



Close Call for Eagles

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PLUS: El Camino Homecoming

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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

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Buon Appetiti!



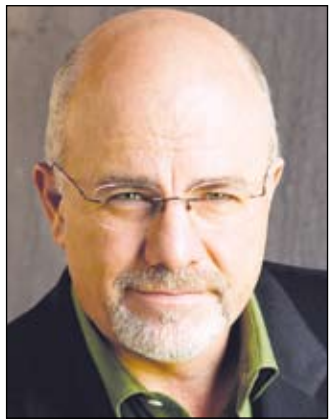
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Couch Theater "Begin Again"



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Dave Says



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Highland Festivities Bring Smiles



Pretty in plaid: embracing their Scottish roots to attend Carmichael Park festivities, twins Gwendolyn and Madeleine Faljean (7) and cousin Pamela Faljean were among dancers from the Kyla Groeschal Dance Studio.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Sporrans swung with abandon, bonnets were bonnie, men were manly, and knees hairy. Even wee

doggies came tarted up in tartan. Carmichael Park was bang-on for a recent Celtic blow out.

Local branches of the St. Andrew's Society, Shamrock Club, Daughters of Scotia, and Caledonia Club hosted the

festival that is now an annual Carmichael tradition. From all over Northern California, Celts kilted up to make Carmichael home for a crackin' ceilidh (party).

Dancers jigged and flinged.

Fiddles, harps, bagpipes, and drums provided irresistible beats. Outreach was not just musical; clan organizations promoted ancestry research.

Continued on page 4

Shooting Threat at Rio Americano High School

SACRAMENTO REGION, CA (MPG) - Rio Americano and San Juan Unified officials contacted the Sacramento County Sheriff's Department on Friday, October 17th after graffiti was discovered in a campus bathroom indicating there would be a shooting on the Rio Americano High School (RAHS) campus Wednesday, October 22nd. Later, an additional note was discovered in the same location indicating the date of the threatened shooting had been changed to Tuesday, October 21st.

The Sheriff's Department began an investigation into the threat and, according to standard procedure for threats of this nature, notified the Regional Terrorism Threat Assessment Center, which is run by the Department of Homeland Security. As a result, the FBI is assisting in the investigation.

Absences were higher than normal on Wednesday morning, but that was expected. The school had calls from parents who thought RAHS was on lockdown, but that was not the case. Aside from that, the morning started with students arriving to school and getting to class in a timely fashion. According to RAHS Principal Brian T. Ginter, RAHS handled Wednesday much the same as it did Monday and Tuesday—with officers present. The school plans to finish out the week in the same manner. Two Safe Schools officers, along with school officials and the school community at large, will be looking for and reporting any suspicious activity on campus.

Information about this threat or any observed suspicious activity can be reported to the Sheriff's Department dispatch at (916) 874-5115; any life-threatening situation should be immediately reported to 911.

Source: www.sanjuan.edu ★

New Fair Oaks Boulevard Sentinels

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Planted to acclimate over fall and winter, 22 mature palm trees are a new boost for Fair Oaks Boulevard beautification.

Trucked from different parts of California, the costly sentinels herald a huge landscaping project designed for the new Milagro Centre. Six 50 foot Canary Island palms now echo profiles of those on nearby Palm Drive. Carmichael farmer and matriarch Mary Deterding planted her ranch driveway here almost 100 years ago. Her avenue became Palm Drive, now a community landmark. A 2012 county-funded

project imported six more of the giants (buying, shipping and planting is estimated at about \$1,200 per palm) as adornments for the Fair Oaks and Marconi corner.

Now under construction and scheduled for a spring 2015 opening, the Milagro Centre will raise a monument archway and add much landscape dimension to our main street. Sixteen 25ft palms already line the promenade that leads to a central dining patio. Note: to de-stress transplanting, the heavy topknot fronds remain bound for several months.

Additional landscaping will include many flowering crepe myrtles on street boundaries and

in parking areas. Australian bottlebrush, New Zealand flax and hundreds of carpet roses will provide garden foliage. Shade will be enhanced by Chinese pistache trees, holly oaks, and Chinese elms. Flower beds will accent entrance archway bases and cascading water features.

"We've chosen plants that are economical with water and suit our building theme," says co-developer Allan Davis. "We plan to create an inviting place with landscaping that enhances all the pleasures of visiting the Milagro Centre. Something that draws the community together is so needed here."

Learn more about Carmichael's Milagro Centre project at www.milagrocentre.com. ★

A delicate crane operation recently positioned massive Canary Island palms at the Milagro Centre on Fair Oaks Boulevard.



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EL CAMINO Homecoming



Story and photos by Ben Barber

SACRAMENTO, CA (MPG) - The El Camino High School football team made its way back home this week to finish the first of their remaining three games at home. Their return from the road was celebrated in the traditional Homecoming fashion with a parade of floats, crowning a Homecoming Queen, and welcoming back alumni.

The homecoming celebration started with a parade

of floats fashioned in a Disney theme. The Freshmen sported a scene from the *Lion King*, the Sophomores' *Alice in Wonderland*, the Juniors' *Peter Pan*, and the Seniors' *Up*. Audrey Shepard took home the Homecoming Queen title, making for a magical Disney finish. ★

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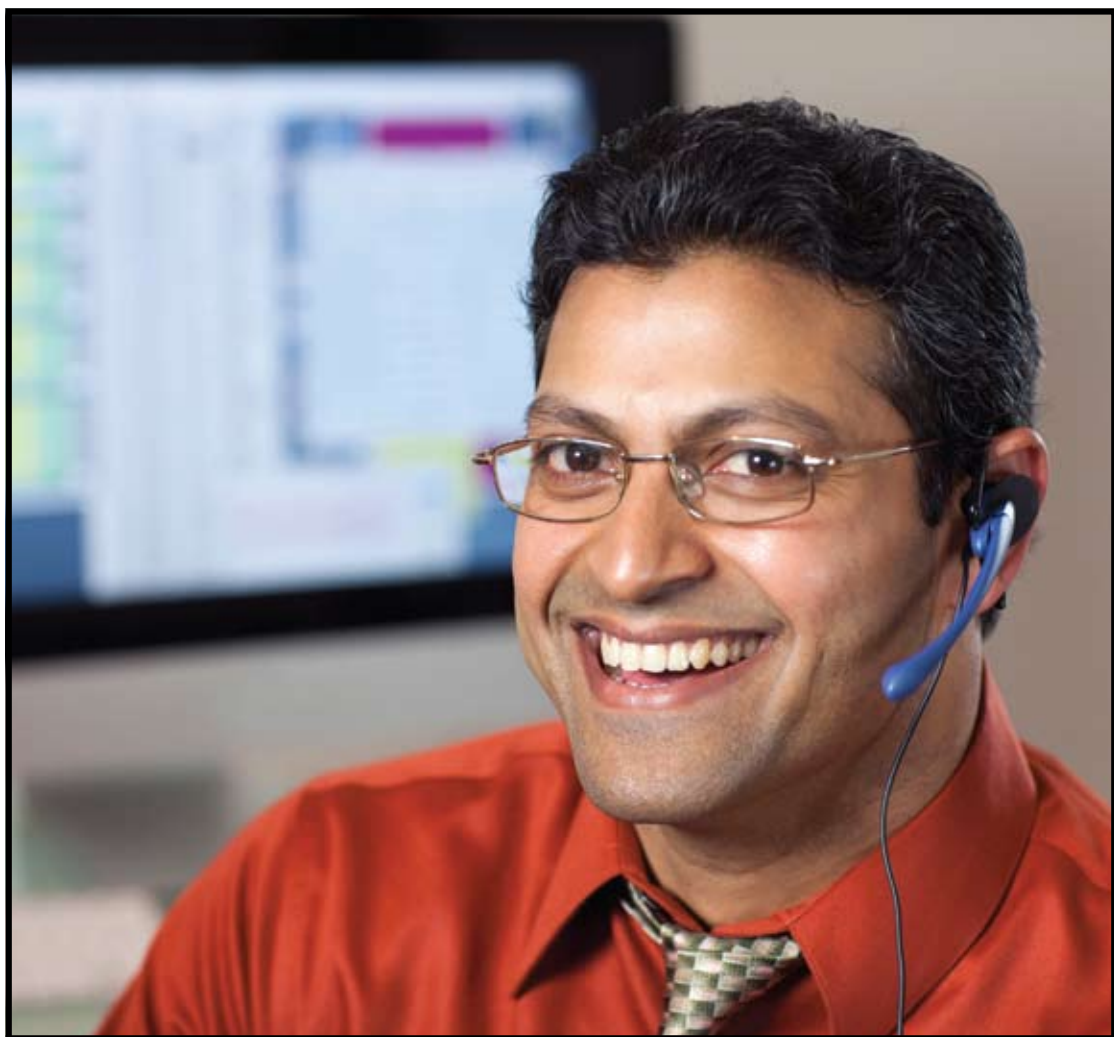
Supervisor Susan Peters to Speak at Chamber Luncheon



