



**Got Pizza?
Chamber Hosts
Cookin' Soiree**

Page 4

**PLUS:
What's Happening
at Mission Oaks
Community Center**

Page 4

Carmichael Times

Volume 34 • Issue 36

Serving Carmichael and Sacramento County since 1981

September 4, 2013

**Ringling Bros. and
Barnum & Bailey:
Built To Amaze!**



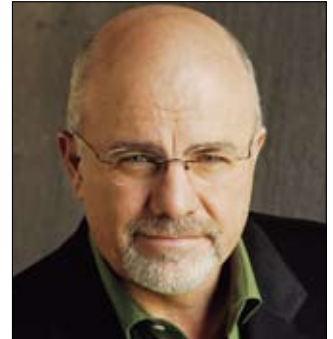
Page 2

**Carmichael
Community Update
with Susan Peters**



Page 3

**Dear Dave: Got Any
Advice for Evaluating
Potential Tenants?**



Page 6



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

Mission Oaks Making Magic



Presto fest. Al Skinner (second from right) received the winner's trophy from master magician Dale Lorzo (center, in a recent Magician of the Year contest at Mission Oaks Community Center. Skinner's competitors were (from left) Pepe Puglisi, Richard Aylward and Joe Chez.

**Words and Photo By Susan
Maxwell Skinner**

CARMICHAEL, CA (MPG) — Prestidigitators recently vied for the prestigious Magician of the Year title at the Mission Oaks Community Center. A 15-year tradition, the contest is run by the Society of American

Magicians and the International Brotherhood of Magicians.

A panel of entertainment industry judges chose Sacramento performer Al Skinner for the 2013 title. The award was applauded by local magicians and fans. Skinner's prize includes an opportunity to join a distinguished cast

of Magicians at the Mission Oaks Community Center's annual "Mysteries of Magic" on October 19. The event is an annual tribute by the local magical brotherhood to Harry Houdini, who died in October 1926. At the time, the legendary escapist was national president of S.A.M.

The show is also a fundraiser, with proceeds split between the S.A.M. and Community Center programs. Admission is \$5. For information, call S.A.M. President Dale Lorzo at (916) 481-2595 or visit www.MORPD.com

Mission Oak. 916-481-2595.

Women's Empowerment Receives \$14,000 For Job Training and Financial Literacy Programs

SACRAMENTO REGION, CA (MPG) — Women's Empowerment recently received a \$10,000 grant from Bank of America for its job readiness programs and a \$4,000 grant from Umpqua Bank to fund its financial literacy programs for women who are homeless.

"If a woman is going to permanently break the cycle of homelessness for herself and her children, she needs a job and she needs to understand how to use her money wisely," said Lisa Culp, executive director, Women's Empowerment. "We are thankful to Bank of America and Umpqua for recognizing that women who are homeless face substantial barriers to employment and money management, but can be profoundly successful when they receive the right training."

Women's Empowerment's initial eight-week program for women who are homeless addresses their basic needs such as health and housing while preparing them to become work-ready. The job readiness component is mostly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success and more. They also meet with an onsite employment specialist to search for jobs. Once women graduate from Women's Empowerment, they can join the advanced job readiness program that includes internships, paid job training programs, certifications and more.

Women in the program also receive basic financial literacy training and individual counseling on saving, debt management, bank services and financial negotiations. Once they graduate from Women's Empowerment, they are eligible to join the advanced financial literacy program that includes a money management curriculum, more in-depth individual counseling and a grocery store field trip to practice budgeting.

"So many women enter this program with gaps in their understanding of money management, as well as strong emotional ties to money since many have been victims of financial abuse," Culp said. "This program not only educates them, but helps them work through some of their emotional barriers to good money management so they can be successful long term."

Women's Empowerment offers the only comprehensive job readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,064 homeless women and their more than 2,000 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.womens-empowerment.org.

Source: Kristin Thèbaud Communications

Sierra Club Opposes Peripheral Tunnels Through the Delta

**By Carol Bogart
Reporter, West Sacramento**

WEST SACRAMENTO, CA (MPG) — West Sacramento is the Delta's northernmost city by boundary, says West Sacramento Mayor Christopher Cabaldon. The city's drinking water is drawn from the Sacramento River. Lois Wolk (D-Davis), whose California Senate District included West Sacramento pre-redistricting, is proposing an alternate plan for conveying fresh water from northern California to Southern California. She has said she does not support the peripheral tunnels plan as proposed by Governor Jerry Brown. That plan calls for pumping more Sacramento River water through the Delta. Wildlife advocates, such as California Fish & Wildlife, worry how that will impact both the river, and the Delta's fragile ecosystem.

