

WHEREAS, Michael Elliott Isbutt has filed a petition in this court for a decree changing name of Michael Elliott Isbutt to Michael Elliott Salmun. 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 #34-2009-00043355-CU-PT-GDS

WHEREAS, Huong Nguyen and Wendy Huong Quan have filed a petition in this court for a decree changing name of Huong 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. DRISCO 90503 6-9-09

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 5, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. NGUYEN 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

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 7, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. PAULNI 90504 6-16-09

Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. SMITH 90503 6-9-09

NOTICE OF SALE TENANT'S ABANDONED PROPERTY

June 25, 2009, 10:00 a.m. RR Sacramento, LLC, as landlord, will sell, at public auction, the following equipment: (3) Royalsun Tanning Beds. The sale will be held at 8325 Elk Grove Florin Road, Sacramento, CA 95829. The sale will be by public auction with reserve. Sale: 10 a.m.; Inspection: 9 a.m. Sale is AS IS, WHERE IS. Buyer is responsible for cost of removal. For further information call Robert Rosenberg at 916-929-6310. Publish: June 2, 9, 2009. SIGNAT 90601 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 #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 19, 26, June 2, 9, 2009. SMITH 90503 6-9-09

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, SVV-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 Klosinski, 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 #34-2009-00044417-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 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. WHOOLF 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 Rudy 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 Waterglan Circle, Sacramento, CA 95826 and Kevin L. Felle, 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

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Riley Reviews

**MAGICALLY FUN
"MUSEUM 2"
OFFERS DELIGHT
TO YOUNG
AND OLD**

Frankly, it's hard to see how the museum's Board of Directors would find interactive exhibits more appealing, since their own exhibits come to life at night. But then, museums usually keep daytime hours. Besides, you can't stop progress, and so everyone, from the miniature figurines of cowboy Jedediah (Owen Wilson) and Roman general Octavius (Steve Coogan) to the wax figures of the Neanderthals and Indian guide Sacajawea (Mizou Peck), get stuffed in wooden crates and shipped to Washington. Unfortunately, the new arrivals at the Smithsonian awaken the denizens of the Smithsonian, including Egyptian ruler Kahmunrah (Hank Azaria), who's in a foul mood after centuries of slumber.

The diminutive Jedediah manages to put out a distress call to Larry, who just might figure out a game plan with the help of his computer savvy adolescent son. Rushing off to the Nation's Capital, Larry breeches the security system of the Smithsonian, only to find that the Egyptian ruler is busy making alliances with some of history's most heinous villains. The bad guys include Ivan the Terrible (Christopher Guest), who insists that he has a less fearsome name; a height-sensitive Napoleon (Alain Chabat); and a snarling Al Capone (Jon Bernthal).

Fortunately, the museum seems to lack wax figures of Hitler, Pol Pot, Stalin and Mao Tse-tung, lest there be absolute

carnage on a grand scale.

As it is, Kahmunrah, fueled by an overweening ego, is obsessed with unleashing the dark underworld forces locked behind a portal secured by the golden tablet. "Night of the Museum 2" isn't real heavy on story, relying instead on creating enough mayhem that people, such as this reviewer, are easily distracted by the likes of a feisty Amelia Earhart (Amy Adams) and an Albert Einstein bobblehead. The irrepressible Amelia is the most amusing character, sparking Larry to rediscover some fun and adventure, and all the while jabbering away in vintage slang. Why does Amelia speak like Katherine Hepburn in a Howard Hawks movie, while the Egyptian ruler and Abe Lincoln utter the common jargon of today?

Not quite as pretty as Amelia Earhart, a vain General Custer (Bill Hader), often strokes his long, golden locks, while wallowing in low self-esteem for his military failure at Little Bighorn. The most amusing character is the pompous Egyptian pharaoh, who doesn't really appear that menacing, regardless of his futile efforts to insist that he's wearing a tunic, not a dress. "Night of the Museum 2" has great fun bringing to life some very iconic items, such as the classic V-J Day in Times Square photo of the American sailor kissing a young woman or Grant Wood's "American Gothic" painting (which, to my knowledge, still resides at the Art Institute of Chicago).