CARMICHAEL, CA (MPG) - Sacramento County Supervisor Susan Peters will be the guest speaker at the Carmichael Chamber of Commerce October luncheon on Tuesday, October 28th. She will be giving an update on what is happening in the county and taking questions. The luncheon is a great time to make contacts with other business people as you exchange business cards. The event will be held in the Education Building at The Church on Cypress, 5709 Cypress Avenue in Carmichael. Lunch, catered by Capital City Catering, will be served at 11:30 a.m., followed by the program beginning at noon and running until 1:00 p.m. The cost is \$18 for members and \$23 for guests. To make a reservation, please go to the Chamber website at www.carmichaelchamber.com, click on the calendar of events and then on the luncheon, and follow the prompts. If you have questions or need more information, please call the Chamber at 916-481-1002.

Source: Carmichael Chamber of Commerce ★

Sacramento County Supervisor Susan Peters will be the guest speaker at the Carmichael Chamber of Commerce October luncheon on Tuesday, October 28th. Photo courtesy of the Office of Susan Peters.



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at Carmichael Park

Games/Activities/
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\$7 per dog



11/1 Wall of Honor Event at Patriots Park

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Close Call for the Eagles



Tyrin Boldin (#80) finished the game with six solo tackles and two assists, finishing the night with eight total tackles! Inset: Kicker Kevin Loheit wins the game with a 25 yard field goal! Photo credit: Michelle Akana.

Story by Ben Barber

SACRAMENTO REGION, CA (MPG)

The El Camino High School football team made its way back home this week to finish the first of their remaining three games at home. It was all business for the Eagles, hosting Orangevale's Casa Robles High School. The Casa Robles Rams came into the game 2-4, looking to take a step closer to a .500 season. With their defense prepared, the Rams chose to defer the reception of the

opening kickoff, giving the Eagles the first possession of the ball. The Eagles make good use of the opportunity, marching the ball over seven plays into the Rams red zone. But the Rams weren't ready to give up six points that easily, and took advantage of an odd ball, completing an interception.

The Eagles defense then took the field, holding the Rams to only five plays before it was punted away. The two teams continued

to clash back and forth with the Eagles scoring first in the second quarter. Devin Mirkovich came away with three interceptions, keeping the Rams from the Eagle end zone. With seconds left in the game, Eagle kicker Kevin Loheit braved the field for a 25-yard field goal, bringing the score to 9-6, giving the Eagles the Win. ★

Highland Festivities in Carmichael Park

Continued from page 1

In braveheart tradition, brawny athletes tossed weighty sheaves with a pitchfork. Up they flew, higher than kilts in a gale, returning to earth with a crunch among the park's autumn leaves.

Some onlookers came because they'd heard about the festival; some were walking dogs and stopped by. Hearing bagpipes from as far as the Sunday farmer's market, many shoppers migrated to the music. Said a festival organizer: "You don't have to be Celtic to be part of this; we're happy to share our arts and philosophy with all comers."

Learn more about Celtic events at www.2jamisons.com. ★

Patrons and Pooches Dressed to Kilt



West Highland terriers Stewie, Sadie, and Ceilidh embraced their Scottish roots to attend Carmichael Park festivities.

Widowed Persons Association Support Groups

CARMICHAEL, CA (MPG) - The Widowed Persons Association of California (WPAC) offers the following support groups for all widowed persons:

Sunday Support Group - Realizing how difficult it is to go into new social situations when one is first widowed, WPAC encourages widowed men and women to attend Sunday Support each Sunday from 3-5 p.m. in the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Suite D-18. Some will go to dinner as a group following the session. Free to members and non-members. For more information, call the WPAC office at (916) 972-9722.

Newcomers' Buffet and Social - All widows and widowers are invited to attend the Newcomers'

Buffet and Social. There is no charge other than paying for the meal of your choice; meal cost varies as you will choose from a no-host buffet menu. Held the third Monday of each month at 5:30 p.m. in the private dining room at the Plaza Hof Brau, at the corner of El Camino and Watt Ave. For more information, call the WPAC office at (916) 972-9722.

Recovery from Grief Program - All widowed persons can participate in the Recovery from Grief Program. There is no charge, and no donation is required. Saturdays from 2:30-4:30 p.m., 2628 El Camino Ave., Suite D-18. Enter through the breezeway. The last scheduled workshop this season will be held on November 15th. Call (916) 972-9722 from 10 a.m.-

3 p.m. to reserve a seat. For more information, contact Barbara Stewart at (916) 363-3482.

Coping with Holidays Workshop - All widowed persons are invited to participate in the Coping with the Holidays workshops as part of their Recovery from Grief program. There is no charge, and no donation is required. The next Coping with Holidays workshops are on Monday, November 3rd, 2:30-4:30 p.m. and Monday, December 1st, from 7-9 p.m., 2628 El Camino Ave., Suite D-18. Enter through the back entrance off the parking lot. Call (916) 972-9722 from 10 a.m.-3 p.m. to reserve a seat. For more information, contact Barbara Stewart at (916) 363-3482.

Source: Widowed Persons Association of California, Inc. ★

Everything You Wanted to Know About Medicare and Open Enrollment

CARMICHAEL, CA (MPG) - Eskaton Village Carmichael is presenting an educational seminar: Everything You Wanted to Know About Medicare and Open Enrollment. The speaker is Josh Moore with Boden Insurance.