This just in (Saturday, Aug. 24) from the Sierra Club:

Dear Carol:
Something strange happened recently during the state's march to build a pair of peripheral tunnels around the Sacramento-San Joaquin Delta. The tunnel proponents moved the tunnels.

With a certain amount of fanfare and one of those press-only press conferences, Secretary of Resources John Laird announced that the administration now proposes to move the pathway for the big tunnels that will draw river water from above the Delta and deliver it to south of the Delta.

The move would push the tunnels eastward and away from at least one farm still in production. Now the tunnels would run through Stanton Island — active feeding and resting space for Sandhill Cranes.

That crane space happens to be owned by The Nature Conservancy (TNC), the first environmental group to embrace the peripheral tunnels as a grand solution for the Delta. That embrace, by the way, came a few years ago, long before any details, including the environmental assessment of the proposed tunnels, were available.



The Sacramento-San Joaquin River Delta. Photo Courtesy CDFW

Stanton Island will be a crane resort no more once the digging begins for the twin tunnels. Those tunnels are four stories high and, together, capable of moving water at the rate of 9000 cubic feet per second.

People, including the administration's water experts, have assumed for quite some time that Sierra Club has been officially opposed to the Delta tunnels. Make no mistake; we want something to be done to stop the Delta's ecosystem crash. It's the largest estuary along the west coast of North and South America. It's a key link to environmental health in our state and beyond. But until very recently, despite our open criticism of the proposed project, we haven't taken a position.

We delayed taking a position because we wanted to see the details of the proposal for the tunnels and hoped for the best. More than a year ago, we listed seven key questions involving costs, timing, impacts and operations that need to be answered. In May of this year, most — but not all — of those questions were

addressed in some form in volumes of documents that will ultimately make up the draft environmental impact report for the peripheral tunnels proposal.

The Club's process for policymaking is notoriously deliberate and often slow. But that's a good thing. Our volunteers take seriously the notion that every viewpoint needs to be aired, heard and considered. In July, after many, many months of conversation and debate — in person, on conference calls and via long email chains — the policymaking body of Sierra Club California, which includes representatives from every part of the state, voted to oppose the peripheral tunnels proposal.

There you have it. We are officially opposed to the proposal to build two giant tunnels that will move water from the Sacramento River system, around the Delta, and to the south. We are taking this position because there is too much certainty that the tunnels will further degrade the Delta environment. There is too little certainty that it will solve the essential water supply

problems all Californians face as we grapple with climate change.

That's all Californians. Too often, California's water supply issue has been framed as one of Northern California vs. Southern California. That framing is a devious way to distract like-minded Californians from solving our key problem: What do we need to do to help everyone in the state conserve a precious resource while enhancing the economy and protecting the environment?

There are a lot of answers to this question, and none of them include becoming more dependent on exports through or around the Delta.

For instance, we all need to devote more resources to water conservation. That means going beyond low-flush toilets. We need industrial-scale improvements in water conservation, new investment infixingtheold,leakinginfrastructure in our cities, and employing more and better recycling.

We need to make better, wiser use

Continued on Page 3

Ringling Bros. and Barnum & Bailey: Built To Amaze!

Ringling Bros. and Barnum & Bailey® presents an all-new design of circus excitement with the new show Built To Amaze! This extraordinarily engineered circus experience is custom-built for family fun where Children Of All Ages® find out what it takes to construct The Greatest Show On Earth®. The visionary blueprints have been assembled with a contemporary toolbox of unparalleled imagination that will be unleashed at Sacramento's Sleep Train Arena on Friday, September 13 – Monday, September 16, and the Stockton Arena: Friday, September 20 – Sunday, September 22.

Ringmaster Andre McClain takes the Ringling Bros.® reins accompanied by his horse Comanche, to lead his funny and mischievous circus supervisors to construct a fantastic design of heart-pounding and wondrous performances including: Nine-time international award-winning comedic animal presenting duo Alex and



Irina Emelin of Russia, The Trampoline Tower Tumblers from the Ukraine who launch themselves from trampolines to scale, repel and pass through a three-story high translucent

tower, and the popular King Charles Troupe hailing from New York with a spirited and comedic basketball competition featuring ten whirling unicyclists.

In addition, the show features the electrifying high-wire acrobats, daredevil stunts on The Steel Vortex, the youngest female Human Cannonball, remarkable hand-balancing duos, the

always hilarious Clown Alley... and of course no Ringling Bros. circus experience would be complete without its four-legged star performers including the majestic Bengal tigers presented by the charismatic "Taba" and a fun-filled Asian elephant dance party.