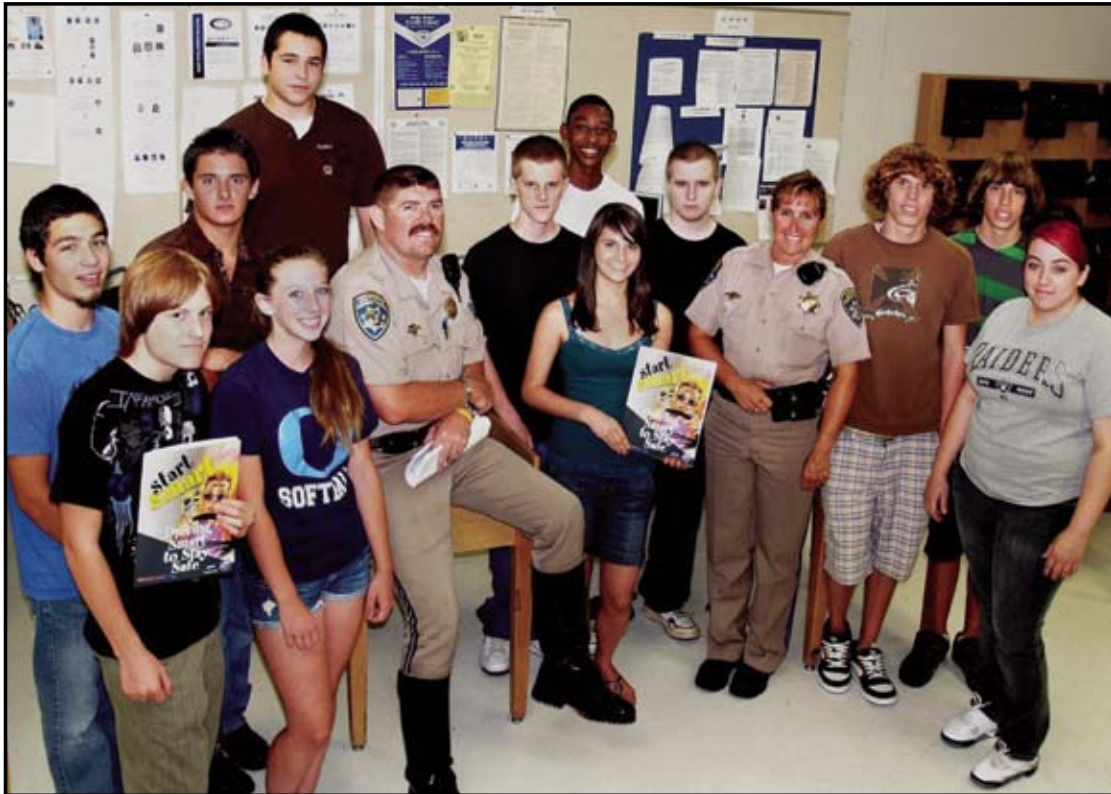
The slapstick comedy and the vibrancy of inanimate objects contribute to a youngster's enjoyment of this delightful comedy. Meanwhile, adults may find delight in the lively realization of historical figures and cultural artifacts. But most of all, great fun is had for all in the fact that "Night of the Museum 2," though far from brilliant, is nevertheless often very funny and enjoyable for the simple pleasures derived from an abundance of clever special effects.

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (Rated PG)

A few years back, Ben Stiller made the museum world a whole lot more interesting to movie audiences when he discovered all the exhibits came alive during his night shift as a security guard. The wildly successful "Night at the Museum" was destined for a repeat, if only because commerce demanded it. How do you improve on what New York's Museum of Natural History has to offer? The answer is found in the sequel's lengthy title: "Night at the Museum: Battle of the Smithsonian." Indeed, it's all to be found in Washington, D.C.'s megaplex of antiquities.