Paying for health care and the uncertainty of future benefits are some of the biggest worries of today's retirees. Individuals depend

on personal savings and Medicare to cover health care expenses, which can add up to hundreds of thousands of dollars during retirement. Join us for this free and informative session to learn about:

- Medicare Parts A, B, C, and D
- Key Medicare decisions
- How much you'll pay for specific services

- The Medicare "doughnut hole"
- Enrollment deadlines
- Local options available

October 21st at 10 a.m., Eskaton Village Carmichael, 3939 Walnut Avenue, (916) 974-2000.

Source: Eskaton Village Carmichael ★

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- ★ Effective use of taxpayer funds to maximize resources, and allocate resources as close to the classroom as possible.
- ★ I believe that at the heart of improving schools and helping every student reach their potential is a lively, engaging curricula, and teachers who are engaged in the never ending process of encouraging their students.
- ★ Ensure that all students have access to high quality, technologically advanced materials to prepare them for the 21st century workforce.
- ★ I believe that we can provide better services to our special needs students including more focused services to our students on the autism spectrum, better transitions for students moving into regular classrooms, and better integration of career, social and life skills for all students.
- ★ To have safe and secure schools where every parent and community member feels welcomed, and are willing to contribute their time and their talents to create a community of learners.
- ★ In addition to assuring that all students have the foundational skills that they need, I want assure that our students have opportunities to solve problems and explore their creative talents.

Dear Friends,

My experience as a teacher, parent of a current San Juan student, and my work in teacher development and school improvement provides me with a unique set of skills that I would like to apply in this district as we face a pivotal time for this district and all our children. My experience in classrooms as a teacher and a parent volunteer has taught me what it takes to engage students in their learning. My work on San Juan Advisory Boards and School Site Councils has taught me how this district functions. My years of management and oversight of large budgets at the state level has taught what it takes to be a careful steward of public funds. My work and research on school improvement and teacher development has helped me understand what needs to be in place for high quality schools and teachers to flourish and create conditions where students expand their intellect, find their purpose and their passion, and explore their God-given talents. I understand the challenges confronting this district; I want to be part of the solutions. I ask for your vote.

Yours Sincerely,

Mike McKibbin

Mike McKibbin

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THE RICH LOWRY COLUMN
By Rich Lowry

Ben Affleck's Muslim Problem

The latest episode of Bill Maher's HBO show "Real Time" performed what was, in effect, an in-studio social experiment.

It sought to establish, in a controlled setting, the answer to this pressing question: How long could Maher and atheist author Sam Harris talk frankly about the illiberalism of much of the Muslim world before actor and director Ben Affleck, also a guest on the show, accused them of racism?

The result is in: Not very. In fact, almost as soon as Maher and Harris began to discuss how liberals are betraying their own convictions if they don't stand up against social backwardness in the Muslim world, Affleck grew visibly agitated. He could barely contain himself when Harris opined, "We have been sold

this meme of Islamophobia, where every criticism of the doctrine of Islam gets conflated with bigotry toward Muslims as people."

That's when Affleck interrupted, and soon enough, he was calling Maher and Harris out for their grossness, ugliness and, yes, racism. How does it feel, guys?

You might be wondering, "Why should I care what the new Batman thinks?" The heated exchange was so notable because all three are men of the left in good standing. As a walking embodiment of liberal piety, Affleck is emblematic of liberalism's see-no-evil discomfort with frank truths about the Muslim world.

The prelude to the intraliberal fight was the prior week's show, when Maher pointed out the absurdity of liberals getting exercised over, say, actor Jonah Hill using an anti-gay vulgarism, but ignoring that gays can be stoned in Muslim countries. "To count yourself as a liberal," Maher declared, "you have to stand up for liberal principles" -- meaning across the board.

Maher had zeroed in on one of the more perverse aspects of contemporary politics, which is that self-consciously tolerant liberals often look the other way when confronted with the intolerance of the Muslim world.

As militant atheists, Maher and Harris feel free of these constraints; criticizing religion is part of what they do for a

living. As a garden-variety liberal, Affleck is subject to all of them and reacted as if two Klansmen had wandered onto the set with him.

When Maher and Harris pointed out how widespread retrograde attitudes are in the Muslim world, Affleck said they were "stereotyping." But the data doesn't stereotype. The percentage of Muslims in Middle Eastern and South Asia countries who say honor killings are never justified is shockingly low (31 percent in Egypt, 45 percent in Pakistan). Support for the stoning of adulterers is more than 40 percent in Bangladesh and 80 percent in Afghanistan.

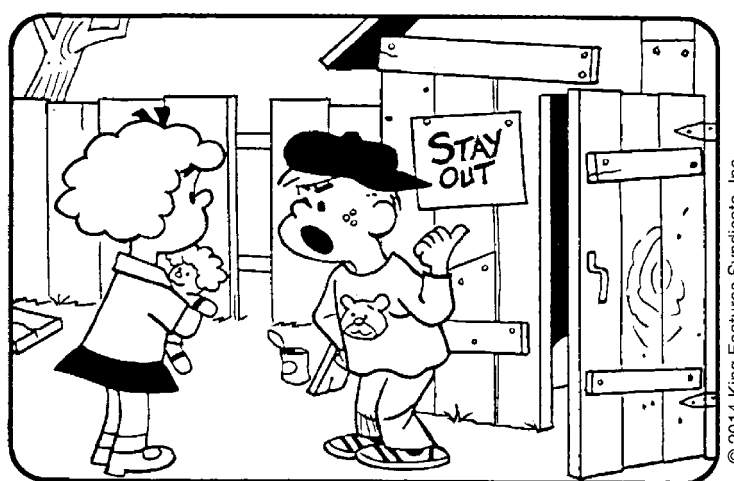
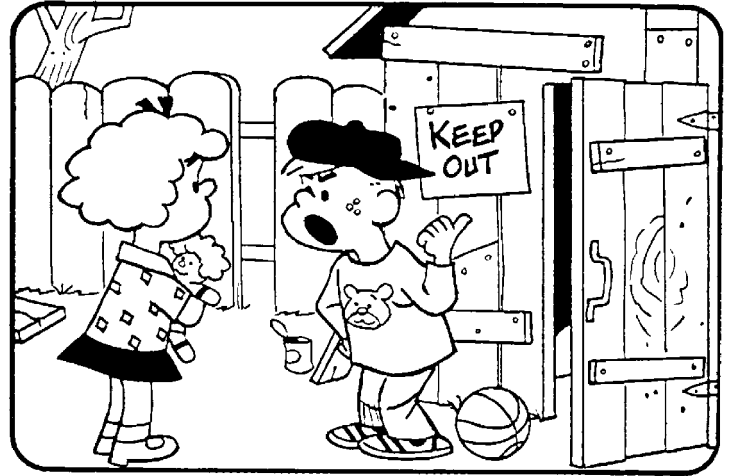
Affleck obviously isn't a public official or a public intellectual. But he represents a dominant tendency within liberalism. Imagine a State Department staffed by less-glamorous Ben Afflecks. Imagine a president of the United States who shares his instincts. This is the Obama administration. It's why, in part, it has always been so reluctant to speak of Islamic terrorism and extremism. It's why the president says the Islamic state is not Islamic.

The nation is truly in peril if Bill Maher, of all people, is more clear-eyed than those running our government.