Be sure to arrive early to join performers for several exciting interactive elements before the show starts! Opening 90 minutes prior to each performance, all ticket holders are invited to tour the Animal Open House to get up-close with the amazing animals. Then one hour before show time, families can step onto the arena floor to meet circus performers and animals at the interactive All Access Pre-Show, with FREE admission to all ticket holders.



WHERE: Stockton Arena
WHEN: Friday, September 20
Sunday, September 22
TICKETS: \$15 to \$90

EVENT DETAILS:

WHERE: Sleep Train Arena
WHEN: Friday, September 13
Monday, September 16,
TICKETS: \$20 to \$95

HOW TO PURCHASE
TICKETS: Ticketmaster, arena box office, charge by phone: (800) 745-3000, or www.Ringling.com.

HANK FISHER SENIOR COMMUNITIES

Where Quality Memory Care Meets Quality of Life



The Chateau at Carmichael Park invites you to discover two options for loved ones with memory loss at our Memory Care community.

RESIDENTIAL

- Designed specifically for seniors with Alzheimer's disease or other forms of dementia
- Individual and group activities based on specific needs and abilities
- Staff trained in appropriate memory-care techniques
- Secure entry/exit points and careful monitoring of residents' whereabouts

MEMORY DAY PROGRAM

- Offering full-day or half-day programs
- Educational seminars and facilitated family support groups
- Guests benefit from companionship and physical activity
- Caregivers and family members gain free time to run errands, work outside the home, or relax

Contact us today to find out more—916.481.7105

the Chateau
at Carmichael Park

7125 Fair Oaks Blvd, Carmichael
Between Engle St. and Grant Ave.
916.481.7105 Lic. #347001523



HankFisherProperties.com
When it says Hank Fisher Properties, it says Quality.



Publisher,
Paul V. Scholl

Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981

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

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

- Advertising Sales: Paul V. Scholl, Bill Martin, Linda Harper
- Graphics & Layout: Banerjee Designs • Stump Removal Graphics
- Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly • David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski • Julie Parker • Pastor Rich Reimer • Ronnie McBrayer • David Graulich
- Distribution Assistant: Gabriel Scholl
- Accounting: Nicholson & Olsen CPA
- Web Master: RJ at thisitebarn.com • JWS Promotions • Mikahn Design
- News Services: StatePoint Media • NewsUSA • PRWEB NewsWire • North American Precis Syndicate • Blue Ridge Press • ARA Content • California News Service • Family Features • WorldNetDaily
- Photography: Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Carmichael Times is a member of Messenger Publishing Group



CALL 773-1111 TO ADVERTISE

Chapanian's Carmichael Furniture

Serving Carmichael since 1940

A Full Line of Quality Brand Name Furniture



**Floor Model
Mattress Sale!**

**Up to 50% OFF
Select Queen
Mattress Sets**
Limited to Stock on Hand



6649 Fair Oaks Blvd. Carmichael, California 95608 916-487-7895
(Corner of Fair Oaks Blvd. & Angelina Ave)

Store hours: Tuesday thru Friday 10:00 A.M. - 5:50 P.M., Saturday 11A.M. - 7P.M. Closed Sunday and Monday

**We Specialize in Custom Orders!
Visit our web site at www.CarmichaelFurniture.com**

CARMICHAEL COMMUNITY UPDATE



**By County Supervisor
Susan Peters**

Through the generosity of The Carmichael Times this column serves to provide an update periodically about matters affecting the unincorporated community of Carmichael.

Support the Animal Shelter

The public can demonstrate their support for Sacramento County's Animal Shelter and its furry inhabitants while enjoying a fun filled evening at the "Whiskers and Wine" party on Saturday, September 21. The fundraising event is being sponsored by the facility's nonprofit support group TEAM - Teaching Everyone Animals Matter.

This is an opportunity to have

fun and help the animals at the state-of-the art Animal Shelter located at 3839 Bradshaw Road. The program begins at 6 p.m. Attendees will be able to enjoy a delicious buffet dinner, wine tasting, music, and both a silent and live auction.

Tickets cost \$50 per person at the door but can be purchased in advanced for a discount at \$40. For more information please call 361-7604 or visit sacanimalshelter.org.

Honoring Carmichael

Enjoy the fun by attending Carmichael's 104th Founders Day event on Saturday, September 28, honoring Daniel Webster Carmichael, who developed the community that bears his name.

Carmichael Park will be the birthday party's location, which starts with a pancake breakfast sponsored by the Fair Oaks Lions Club from 8 to 11:30 a.m. The official celebration kicks off at 10 a.m. that includes classic cars, music, food, arts and crafts as well as plenty of activities for children with all the fun continuing to 3 pm. More information is available online at carmichael-park.com.