This time around Ben Stiller's Larry Daley has become wealthy hawking his gadgets and inventions on TV. Still, he hasn't forgotten his museum roots, and on a visit to an evening event he learns from the officious Dr. McPhee (Ricky Gervais) that all the beloved exhibits are being crated and shipped for permanent storage in the bowls of the Smithsonian. This reminds me of the "Indiana Jones" movie where the artifacts are carted off to a subterranean federal archives warehouse, only to be forgotten for all time. Apparently, the exhibits at the Natural History Museum are familiar with this movie and wish to avoid the same fate.

CHP Driver Classes



Words and picture by Susan Skinner

Sacramento teens will this month make a solid start to life at the wheel by attending one of the California Highway Patrol driving programs.

The free clinic begins a summer series on June 24, at CHP headquarters, Tyler St (off Madison Ave). Pictured, Officers Ken Roberts and Lizz Dutton were instructors for

2008 summer "Smart Start" students. By teaching driver responsibilities and accident avoidance, the program aims to reduce accidents among new motorists. Students, most of whom have new licenses or plan to hit the road soon, are drilled in laws pertaining to provisional driving permits. Local traffic and

accident trends are also examined. Instructors underscore zero tolerance of driving under the influence.

The program is conducted on an as-needed basis at CHP offices throughout the state. Prospective drivers of any age may attend. For information on local classes, call (916) 338-6710 ext 246.

Rollover Crash Turns Deadly

CHP Report - On May 28, 2009, at approximately 1:10 a.m., Fernando A. Cabrera, a 26 year old from Sacramento, was driving a black 2001 Ford Mustang on westbound I-80 just west of Longview Drive. Cabrera was traveling in the far right lane at approximately 75 mph approaching the rear of a 1998 Freightliner tractor/trailer driven by Sergio Alcantar from Tulare. As Cabrera approached the big rig he moved his vehicle to the middle lane and then attempted to change back to the far right lane. Cabrera was unable to complete a safe lane change causing the rear of his vehicle to strike the left front of the big rig. The impact caused the Mustang to spin out of control and travel over an embankment where it rolled several times. The Mustang came to rest on

its left side on the Light Rail access road located under the Longview Drive on-ramp to westbound I-80.

Cabrera's female passenger, 27 year old Telma Martinez of Sacramento did not appear to be properly wearing her seatbelt and she was partially ejected from the vehicle and sustained fatal injuries. (Sacramento Coroner's Case # 09-02702). Cabrera was transported to Mercy San Juan Medical Center with cuts and bruises and a possible concussion. Cabrera was released and booked into Sacramento County Jail for vehicular manslaughter and driving without a license. Alcantar was not injured in this collision. It is unknown if alcohol and/or drugs is a contributing factor in this collision pending a toxicology report on Cabrera. This collision is still under investigation.

Reward Offered for Arrest of Hit-and-Run Driver

Christian Reinheimer, 38, was the victim of a hit-and-run driver on Thursday, May 28th, at about 6:00 p.m. The incident occurred on Arden Way just west of Mendota Drive. Reinheimer was riding an orange-colored mountain bike when he was struck from behind by a light-colored minivan driven by a woman in her 50's, with gray hair. He sustained serious injuries and is hospitalized in intensive care at a local hospital. The family is offering a reward for the arrest and conviction of the driver of the minivan. Please call the CHP at (916) 338-6710 with any information.