Rich Lowry is editor of the National Review.
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HOCUS-FOCUS

BY HENRY BOLTIKOFF



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Buon Appetito a Tutti! Columbus and Olive Oil Celebrated



Gold River based chef Susan Korec (third from right) prepared a pasta feast for Columbus Day celebrations in Carmichael. Volunteers at the Italian Cultural Center included Christina Henderson (left) Patrizia Cinquini Cerruti, Giovanna Biundo, Gabrielle De Sio and Patty Peter.

Story and photos by
Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - An eight-year tradition, the Columbus Day Olive Oil Celebration recently sold out at the Italian Cultural Center in Carmichael.

Fragrant oils baptized bread, lunch was eaten al-fresco, and New World discoverer Christopher Columbus—the first Italian American—was recalled. To please paisano palates, Gold River-based Pasta Queen, Susan Korec, served a feast of hand-made ravioli, linguini, and meat

balls. Two authors presented a talk on olive growing in the California Gold Country.

“Olives are part of the Italian-American heritage,” explained Culture center Director Bill Cerruti. “Italian pioneers came with the gold rush and kept coming to the Gold Country and Northern California. The Rocca Bella olive farm in Calaveras County was planted 1888. Now, 95 percent of oil produced in the USA comes from Northern California.” He noted that olives featured in local history; groves flourished in Fair Oaks, Carmichael, Citrus Heights,

Roseville, and Orangevale until the middle of the 1900s.

“Like the wine industry, olive oil production is having a rebirth,” he said. “It’s now one fastest growing industries in California, and our oil is considered among the best in the world. Our celebration brings together producers and the public. It also celebrates Italian pride and the history of our families coming to America.”

The Italian Cultural Center is at 6821 Fair Oaks Boulevard, Carmichael. For more information, visit www.italiancenter.net ★



“THE AFFAIR”
A TV article by Tim Riley

Marital infidelity and sexual adventurism, either in concert or separately, are themes more common to the programming on cable networks than network television – at least, insofar as fulfillment of such behavior is manifested in graphic detail.

Showtime, the cable channel that is linked by the same corporate ownership to the CBS Television network, has often explored the boundaries of these themes. But David Duchovny’s Hank Moody on “Californication,” whose libido seems to have no limits, is no longer alone as a married (or quasi-married) man hooked on gratification.

In a show with the unsubtle title of “The Affair,” Dominic West’s Noah Solloway, a New York City public school teacher and aspiring novelist, who is living way beyond the means of a government worker, is spending the summer at his wealthy in-laws’ oceanfront estate in Montauk, the far end of Long Island’s exclusive Hamptons community.

Noah would have you believe that he is happily married to Helen (Maura Tierney), his college sweetheart, and the mother of their four children. That’s what he is saying in the first episode, and it sounds plausible as there little to indicate lingering resentment or dissatisfaction with his faithful spouse.

Families can be complicated. The four kids squabble. Teenage daughter Whitney (Julia Goldani Telles), a rebellious handful, is pushing the boundaries with provocative dress and insisting on ordering exotic coffee drinks.

Riley Reviews

**GUESSING GAME OF
SHOWTIME’S “THE AFFAIR”
A RIVETING DRAMA**

And yet, it is the very youngest child that seems like an unlikely catalyst for what unfolds.

At a diner in the seaside resort town of Montauk, the Solloway family struggles through ordering their meal while being attended to by waitress Alison Lockhart (Ruth Wilson). The youngest child chokes on a food item, and what ensues is a focal point of the initial he-said, she-said storytelling.

Well, if you haven’t guessed yet, Noah finds himself attracted to Alison, or is it the other way around? The provocative, seductive drama of “The Affair” is told separately from the male and female perspectives, using the distinct memory biases of Noah and Alison to both misdirect and intrigue the audience.

The one-hour drama employs an usual format on dividing the first episode into two parts, with Noah first and then Alison giving their perspectives, which can be as mundane as how the other person was dressed on the occasion of the first meeting at the diner to things more meaningful such as which person was the actual aggressor. This split storytelling device continues to be an episodic feature.

Much younger than Noah, Alison is trying to piece her life back together in the wake of a tragedy in which her young son died in an accident. Meanwhile, her relationship to husband Cole (Joshua Jackson) is seen as either troubled or merely emotionally-charged as both parents cope with loss of a child.

Noah is also grappling with imperfect events and situations in his life. For one, his relationship to his father-in-law, Bruce Butler (John Doman), a successful, prolific novelist, who is nonetheless crude, vulgar and dismissive, is not just strained and resentful, but verging on outright hostility. ★

On the other hand, aside from the not-so-atypical difficulties of raising independent-minded children, Noah’s family life does not appear to be so chaotic and nerve-racking, especially when his wife is supportive, that he would veer off into a summer fling with a waitress.

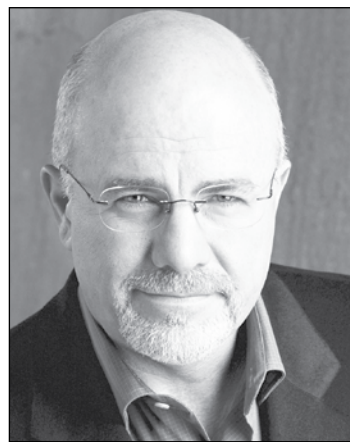
There is nothing to inform the audience about why Noah would even entertain an affair. After all, his marriage to Helen has no signs of having soured or turning musty. Has Noah becomes bored? Does he lack interest in carnal relations with his spouse? Is Alison the sexual firecracker that has ignited his new-found passion? The viewer is left to wonder.

For Alison, her life with Cole appears more conflicted and complicated. For one thing, recent tragedy may have altered Alison’s view of marriage, which still has apparent sexual passion but there is a deep void in her soul that is not easily repaired by the presence of a husband who may be emotionally distant.

The most interesting and puzzling facet of “The Affair” is that part of the he-said, she-said dynamic is played out in the course of an ongoing police investigation into a possible crime that is neither revealed nor explained. At different times in every episode, Noah and Alison are interrogated by a detective regarding recent events, focused mostly on their relationship.

At least in the initial episodes, the adultery lacks the very graphic nature that is more prevalent in many cable shows. “The Affair” is not so much about the sexual nature of the affair but the psychological ramifications of infidelity. More to the point, “The Affair” is a mystery, one that may be tricky to unravel because the plot keeps everyone in delicious suspense.

“The Affair” was recently launched on Showtime for a typical season run. It shouldn’t be too tough to catch up on previous episodes with Video on Demand or by other means. “The Affair” requires chronological viewing; you just can’t jump into the story midstream. Nor would you want to. ★



Dave Says

School’s on the Horizon

Dear Dave,
My husband will be leaving his full-time job in a year so that he can go back to school full-time and finish his degree. We’ve both agreed this is what we want to do, but it means that we’ll go from a yearly income of \$90,000 to \$45,000. We’ll have tuition assistance from my job and his veteran’s stipend to help pay for things, plus we’re debt-free except for our house. But in this scenario, once we complete Baby Step 3 should we move directly to Baby Step 4 or continue saving?
- Erin

Dear Erin,

I think this is a good plan, as long as the two of you are on the same page and you’re willing to save like crazy for the next year and beyond. Even with help from your employer and his stipend you’ll still have some expenses, so you’ll have to be ready.