Crime Lab Sacramento

Next month please join me and hear from Supervising Deputy

District Attorney Anne Marie Schubert and Crime Lab Director Jill Spriggs about the role of the District Attorney's Crime Lab at my Community Coffee Meeting on Wednesday October 15 in nearby Fair Oaks. They will be speaking about how that research is used for prosecutions, which should be of interest to all you fans of the popular CSI television show.

The meeting will be at 7:30 am at the Fair Oaks Water District, 10326 Fair Oaks Blvd. near Winding Way. Before the presentation, I will give a brief update on Sacramento County activities.

Each month the Crime Lab processes evidence for more than 1,000 cases. The lab and its criminalists are an important member of Sacramento County's Public Safety team processing evidence as large as a full-sized SUV or as small as a microscopic fiber. Equally diverse are the cases, ranging from driving under the influence of alcohol to homicides for all law enforcement agencies in Sacramento County, plus the California Highway Patrol and Folsom State Prison.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.



Hoshall's
SALON & SPA
hair face body
916.485.4941
7330 Fair Oaks Blvd.
Carmichael, CA 95608
hoshallscarmichael.com

SEPTEMBER SPA SAVINGS!
One Hour Swedish Massage **\$59** (reg. \$80)
Exclusive Facial **\$69** (reg. \$89)
MONDAY, TUESDAY AND WEDNESDAYS
Good thru September 31, 2013. Not valid with any other offer.

Sierra Club Opposes Peripheral Tunnels

Continued from Page 1

of farmlands. There are parts of the state where farmers ought to have a chance to farm solar productively in exchange for reducing their water demand for conventional crops.

We need to stop polluting the clean water we have. We need to clean up the groundwater supplies around the state that are not potable because of past pollution.

And we need to seriously consider water impacts when we decide as a society which industries we want to grow. Why are we even allowing fracking in this state when that activity is so heavily dependent on sucking up massive amounts of

clean water, polluting it, and then casting it aside as waste?

These are just a few answers, but you get the idea.

As long as everyone in the water world stays focused on that old standby, the notion of creating a new way to move water around or through the Delta, Californians will be shortchanged. It's time for the state's water leaders to take a new tack. Abandon the costly peripheral tunnels and invest in the answers that we can all live with, that will make every region more sustainable, and will support all Californians.

One more thing: In addition to moving the tunnels, the latest proposal also calls for reducing

their length from 35 miles to 30 miles. That's a good trend. Keep cutting and we'll be rid of that crazy peripheral tunnels idea for good.

Sincerely,
Kathryn Phillips, Director
Sierra Club California

Sierra Club California, based in Sacramento, is the legislative and regulatory advocacy arm of the 13 California chapters of the Sierra Club. Those chapters are located in both northern and southern California.

E-mail items of interest to West Sacramento to Carol Bogart, 3bogart@gmail.com.

It's Tour Time!

Antelope Garden

Take a self-guided tour of the 2 acre Antelope Garden for ideas on creating your own water efficient landscape.

Open May 1 to October 31, 2013

Second and Fourth Saturdays
9:00 a.m. to 3:00 p.m.

FREE Admission

7800 Antelope North Road
Antelope

NOW OPEN

FRESH AND TASTY TREATS

Look For Us Under The Yo-Good Sign

HOME OF...

**Yogurt, Specialty Chocolates,
Cupcakes, Smoothies, Crepes,
Paninis & Wraps
All Under One Roof**

FREE YOGURT
Buy one yogurt at regular price, get the 2nd yogurt FREE, equal or lesser value
Expires 9/31/13

FREE CUPCAKE
Buy one Cupcake at regular price, get the 2nd yogurt FREE, equal or lesser value
Expires 9/31/13

4005 Manzanita Avenue Ste 39
(Next to Bel Air Market)
Carmichael 95608
916-973-1768
www.freshandtastytreats.com

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call to place your legal advertising

483-2299

All Legal Ads Published in the Carmichael Times

Got Pizza? Chamber Hosts Cookin' Soiree



Carmichael Chamber of Commerce's August mixer was a garden party, jointly hosted by business members Ron Greenwood and John Skinner. Coldwell Banker realtor Greenwood provided the garden. Band leader Skinner provided live music. Dinner was catered by Papa Murphy's Pizza. Enjoying food and fun, above, were partygoers Greenwood (left), Supervisor Susan Peters, Carmichael Park Foundation Chief Peter Tateishi and pizza chefs Pat and Pam Steward. Picture by Susan Maxwell Skinner.



Announcements & Events

Park Rec & Eat It - Country Night

Come enjoy vendors, food trucks and more!

9/5 5-8pm • Carmichael Park

Adopt a Park Day

Join us on Saturday, September 14 from 8:30am-11:30am for Adopt a Park Day! Meet up on site with district staff!