KING Crossword

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ACROSS

1 Possess
4 Beast of burden
7 Frost
11 USPS delivery
13 Fun and games
14 Foot fractior
15 Capri or Wight
16 Scratch
17 Attend
18 Larceny
20 Netting
22 AAA job
24 Get smart
28 Sleepwear
32 Interruption
33 "Once — a time ..."
34 Jewel
36 Birds' home
37 Pinochle ploys

39 Worldly septet
41 Houston team
43 Friend
44 Egyptian goddess
46 Hook-nosed Muppet
50 Titanic vanquisher
53 Uppermost
55 Lumber
56 Provo's stat ...
57 ... and its country
58 Beach stuff
59 Carry on
60 Pea house
61 Fellows

3 Cleopatra's river
4 Upper limb
5 Line of fashion?
6 Threaded nail
7 Timeline points
8 Lennon's lady
9 Performance
10 Pi follower
12 On both sides
19 Huck's chum
21 Part of R.S.V.P.
23 "— the Dog"
25 Fencing prop
26 Cold War initials
27 Household critters
28 Cougar

29 Tarzan's clique
30 Shock somewhat
31 Wield a needle
35 Clear the decks
38 "Help!"
40 Run-down horse
42 Stop slouching
45 Mediocre
47 Ark builder
48 Region
49 Probability
50 Plant prickly
51 Timetable abbr.
52 Took off
54 Writing tablet

Weekly SUDOKU

by Linda Thistle

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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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Consider With Me the Life Situation of Adam and Eve



by Pastor Rich Reimer

Consider with me the life situation of Adam and Eve. You will find their story in the first book of the Bible, the book of Genesis, Chapters 2-3. Take it literally or symbolically but either way there is a message about living with constant temptation. You see, as the story is told, there is a lush garden in which Adam and Eve resides along with all the animals. In that "Garden of Eden" they have everything they need for life and happiness. In amongst all the flora and fauna, God the Creator, points out to Adam and Eve two trees. God says one is the tree of life and the other is the tree of the knowledge of good and evil. Now if you have heard this story you

know what happened. Eve was tempted by the serpent and she ate some of the fruit from the second tree and shared it with Adam who also ate. They yielded to temptation and incurred eternal consequences.

I, being the son of missionaries, have heard this story since childhood. It was only this past year that I came to understand a new truth from that story. It is a truth that speaks deeply to me about living in a culture of constant temptation. You see, there is no time reference between the moment God showed them the two trees and gave them warning and the moment when Adam and Eve took that fateful bite. So this was their real life situation. They lived every day in between the two trees. The forbidden fruit was there waving in the gentle breeze day in and day out. It caught their eye; it beckoned them; even after the sun went down they fantasized about the tree.

How many days or years went by with Adam and Eve living in a state of constant temptation, living between the two trees? We can only speculate. The day came when they both succumbed to the temptation and the rest is history.

Here is my point. *Before* Adam and Eve's first sin they lived with constant temptation.

All those who adhere to religious faith and who seek to live spiritually and morally fit lives need to realize this Biblical reality. Metaphorically, we too live constantly between these two trees. There will always be some person, some material object, or some bit of information that bears the lure and enticement of the tree of the knowledge of good and evil. That tree never dies! Living in isolation won't help, neither will following the injunction of Jesus "if your eye causes you to stumble, pluck it out ...! (Matthew 5:29-30) You can run away from sexual temptation like Joseph ran from Potiphar's wife (Genesis 39:12) but another temptation waits just around the corner. There are a host of offensive and defensive actions taught in the Bible to help the spiritually devout stay devout Ephesians 6:10-18. Avail yourself of every means to resist temptation. But accept the truth that today and every day we live between two trees, which "tree" are you focused on today?

Be A Child's Voice in Court

Court Appointed Special Advocate

Carmichael Resident Suzie B. has been a CASA to not just one or two children in foster care, but five! This hard-working member of our community has volunteered her time to ensure her CASA youth have been provided with all the services and resources they have needed, in addition to serving as an excellent role model.

What is CASA? CASA stands for Court Appointed Special Advocate. Sacramento CASA is a non-profit organization that recruits and trains community volunteers to advocate for children who are dependents of the Juvenile Court. These are children who were removed from their parents due to abuse, neglect, and/or abandonment.