Once you complete Baby Step 3, which is having three to six months of expenses set aside as an emergency fund, Baby Step

4 is usually starting to invest 15 percent of your income toward retirement. In this case, while he’s finishing his degree, you’re not investing for retirement directly but you are investing in your husband and your future together. That’s a great investment, by the way. As long as he’s studying something that has marketplace application, you’re setting the stage for him to make back the money put into his degree and much more.

If that’s the plan, and he’s not off pursuing a Ph.D. in something like German polka history, you two are making a great investment. So work hard now, cut all the corners you can and pile up money so you two can get through his time in school!
- Dave

Selling a Car with a Lien

Dear Dave,

How do you sell a vehicle with a lien amount that’s higher than the actual value of the car?
- Miranda

Dear Miranda,

First, you have to find a way to cover the difference between the amount of the lien and what you can get for the car. Let’s look at an example.

If the car is worth \$15,000, and you owe \$18,000, that would leave you \$3,000 in the hole. How do you get out of that car? The bank holds the title, and

until you give them the payoff amount of \$18,000, you’re not getting the title. The easiest and simplest way would be if you had \$3,000 on hand to make up the difference. But if someone comes along and buys the car from you for \$15,000, you’ve got to be able to cover the remaining \$3,000, right?

Barring the best-case scenario where you actually have the money, you could go to a local bank or credit union and borrow the remaining \$3,000. I hate debt, but being \$3,000 in the hole is a lot better than \$18,000 in the hole. Then, you could turn around and pay back the \$3,000 quickly.

After that, you’d give the total amount owed to the bank. They would give you the title, and you sign it over to the new owner. That’s how it works!
- Dave

* Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The *Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

Craft Fair And You Are Invited!

CARMICHAEL, CA (MPG) - Come one, come all to our 19th Annual Craft Fair. You’ll find unique treasures at this popular event that will help you get a jump on your holiday shopping. Hot dog lunches are available for purchase. Call (916) 974-2030 for details. ★

**Saturday, October 25, 2014
10:00 a.m.–2:00 p.m.
Eskaton Village
Carmichael Auditorium
3939 Walnut Avenue,
Carmichael, CA 95608**

Source: Eskaton Village Carmichael ★

Free Classes with Kaplan Test Prep Can Help You Hit Your Target Score

Getting into college is competitive. But Sacramento Public Library can help with free SAT classes taught by staff from Kaplan Test Prep.

Kaplan, which has been helping students raise their scores for more than 75 years, offers tutoring, classes, books and more.

Every other month, the Central Library offers a two-class cycle designed to put students into a realistic test situation, then show them how they can improve their scores. Students are asked to attend both classes.

**Central Library 828 I St. Teen (grades 9-12)
Nov. 1, Saturday, noon (to 4 p.m.)**

Free ACT/SAT Combo Test @ Carmichael Library Carmichael Library, 5605 Marconi Ave. Follow-up session on **Wednesday evening, Nov. 12, at 6 p.m.** for test results and valuable test-taking tips. **Registration is required to attend.**

Nov. 22, Tuesday, 10 p.m. (to 2:30 p.m.)

Mock SAT Practice Test @ Fair Oaks, Fair Oaks Library, 11601 Fair Oaks Blvd. A follow-up session to discuss results will be held on **Dec. 4.** **Registration is required to attend.**

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NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that on November 4, 2014 the Advisory Board for Mission Oaks Recreation and Park District, a park district existing under the authority of Public Resources Code 5780 et seq., will recommend the purchase of real property for Eight Hundred Thirty-Five Thousand Dollars (\$835,000) to the County Board of Supervisors, acting as the ex-officio Board of Directors for the Mission Oaks Recreation and Park District. The subject property, APN 255-0252-027, is located at 3127 Eastern Avenue, Sacramento, CA 95821. The property consists of a 2.87 acre parcel and is improved with a structure previously used as a community center. The purpose of the acquisition is for future use as a park and recreation site. The Seller of the property is the Young Men’s Christian Association of Sacramento and the legal description of the parcel is set forth below.

LEGAL DESCRIPTION

THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF SACRAMENTO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS:

Parcel 1:

The North 330 feet of Lot 34 of Oak Plains Subdivision No. 2 in the County of Sacramento, State of California, as shown on map filed Book 14, Page 17 of Maps, in the office of the County Recorder of said County. 14

Excepting therefrom the South 90 feet of the West 275 feet.

Also, excepting therefrom the West 250.8 feet.

Parcel 2:

The South 90 feet of the West 275 feet of the North 330 feet of Lot 34 of Oak Plains Subdivision No. 2 in the County of Sacramento, State of California, as shown on map filed in Book 14, Page 17 of Maps, in the office of the County Recorder of said County.

Excepting therefrom the West 250.8 feet.

Hearing Location:

On the 4th day of November, 2014, at 9:30 A.M. in the Chambers of the Board of Supervisors, Suite 1450 of the County Administration Building, 700 “H” Street, Sacramento, CA 95814, is hereby fixed as the time and place at which the purchase of said property will be consummated.

Earn \$200 per month
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Halloween Trunk or Treat at Carmichael Elks Lodge

CARMICHAEL, CA (MPG) - Carmichael Elks together with the Carmichael Kiwanis and Soroptimists of Sacramento North invite you to this safe and fun Halloween alternative for kids of all ages!

The event will be held from 6 p.m. until 8 p.m. on Friday, October 31st, at 5631 Cypress Avenue in Carmichael, CA. The free event will include games, a cupcake walk, music, a Mad Scientist demonstration of the Tesla Coil and other tricks with



electricity from the air, and many trunks to greet your goblins! The affordable Snack Bar will have hot dogs, chili, nachos, and

bottled water for sale. All children should be accompanied by an adult.

Canned food donations are encouraged to kick off the holiday season for our annual Christmas Basket Project. Join the Carmichael Elks, Carmichael Kiwanis, or Soroptimists for community service opportunities.

For more information, contact the Carmichael Elks Lodge at (916) 489-2103.

Source: Diane Bristow ★

Sacramento County DA Reports



Recent cases of interest

CASE: Jason Barton Kirkpatrick (10/10/14)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that Jason Barton Kirkpatrick was convicted by jury of 10 counts of second-degree robbery.

The charges stem from six separate robberies Kirkpatrick committed between May 28, 2013 and June 17, 2013. Kirkpatrick used a replica handgun to rob primarily female employees of small businesses. At the time of the 2013 robberies, he was on parole for a series of robberies he committed in 2006, where he also victimized female employees.

Kirkpatrick faces a maximum potential sentence of 250 years to life plus 50 years in prison under Department 25 before the Honorable Robert Twiss.

CASE: Jeremiah Ellington (10/10/14)

PROSECUTOR: Deputy District Attorney Courtney Martin, Misdemeanor Unit

District Attorney Jan Scully announced today that the Honorable Joseph Orr sentenced Matthew Shadle to District Attorney Jan Scully announced that Jeremiah Ellington was convicted by jury of one misdemeanor count of annoying or molesting a child.

For several years, Ellington worked as an instructional aide at Bradshaw Christian School. Ellington participated in various school-related activities, including overnight retreats and a lunchtime discipleship group with male junior high students. In early June 2012, the grandmother of a student discovered a series of sexually inappropriate Facebook messages from Ellington to her 13-year-old grandson. In subsequent interviews with both school staff and law enforcement, Ellington confessed to having sexual thoughts about the students.