Designated Parks will be: • Patriots Park • Jan Park • O'Donnell Park • Jensen Botanical Gardens - 9am-1pm

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

Better Brain Blueprint Thinking

S.M.A.R.T. Learning Experience

"There is No Learning Without Remembering".

Presented by Dr. Robert Graykowski



- 5 Secrets to increase your memory
- Discover simple steps to reduce anxiety and stress
- Learn how to develop your genius
- 3 easy steps to more creativity
- Uncover the 5 ways to develop a better brain



Leave Smarter
and More Confident
in a Healthier Future

October 15th
6:00-7:30pm
Tuesday

Chiropractic USA
Creating Radiant Health
Phone 916-973-1661
5909 Stanley Ave • Carmichael, CA 95608
WWW.CHIROPRACTIC-USA.COM

Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
"Caring for the Least"

50+ Years
of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)



FREE TRAVEL SHOW

Wednesday, September 11, 10am



New Travel Bug
Network Social
Coffee/Treats 9:30am
All Are Welcome!



MISSION OAKS COMMUNITY CENTER

Motorcoach Trips 972-0336



GREASE
Eldorado Hotel & Casino, Reno

October 9-10 • \$185/ppdouble
Deadline: Sept 6

Travel the World!

French Riviera

MARCH 13-21, 2014
\$3149 PP DOUBLE

Washington DC

APRIL 2-9, 2014
\$2249 PP DOUBLE

ZUMBA Kids

Mondays
5-5:54pm
\$20/month
Ages 7-12



Afternoon Preschool

2013-14

Register Online@morpd.com
For more info call 916-972-0336

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm
Registration Hours:
8:30am-4pm Monday-Friday
www.morpd.com

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608
MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608
SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

BURIED in student loans?



Cut your payments
up to 50% today.
Call 855-341-7551.

- STOP the harassing calls, and wage garnishments.
- END the stress of being late on payments!

WE CAN FIX YOUR
STUDENT LOAN
PROBLEMS OR YOU
DON'T PAY —
GUARANTEED.

- Cut your payments by as much as 50%
- Get out of default
- Stop wage garnishments
- End the stress
- Get relief FAST

Toll Free Student Aid Assistance Line
855-341-7551

Arden Hills Joins "Farm-to-Fork" Effort & Offers Variety of Special Events in September

SACRAMENTO REGION, CA (MPG) – Arden Hills has officially joined on as a sponsor of the Capital City's "Farm-to-Fork" effort which culminates in a series of exciting special events and activities in September 2013. The overall mission of the culinary-focused "Farm-to-Fork" movement is to celebrate and raise awareness to the region's abundant local food production, consumption and sustainability efforts which directly supports the Arden Hills' longstanding focus on the importance of sound nutrition.

As a proud partner of the "Farm-to-Fork" movement, Arden Hills will offer a number of community events and special activities at the wellness resort, a few of which follow:

• Monday, 9/23 at 6 p.m. Organic Juice Tasting &

"Benefits of Organics" complimentary seminar presented by Arden Hills Nutritionist Irene Roltsch;

• Wednesday, 9/25 -- 6 p.m. -- "Live with the Chef Goes to the Farmers' Market" cooking class presented by Wellness Chef Lothar Wakefield. Reservations required, \$20 for Resort guests;

• 7 p.m. "Farm-to-Fork themed Pre-Fixe Dinner" presented by the Arden Hills' food & beverage team and Chef Cameron McLanahan at Olive Branch. Reservations required, \$60 per couple. *Note there is a potential for a 5 p.m. seating based on demand;

• Sunday, 9/29 at 10 a.m. -- "Sunday Funday in the Garden" kids activity in the Resort garden.

The community is invited to attend all the "Farm-to-Fork"

activities happening at Arden Hills but normal Resort fees apply. For more information about these activities or Arden Hills in general, please call 916-482-6111 or visit www.ardenhills.net. For more information about the "Farm-to-Fork" movement coordinated by the City of Sacramento and the Sacramento Convention & Visitors Bureau, call 916-808-7777 or visit <http://farmtoforkcapital.com>.

For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. To explore and experience the wide range of wellness offerings available to everyone, visit www.ardenhills.net or call 916-482-6111.

Source: Traci Rockefeller Cusack, T-Rock Communications

Need help for a few hours daily, weekly, overnight or full-time care?



We can help!

Give us a call if you or a loved one needs assistance with:

- Help after surgery
- Companionship/ Homemaking
- Physical Assistance/Hygiene
- Dementia Care/ Alzheimer's Care
- Respite Care
- Hospice Care



Tom & Jennifer Bollum, local owners

Call 916-302-4243

1223 Pleasant Grove Blvd., #120
Roseville, CA 95678

Check us out at www.rah-southplacer.com



Opening Night Tickets \$11!*

Excludes Circus CelebritySM, Front Row and VIP seats. No double discounts. Additional fees may apply.