Currently, there are over 4,800 children in the foster care system in Sacramento County. "Having one caring person in a child's life makes a difference," states Suzie, "If every child in foster care had

a CASA, the outcomes would be much different." Suzie saw various social workers, lawyers, therapists, and other professionals come in and out of the lives of her foster youth

to seven colleges. "I think she may have had a very different life if I had not been there for her. She may have ended up on drugs or in jail. She could also have run off with her older sibling," states Suzie.

With a CASA, 95% of children do not languish in long term foster care. With a CASA, 90% of children do not reenter the child welfare system. "These kids need somebody," adds Suzie, "One of my CASA youth would say, 'You are my only friend.'" With worsening economic times



and a system that is already overburdened, the needs of foster children are oftentimes unheard.

Please join Sacramento CASA and become a child's voice in court. Currently, there are 150 CASAs in Sacramento County, and thousands of children that need our help. You may contact us at 916-875-6460 or visit us at www.sacramentocasa.org.

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Defensive Driving Class

55 ALIVE-DEFENSIVE DRIVING CLASS:

The next Defensive Driving Class is scheduled for 24, 25 Jun 2009. The class will be held in the Aerospace Museum on McClellan Park. This class

is only available to military retirees and their spouses.

To sign up, please come to the Military Retiree Office in the VA Clinic. Sign-ups will not be accepted over the telephone. Course runs from 0900 to

1300 hrs each day. Cost for AARP Members is \$12; for non-members the cost is \$14.

If you have any questions, contact one of our volunteers at 561-7476. Mon thru Thurs, 0900 to 1500 hrs.

June is "Adopt-a-Shelter" Cat Month



The County Animal Shelter has many cats and kittens that need good homes

Sacramento, Calif. - To highlight June as "Adopt-a-Shelter Cat" month, the County Animal Shelter has many friendly cats and kittens available for adoption to good homes! "Spring is always "kitten season" because cats generally give birth in the spring," said Pat Claerbout, Animal Shelter Director. "Now is the perfect time to visit the animal shelter and

select the ideal feline companion!" The American Society for the Prevention to Cruelty to Animals estimates that of the five to seven million animals that enter shelters across the County, almost 70 percent of the cats are euthanized. To help reduce the amount of cats and kittens brought into the shelter and feral cat populations, it is important that all cats older than

four months be spayed or neutered. "Because cats can have multiple litters in a year, it is extremely important that people alter their cats, even if the cats live indoors," said Claerbout. "We can impact the cat over-population through spay and neuter and licensing programs. We need everyone to do their part."

Tires LES SCHWAB

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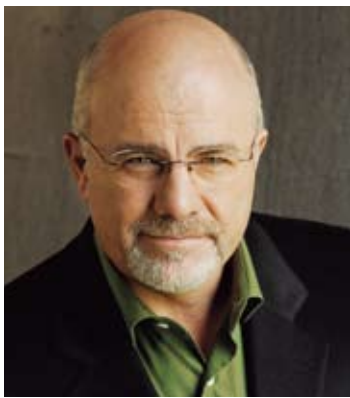
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Dave Says



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.

Helping With the Parents

Dear Dave,
A couple of years ago my parents got into a big financial mess. They filed bankruptcy, and had to give up their house. Now, they lived on a fixed income of \$2,220 a month, and my dad is not in good health. My wife and I help them out with a little money each month, but my sister and her husband don't do much for them. Do you think I should lean on her a little bit in an effort to make her pitch in and help?

- Randy
Dear Randy,
If there's one thing I've learned over the years, it's that you can't make another adult behave. The only person you can control is the one you look at in mirror every morning. Now,

should a son or daughter want to help their parents, especially if one is in poor health, and the money's tight? Absolutely! But family relationships are strange animals. Your sister and her husband may have some bruised feelings from something that happened years ago, or they may be having money problems of their own. At this point, all you can do is try to gauge their interest in this idea.

For starters, I'd suggest working up a monthly budget on your parents. I'm talking about a simple, one-page document, and show it to your sister and her husband. Let them know that mom and dad need a little help, and ask if they'd be willing to join you guys by chipping in a little money each month to help out your parents. Present the idea as you guys partnering with each other to help out, and be sure you don't get into any finger-wagging, or lectures about responsibility. That kind of stuff is a real turn off, and it can get thrown back in your face in a hurry!