Ellington faces a maximum potential sentence of 1 year in county jail and will be required to register as a sex offender. Sentencing is set for November 7, 2014 at 9:00 a.m. in Department 15 before the Honorable Kevin McCormick.

CASE: David Allen Thompson (10/10/14)

PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that the Honorable Cheryl Chun Meegan sentenced David Allen Thompson to 390 years to life plus 65 years in prison. In July, a jury convicted Thompson of 14 counts of lewd acts with a minor with force involving multiple victims. Thompson was previously convicted in 1996 of a prior strike offense of armed robbery.

In March 2007, Thompson sexually assaulted a female child family member. Despite his threats that he would kill her if she told anyone, the victim disclosed the abuse to a classmate the following day. She also disclosed that she witnessed Thompson sexually abusing another child under the age of 14 on several occasions.

Soon after the allegations surfaced, both victims went to live with family out of state. Thompson traveled to one of the victim's home and picked the victim up from her school without the family's knowledge and fled the state. Thompson was stopped for speeding and was taken into custody. He later escaped and remained free for almost a year before his capture at a driver's license checkpoint in 2008. At the time, he possessed false identification and provided the arresting officer with a false name.

At trial, both victims testified in the face of their abuser. One additional witness testified that when he was approximately 4 or 5 years old, Thompson took him into a chicken coop on more than one occasion and also forcibly molested him.

CASE: Terry Glen Short (10/10/14)

PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit

District Attorney Jan Scully announced today that Terry Glen Short was convicted by jury for the sexual assault and murder of a 13-year-old girl.

In February 1996, the victim's body was discovered in Florin Creek Park in south Sacramento. She had been sexually assaulted and murdered. DNA evidence was analyzed by the District Attorney's Laboratory of Forensic Services, and Short was identified in 2011 through a DNA cold hit.

Short faces a maximum potential sentence of life in prison without the possibility of parole. Sentencing is set for November 10, 2014 at 8:30 a.m. in Department 61 before the Honorable Michael Savage.

Spooky Story Time at Effie Yeaw

CARMICHAEL, CA (MPG) - Gear up for Halloween at the Nature Center with some spooky stories told by the Sacramento Storytellers Guild. Stories guaranteed not to cause nightmares!

10:30 a.m. on Saturday, October 25th at 2850 San Lorenzo Way, Carmichael. (Park entrance fee is \$5/car; Nature Center entrance is free.) For information, call (916) 489-4918.

Source: Effie Yeaw Nature Center ★



Howl-O-Ween Fest at Carmichael Park

CARMICHAEL, CA (MPG) - Bring your pooch for tricks and treats on Sunday, October 26th, 12-3 p.m. There is a doggie costume contest at noon, plus an agility course, treats, games, relays, and more!

The festival will be on the Vets Hall lawn at Carmichael Park, 5750 Grant Ave. The cost is \$7 per dog. For information, call (916) 485-5322.

Source: Carmichael Park ★



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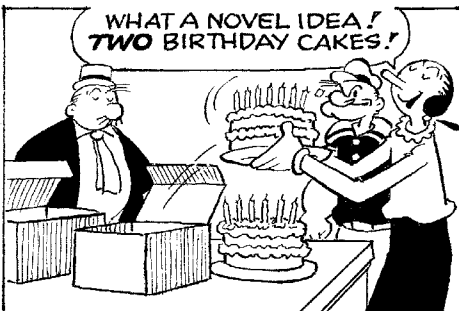
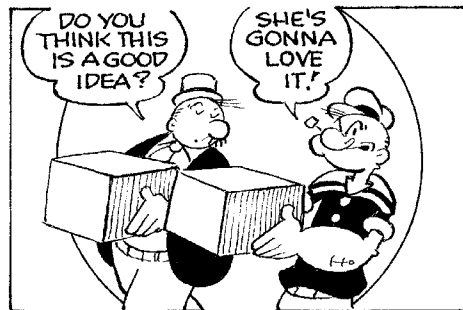
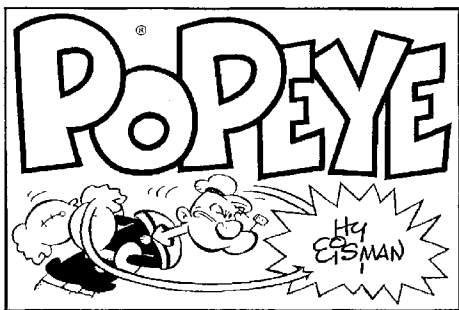
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To apply for any of these positions, email your resume and references to Publisher@MPG8.com.



Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



"That funny thing did NOT happen to you on the way to the office today—I told you THAT one last week!"

MISTER BREGER By Dave Breger



"Maybe we'd better check our guest list again..."

LAFF - A - DAY



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SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Current and Upcoming Events

Bold Expressions
Annual Open Exhibit
September 30 - October 25, 2014
Closing Reception October 25, 4-6:30pm

Announcing Best of Show, "Blue Sunset", oil, by Margaryta Chaplinska. Bold Expressions, is Northern California Arts Annual International Open Juried Art Exhibition at Sacramento Fine Arts Center September. NCA is celebrating its 75th Anniversary this year. The judge this year is artist, illustrator, collaborator, curator Robert-Jean Ray.

Ars Gratia Artis
Have you ever wanted to purchase art?
Check out this event!
Drawing Nov 30, 2014
November 18-30, 2014
Artists Donate Art Now!

"Visions 2014"
15th Annual Juried Photography Show
October 28 - November 15, 2014

NCA Board Members and Volunteers Exhibit Art in Gallery 3 & Foyer Gallery

Club Meetings: Wash Inc. meets monthly on the second Monday alternating afternoon and evening meetings. 1:30 pm on odd months and 7 pm on even months.

NCA All media, all styles. NCA meets the second Wednesday of each month at 7:00 p.m.

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Salome's Stars

ARIES (March 21 to April 19) Caution dominates the Sheep's monetary aspect this week. Rams and Ewes might want to shear their big spending plans until a more favorable financial picture begins to emerge by week's end.

TAURUS (April 20 to May 20) Thrift counts both at home and at work. So you might want to rethink major purchases or investments. Also, be wary of a so-called revelation about a previous decision.

GEMINI (May 21 to June 20) Both household budgets and workplace accounts might benefit from some judicious trimming of unnecessary expenses. A partnership could lead to an unexpected challenge.

CANCER (June 21 to July 22) A previously overlooked opportunity could re-emerge with a new travel-related matter. Check this out carefully to see if it's what you really want before you decide one way or another.

LEO (July 23 to August 22) This could be the start of a new career-changing phase, so start marking down your many accomplishments for those who need to know how much you have to offer. Good luck.

VIRGO (August 23 to September 22) It's not too early for the sometimes procrastinating Virgo to start making those long-distance travel plans. The sooner you decide where to go, when to go and how to go, the better.

LIBRA (September 23 to October 22) Financial matters once again figure in any major action you might take regarding career, travel or other endeavors. You'll want a ready reserve to help you back up those moves.

SCORPIO (October 23 to November 21) Trying to resolve a problem in a personal relationship could be more difficult than you'd expected. Look into the possibility that someone might be interfering for his or her own reasons.