SLEEP TRAIN ARENA **SEPT. 13 - 16**

| Fri. | Sat. | Sun. | Mon. |
|----------------------|--|--------------------------------|---------------------|
| SEPT. 13 7:00 PM* | SEPT. 14 11:30 AM 3:30 PM 7:30 PM | SEPT. 15 1:00 PM 5:00 PM | SEPT. 16 7:00 PM |

STOCKTON ARENA **SEPT. 20 - 22**

| Fri. | Sat. | Sun. |
|----------------------|--|--------------------------------|
| SEPT. 20 7:00 PM* | SEPT. 21 11:30 AM 3:30 PM 7:30 PM | SEPT. 22 1:00 PM 5:00 PM |

Buy tickets at Ringling.com, ticketmaster.com Retail Locations, Arena Box Offices or call 1-800-745-3000

For information, call (Sacramento): (916) 928-6900

Sacramento Regular Ticket Prices:
\$20 • \$25 • \$45 VIP • \$65 Front Row
\$95 Circus Celebrity
Additional fees may apply.

For information, call (Stockton): (209) 373-1400

Stockton Regular Ticket Prices:
\$15 • \$20 • \$38 VIP • \$60 Front Row
\$90 Circus Celebrity
Additional fees may apply.

Come 90 minutes before show time to see our Asian elephants at the Animal Open HouseSM. Then, come meet the stars an hour before the show at the All Access Pre-show – FREE ADMISSION to all ticket holders!



Thinking of Changing Banks?

✓ Check the El Dorado Advantage

- ✓ FREE VISA Debit Card
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Mobile Banking
- ✓ FREE Telephone Banking
- ✓ VALUE Checking
- ✓ Interest Checking
- ✓ Investors Money Market Checking
- ✓ Business Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



EL DORADO SAVINGS BANK

Serving our local communities for over 55 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779



HELP WANTED

Messenger Publishing Group

INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.

To apply, call 773-1111 and send an email to publisher@mpg8.com



California Institute of Jewelry Training

5805 Windmill Way, Carmichael, California

Beautiful, One of a kind items for your special someone(s). Lovely designer jewelry or special custom designs; Renovating your old and making it new; Gift certificates for future classes. A great gift for someone you love, timeless.

Founded & located in Carmichael in 1979.

We have trained thousands of professional jewelers and hobbyists. If you have not stopped by, you are missing a treat. You will see talent, quality and motivation.

Jewelry Making Parties. Teachers, bring your students for a field trip. We have rocks and minerals too.

916.487.1122

www.jewelrytraining.com

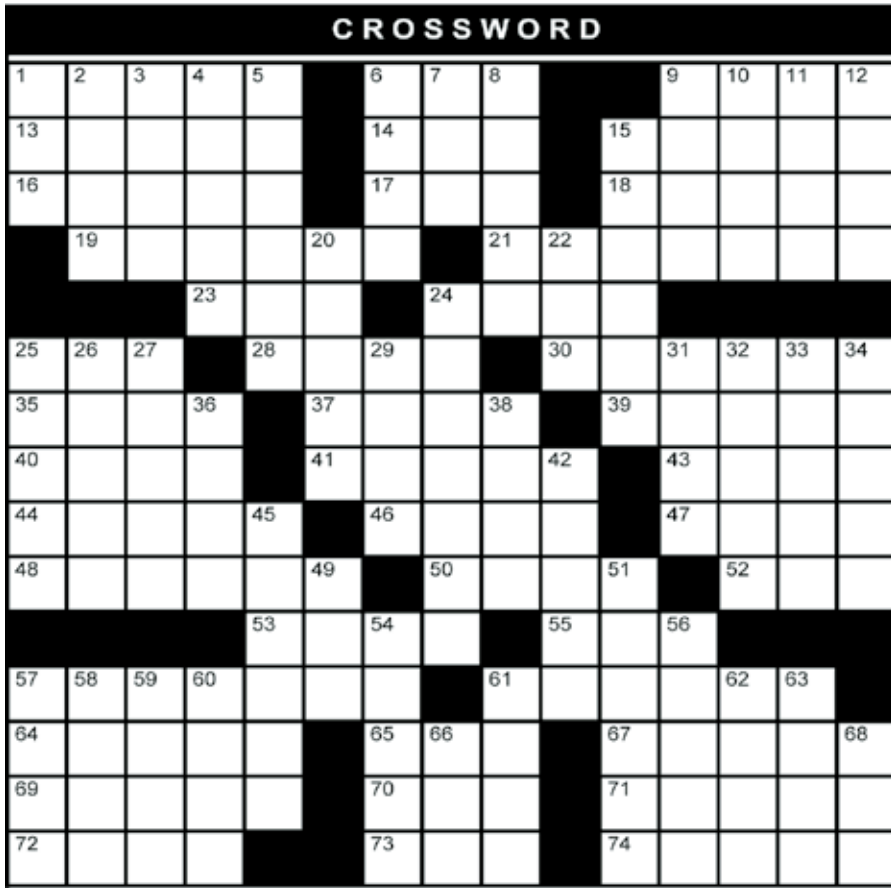
Call for your personal tour today!