Set Aside Enough Money

Dear Dave,
How much money should I have in my business emergency fund? My annual sales are about \$100,000, and I currently have a couple of months of general and administrative expenses set aside.

- Anonymous
Dear Anonymous,
You're getting there! I like the idea of a small business having about six months of expenses set aside. Having that kind of cushion provides a ton of options, and lots of peace. It also eliminates the need for borrowing money, because with that kind of cash sitting around, you basically become your own line of credit!

Having a personal emergency fund set aside is a little different than having one in place for your business. When it comes to personal finance, I usually recommend setting aside three to six months of expenses. But the basic idea is the same, regardless of whether you're talking about personal finance or the financial health of your small business. A fully-funded emergency fund can turn a disaster into nothing more than a minor inconvenience!

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



By Laura Snyder

This Father's Day, like every other Father's Day, my thoughts go careening back to the time I was a mouthy teenager. My father was often upset with me for some smart-aleck comment I would make. I guess, even then, I was in training to be a humor columnist, but with remarkable hindsight, I can see now that practicing my sassiness on my Dad wasn't the smartest thing I could've done.

He was proud of me when I stuck up for myself with other people, however, with him, he probably wished I would shut my trap before he needed to ground me again. My Dad was a man who valued moments of solitude that are rare in a family of six. There was nothing he liked to do better than sit in a forest glade for hours, waiting for a deer to appear. He must've hated to shoot it to supplement our family's grocery bill. Otherwise, sitting out in the woods for hours would've seemed like a waste of time. At least, that's what I liked to think.

He was conflicted like that a lot. The vacations we took were always fishing trips. He would've loved to go fishing out in a boat on a quiet lake all by himself, but being of a practical nature, almost to a fault, he had to concede that more fish could be caught if all six of us were in that boat with lines in the water.

So there we were: Four, loud, life-jacketed children and two adults trying to keep up with the hook-baiting. We'd sing songs, softly. Dad said if we sang too loud we'd "scare the fish away." I used to wonder how we would scare them

Laura on Life

Dad's Day

away because I never saw a single fish that had ears. Now that I'm a parent, I know that the soft singing was to ensure my parent's sanity.

We'd invent poems to lure the fish to our lines. Poems like: "Fishy, fishy in the brook, won't you come and bite my hook."

Throughout these childish shenanigans, my Dad, chain-smoking his way through his second pack of Lucky Strikes and wearing his favorite fishing hat, would calmly steer the boat, bait hooks and bail out the boat when water accumulated. The bailing bucket was also a visible, silent threat. We knew that if anyone had to go to the bathroom while we were out, they had to use the bucket, because my Dad warned, "We're not going back until we're done fishing!" Thanks to Dad, we are all blessed with gigantic bladders now.

We were never sure what the barometer for "done" was, though. Was it measured in hours, in the number of fish caught, or was it measured by the shade of red my parents' faces were before they exploded. Now that I am a parent I

can say that perhaps "done" was the moment just before Dad gave in to the urge to throw us all in the lake and make us swim back to the cabin.

My father tried to teach us many rules to live by: Don't talk back. Get good grades. Don't pass gas at the kitchen table. Eat your vegetables. Don't Smoke. Don't drink. Don't pass in a no-passing zone. Don't cheat on your spouse. Don't divorce.

But no matter what he'd taught his kids, my father lived by his own set of rules. He was the King of "Do As I Say, Not As I Do." For those of us who chose to listen to him, life turned out pretty good. For those of us who chose to emulate him, life is still a struggle.

So, I guess you could say that my father always knew what the right thing to do was, but many times he chose not to do it. Dad lived his life on his own terms... and died the same way, on September 9, 1985 - before we were done needing him.

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.

Carmichael Geranium Society

Carmichael Community Clubhouse
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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.

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