SAGITTARIUS (November 22 to December 21) A project you once rejected might be more attractive because of changes that you feel you can now work with. The weekend is especially favorable to family matters.

CAPRICORN (December 22 to January 19) This is a good week for the gregarious Goat to enjoy being with people you care for. You might even want to show off those creative kitchen skills you're so adept at.

AQUARIUS (January 20 to February 18) A colleague might think your attitude is patronizing or even outright insulting. True. That might be his or her problem. But you might want to take some reassuring steps anyway.

PISCES (February 19 to March 20) It's a good time to jettison those old concepts about a family matter you might have been holding on to. This will help make room for a new and more enlightened way of dealing with it.

BORN THIS WEEK: You like to analyze a puzzling situation before you try to resolve it. This makes you excel at getting things done the right way.

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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of October 27, 2014.

PICKS OF THE WEEK



Keira Knightley in "Begin Again"

"Begin Again" (R) -- This is one of those enchanting movies where the music almost eclipses the entire story. Greta (Keira Knightley) is a songwriter and sometimes-singer who's hit a low point, breathing her feelings into a microphone in a stale little lounge in New York City. Her voice has a deep effect on Dan (Mark Ruffalo), a disgraced music producer who's hit an even lower low. Dan convinces Greta to take a chance and produce a record with him, shunning studios and making music in the streets.

This is the follow-up feature from John Carney, the director of the wildly successful, low-budget musicians-in-love movie "Once." Carney -- a musician himself -- knows how to make audiences feel that love of music. Funny thing is, he got better dramatic performances in "Once," when his actors were musicians instead of movie stars.

"Deliver Us from Evil" (R) -- Sick of exorcism movies yet? How about a crime-solving exorcist who works for the NYPD?! Fortunately, there's a 2001 memoir by a real-life cop detailing his "experiences" fighting the supernatural. Ralph

Sarchie (Eric Bana) has great cop-intuition, a smart-mouth partner (Joel McHale) and a bone to pick with the Man Upstairs. He meets up with a too-cool-for-Sunday-school renegade priest (Edgar Ramirez) who helps Sarchie realize that he should be doing the Lord's work.

Despite combining the crime drama and supernatural thriller genres, the action feels by-the-numbers. The most the movie has to offer is a climactic exorcism and a lot of sudden noises to try to fry your nerves. What's missing is the right psychological trickery to make all of that spookiness into real nightmare fuel.

"Life of Crime" (R) -- Frank Dawson (Tim Robbins) has a lot of money, a gorgeous wife (Jennifer Aniston) and a team of bumbling career-criminals plotting to kidnap her for a huge ransom. The masterminds didn't realize one important detail: Frank is an amoral slob who can save a lot of money if his wife disappears, since he wants to get rid of her and go full-time with his enthusiastic mistress in South Beach. It's an uncomfortable realization for the kidnappers and the wife, really. This crime-comedy unfolds into a full-on confusing caper. The chuckles are worth the rental fee.

DOG OF THE WEEK

"The Prince" (R) -- Since "Taken" was such a surprise hit, we've been stuck in a pain-parade of shoddily made Dad-gets-revenge flicks. Hopefully, this last lump indicates that we're near the end. Paul (Jason Patric) is your generic knife-jawed protagonist, playing it safe as a mechanic with presumably dark secrets in his past. You know the drill: Baddies kidnap innocent daughter; Dad grunts his way through a homicidal rampage until the credits roll. John Cusack, who plays a brooding buddy to the boring hero, looks like he's in literal agony from being on-screen. Bruce Willis plays a bad guy who looks about as bored as the audience.

TV RELEASES

"WKRP In Cincinnati: The Complete Series"
"Vera, Set 4"
"Masterpiece: Death Comes to Pemberley"
"Big Valley -- Season 4"
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SENIOR NEWS LINE

by Matilda Charles

Do You Live Alone?

Nearly 30 percent of seniors live alone. Home safety is very important to us, and even more important during the short, dark days of winter. Here are a few hints to stay safe.

- Invest in a few of those small "tap" lights — the kind you touch on top to turn on — and put them along your path to various rooms, especially if you have to cross a room in the dark before reaching a lamp.
- Turn on a light when you reach for your weekly pill container to be sure you don't grab the wrong day's pills.
- Use a ladder and stepstool only if someone else is around. Keep things you need on lower shelves.
- Guard against slipping. Beware of scatter rugs that slide easily on hard floors. If your shoes are worn enough that they're slick on wood or vinyl flooring, it's time to replace them.
- Keep your door locked when you're home alone, even if you live in a safe neighborhood.
- If you're on social media, be careful what you reveal online. Never say that you live alone.
- Be aware in the kitchen. Be sure the stove and other appliances are off when you're finished with them. Mop up spills. Have a fire extinguisher and know how to use it.

• One of the best ways to stay safe is to stay in touch with others. If it's available, sign up for daily caller service, likely through your senior center. Or make a deal with a neighbor that you'll check in with each other every morning by phone. Sign up for Meals on Wheels or attend meals at a local senior center.

For more hints, go online and search for "seniors living alone safety."

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com.

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Thought for the Day: "Make everything as simple as possible, but not simpler." — Albert Einstein

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The Garden Bug

Chrysanthemums

These eye-catching flowers come in many colors and petal sizes (from delicate long-petaled blooms to tight clusters of flowers with colorful centers). They're extremely hardy, thriving in conditions where other flowers might fail. Line your walkways and paths with them or place in baskets at your door to add some real pop to your curb appeal.

- Brenda Weaver
Source: www.mnn.com

Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life on UnityOnlineRadio.org

Coach to America's Rising Stars

A positive path for spiritual living

Welcome to Unity of Sacramento

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Our Spiritual Leader
Reverend Kevin Kitrell Ross, Senior Minister

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Our trained water conservation specialists will come to your home or business to check for leaks, offer free water saving devices, and recommend ways to help you save.

Don't miss out! To sign up, call the District at (916) 483-2452. We'll schedule an appointment to come out and meet with you. Visit our website at carmichaelwd.org for more information.

Your efforts help in maintaining water quality, safe operating conditions, and fire flow capability.

Visit our website at www.carmichaelwd.org for further information.

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Bring the entire family to this extraordinary concert season entitled **MUSICAL PORTRAITS** at the Crowne Plaza Sacramento Northeast.

A special performance of "Oh Mr. Sousa!" will be part of the Association of Concert Bands (ACB) convention Wednesday, April 8, 2015, 7:30 pm at the First Covenant Church in Rancho Cordova. Tickets \$10; ACB members free.

Save the Dates!
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Dare to Live Without Limits

by Bryan Golden

Doing the Right Thing

The measure of a man's real character is what he would do if he knew he never would be found out.
- Thomas Babington Macaulay

If you have integrity, nothing else matters. If you don't have integrity, nothing else matters. - Alan Simpson

To know what is right and not do it is the worst cowardice. - Confucius

It's discouraging to think how many people are shocked by honesty and how few by deceit.
- Noël Coward

What is right is often forgotten by what is convenient. - Bodie Thoene, Warsaw Requiem

Doing the right thing is a simple concept. Most people have a little voice inside them that always knows what the right thing is. However, other factors may cloud our judgment and drown out our inner voice.

The desire for money, regardless of the cost, is probably the single most common element that negatively affects people's reasoning. The

daily parade of notable people in the news who have engaged in unethical behavior in their quest for financial gain attests to this.