We are your Carmichael neighbor - come visit our "Student Jewelry Gallery" (across the street from Windmill Nursery)
VA Approved • Post 911 Veterans • Student Loans Available - Short or Full Courses

Delivery Routes Available

Call 773-1111

STATEPOINT CROSSWORD • THEME: FOOTBALL



dish
 Make the Switch to Dish Today and Save Up To 50%
 Call Now and Ask How!
1-800-318-5121
 Call 7 days a week 8am - 11pm EST Promo Code: MB0113 *Offer subject to change based on premium channel availability

Promotional Packages starting at only... \$19.99 mo. for 12 months

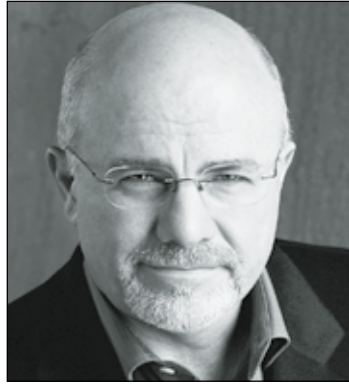
FREE PREMIUM MOVIE CHANNELS* For 3 months.
 HBO, SHOWTIME, CINEMAX, starz

dish

CLUES

- | | | |
|--|--|---|
| <p>ACROSS</p> <p>1. Dads</p> <p>6. Common inquiries</p> <p>9. *You can place a football one in Vegas</p> <p>13. Throat dangler</p> <p>14. Australian runner</p> <p>15. Man with a mission</p> <p>16. Sans-____ font</p> <p>17. Day ____</p> <p>18. Deserving of respect?</p> <p>19. Rains and snows together</p> <p>21. *Start of the game</p> <p>23. Greatest possible</p> <p>24. Hit the road</p> <p>25. Hair raiser</p> <p>28. Affirmative</p> <p>30. *A ____ defense uses five defensive backs</p> <p>35. Smell</p> <p>37. "____ the night before Christmas..."</p> <p>39. Ronald Reagan's wife</p> <p>40. Formerly Persia</p> <p>41. Certain sexes</p> | <p>43. Cow sounds</p> <p>44. Goes great with onions</p> <p>46. *Most players must be till until this</p> <p>47. Whimper</p> <p>48. Wiggle room</p> <p>50. Moonfish</p> <p>52. "____ the season ..."</p> <p>53. Chapter 11 issue</p> <p>55. Mutt</p> <p>57. *Final destination</p> <p>61. Like Anthony Kiedis's group</p> <p>64. Refined woman</p> <p>65. Caustic chemical</p> <p>67. Star in Cygnus</p> <p>69. Cell phone bill item</p> <p>70. *Received when deplaning to attend the Pro Bowl?</p> <p>71. Dough or cabbage</p> <p>72. Simon does this</p> <p>73. Grass bristle</p> <p>74. Correct</p> | <p>DOWN</p> <p>1. It causes inflammation</p> <p>2. They go north and south in NYC</p> <p>3. Opposite of knit</p> <p>4. Venusian, e.g.</p> <p>5. *Defensive score</p> <p>6. Come clean, with "up"</p> <p>7. It increases strength of signals</p> <p>8. San Francisco's 1906 event</p> <p>9. Pitcher's illegal move</p> <p>10. Taro plant</p> <p>11. Not kosher</p> <p>12. Feudal laborer</p> <p>15. Jelly ingredient</p> <p>20. Kappa Alpha ____</p> <p>22. Wayside stop</p> <p>24. Knickknackery</p> <p>25. *Tailgating staple?</p> <p>26. Creepy</p> <p>27. Furlough</p> <p>29. Hole-making tools</p> <p>31. *Where football training happens</p> <p>32. Flogger's tool</p> <p>33. Food safety threat</p> <p>34. Plural of lysis</p> <p>36. Was aware of</p> <p>38. Cleaning bar</p> <p>42. Elbow room</p> <p>45. Radar + dome</p> <p>49. Japanese capital</p> <p>51. *Only 11 allowed here</p> <p>54. Isabella Swan of "Twilight"</p> <p>56. Watery discharge of the eyes</p> <p>57. Plural of #14 Across</p> <p>58. Org. with a mission</p> <p>59. Normandy landing</p> <p>60. Opposite of zigs</p> <p>61. Bit attachment</p> <p>62. In one case</p> <p>63. Seaside bird</p> <p>66. Coniferous tree</p> <p>68. Made in the morning?</p> |
|--|--|---|