It is fascinating how highly successful people will risk ruination for relatively paltry gain. So it's not that surprising that those who are not in the public spotlight also engage in the same behavior.

Doing the right thing isn't connected to the odds of getting caught or the possible consequences. Doing the right thing is more than honesty and what you are required to do. It's doing what you feel you should do.

You've heard of the tragic stories of someone lying hurt on the sidewalk while others ignore or actually step over them. Yet when video of the incident is publicized, there is outrage. Everyone instinctively knows

what doing the right thing means. Yet, too many people disconnect from it when personally confronted by a situation requiring a decision of what to do.

Doing the right thing applies to daily common occurrences as well. What do you do when a cashier gives you too much change or neglects to charge you for something? When driving in heavy traffic, will you allow someone to enter in front of you from a side street? Would you offer to carry heavy grocery bags to the car for an elderly shopper? Would you give up your train seat for a pregnant rider?

There is a never ending stream of circumstances where you have the opportunity to do the right thing. Put yourself in someone else's position. How would you like others

to respond if you were in a situation where assistance would be appreciated?

There are numerous self tests you can use if you need help deciding what the right thing to do is. Ask yourself the following questions. Will your actions harm or take advantage of anyone? Would you be proud of how you acted? How would you feel if a story about what you did appeared on the front page of your local paper? Would you like someone to do the same thing for you?

Doing the right thing gives you peace of mind. You don't have to justify your actions or make excuses. You don't have to worry you'll get caught.

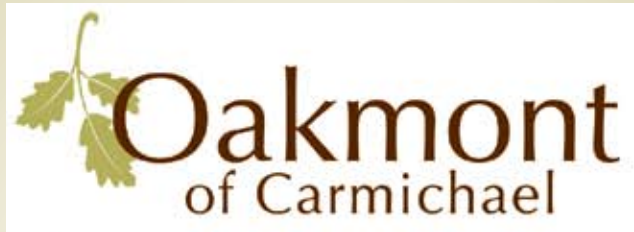
If you are criticized for doing the right thing, it's because people are jealous. They wish they had the

convictions to do what you did. But it's easier for them to find fault with your actions rather than doing the right thing themselves.

When you do the right thing you do your part to make the world a better place. You set a good example for others. Your actions help people which in turn attracts good things to you. Whenever you are faced with a dilemma, chose the path of doing the right thing.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columntist.com or write him c/o this paper. © 2009 Bryan Golden. ★

Carmichael's Newest Luxury Retirement Community is Now Open



Development Provides Much Needed Senior Housing and Care Options for Sacramento County's 158,000 Senior Residents

CARMICHAEL, CA (MPG) - Oakmont Senior Living (<http://www.oakmontseniorliving.com>) has completed construction of Oakmont of Carmichael (<http://oakmontofcarmichael.com>), a 73,000-square-foot luxury retirement community that will cater to active seniors in search of resort-style amenities and continuing care services. A grand opening ceremony was held recently to welcome its new residents and showcase the elegant and vibrant world Oakmont has created.

"With the growing number of seniors in the Sacramento region and very little development taking place in senior living in recent years, the area was in great need of more housing product, but also higher quality options that offer the comfort and lifestyle of a luxury cruise liner and the comprehensive care options that seniors need as they age," said Executive Director Terry Ervin. "Oakmont of Carmichael is the very best of retirement with gourmet dining and its countless fitness and social entertainment activities. We urge families to come visit us and see how we are reinventing retirement."

Located at 4717 Engle Road, Oakmont of Carmichael provides a combination of vibrant lifestyle offerings and as-needed assisted-living and memory-care services. The

two-story community houses 50 assisted-living and 21 memory-care apartments in several floor plan options that are outfitted with elements of luxury such as high 10-foot ceilings, crown molding, and spacious bathrooms. The community opens with more than 75% of the apartment homes already reserved.

Serving the diverse demands of vibrant and refined seniors, the community's amenity package includes gourmet dining; on and offsite recreational and social activities; a library; movie theater; full-size fitness center with exercise classes; activity rooms with scheduled social events, games, arts, and crafts; a salon and day spa; a flower and vegetable garden with walking paths; a pet park; chauffeured transportation; and concierge services to make daily tasks even easier.

As a full-service assisted living community, Oakmont of Carmichael offers a continuum of customized 24-hour services that gives residents the quality care they need as they age. Care services can include medication management, housekeeping, health monitoring and assessments, grooming assistance, dietary guidance, escort services to offsite appointments and activities, appointment

coordination, and in-home care. Other care programs include a Concierge Medicine Program that allows outside physicians to visit participating residents onsite in a fully-equipped wellness center and a Diabetes Wellness Program that provides customized meals, exercise activities, glucometer readings, and daily evaluations.

Oakmont of Carmichael also specializes in memory care and caters to individuals with Alzheimer's and other forms of dementia, including early memory loss. In addition to the assisted living services, the community offers special therapy programs that strengthen and engage dementia patients. The programs are designed to prolong a sense of independence, improve communication and mood, encourage physical activity, and drive social interaction among residents while providing the nurturing and safe atmosphere dementia patients need to maintain quality of life, health, and happiness.

Onsite walk-in and scheduled appointments are welcome from 9 a.m. to 5 p.m., seven days a week. For more information, visit <http://oakmontofcarmichael.com> or call (916) 919-8966.

Source: Desmond & Louis ★

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Sunrise Mall Farmers Market
6190 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY**
Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY**
Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.
- SUNDAY**
Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm. Open year round.
- WEDNESDAY**
VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Every Wednesday 9 am - 1 pm. Seasonal, closes 11/26.
- WEDNESDAY**
Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm - 7 pm. Seasonal, closes 11/26.
- THURSDAY**
UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
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Thurs., Oct. 16 Thurs., Nov. 13 Thurs., Dec. 11

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Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.

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(916)732-2020 or lisaw@eastlawn.com

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Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 1/2 hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



Courses Offered:
(6 2 1/2 hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

Also Workshops: (1 or 2 2 1/2 hr Sessions)
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Workshops \$5 for each session. Everyone is welcome.

For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com

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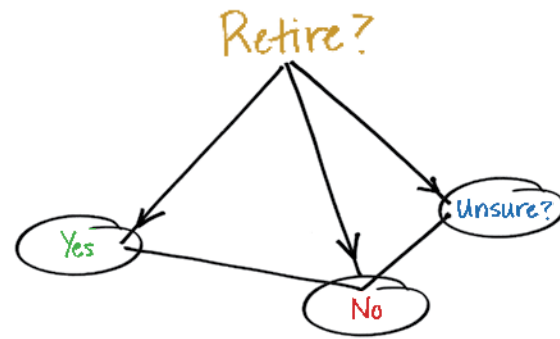
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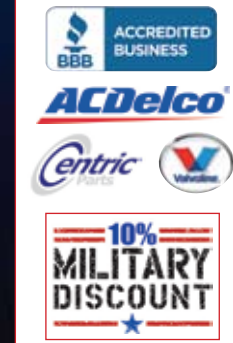
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Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues, Implants with “Snap On” Dentures!



Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

2 Implants With Attachments to a Denture \$1500 Off

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a FREE CONSULTATION today!

Carmichael Dental Group

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