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntrelLeadership. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Denied for Life

Dear Dave,
 My husband was recently denied term life insurance because he has a criminal record from a long time ago. The good news is that, in a year, he'll be far enough removed from the incident that he'll be eligible for a policy. He has a whole life policy for \$75,000 from before, which he doesn't plan to cancel. We have two small children, so is there another kind of policy he could get in the interim?
 - Dana

Dear Dana,
 If you can't get term life insurance, you can't get whole life. It's the same underwriting process. I only recommend term policies, but under these circumstances I'd keep the whole life in place because he's basically uninsurable.

There are a couple of things you can do in this kind of situation. One thing is to get a mortgage life insurance policy. These are usually available without any kind of major inspection, and they pay off your mortgage, in full, in the event of death. It's about 10 times more expensive than regular term insurance, but at least it will pay off the house. Another thing to look into is an automatic issue-type policy. Lots of banks offer these when you open an account. Usually, they'll send you an offer for a \$10,000 life insurance policy. But if you pick up four or five of these, then he's got another \$50,000

Dave Says

on top of the \$75,000 already in place. It's still not enough, but it's better than nothing. A lot of things, though, are simply common sense measures. Have them fill out an application, which includes their income and a list of their debts. If they make \$2,000 a month and have \$2,500 a month in debt payments, you don't want them as tenants. In this scenario, a smile and "I promise I can pay it" won't work. Spend some time just talking with them too. Really listen to what they say and how they say it. Get a feel for what kind of people they are, and, if they have children, pay special attention to the kids. Are they well behaved, or do they run around and act like a bunch of wild animals? If it's the latter, then they're going to tear up your house. And guess what? If the parents can't discipline their kids, there's a good chance they can't discipline themselves either. You don't want to get mixed up with that. People who let kids run the household don't make good tenants. Finally, remember to trust your gut instincts. If you get a weird vibe from someone, or if things just feel strange, don't rent to them. Chances are, there's a reason you have those feelings.
 - Dave

Finding Good Tenants

Dear Dave,
 I have a townhouse I'm preparing to rent. Do you have any advice for evaluating potential tenants?
 - Chris

Dear Chris,
 The first thing I'd do is pull a credit bureau report. I'm not really worried about their credit score; I just want to see if they have a history of late or missed payments. Talk to some local property management firms and see who they use to pull these reports. I'd also recommend doing a background check on the potential renters. Talk to the owner of the last place they rented as well as the one before. I advise this because there are some dishonest landlords out there who will tell you that a bad tenant is

*For more financial help, please visit daveramsey.com.

SUDOKU

you could save 28%
 Call 1-866-929-9071 to see how much you could save on car insurance.

esurance
National average annual savings based on data from customers who reported savings by switching to Esurance between 01/14 and 4/13/12. Excludes customers who are currently with Esurance or Allstate.
 An Allstate company

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

Come back every week for Sudoku!

For Solution See Page 7.

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks
 Since 1992 • State Lic. 937799 • Bonded • Insured
Interior ♦ Exterior ♦ From Residential to Small Commercial
 We Provide: ✓ Highest Quality Workmanship ✓ Written Warranty on all Workmanship
 ✓ Great Testimonials ✓ Quality Materials

916-967-0763 Mayolo • Field Manager
 Jake • Office Administration

We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights, Rancho Cordova, Roseville and all of Sacramento

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags
Your One-Stop Vacuum Repair Shop
 BEL AIR SHOPPING CENTER
 4005 MANZANITA AVENUE #26
 MONDAY-SATURDAY, 10AM - 6PM ♦ 916-978-0206
 (Inside Heirloom Flooring Gallery)

LANDSCAPE SERVICES

SLS

Superior Landscape Services
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

CONCRETE

S & D CONCRETE

S & D CONCRETE, INC.
 Specializing in Homeowner Concrete Projects

STEVE DeVRIEND
 President

916-988-9659
916-425-6984

s.devriend@comcast.net

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
 Beautiful Park like setting
 Monuments allowed • Cremation Niches
 Commingle Scattering Garden
 Quality & Affordable Service

Fair Oaks Cemetery District
 7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE
 Established Reputation
 Kennel Free Environment
 Lots of TLC

Call Madeline
(916) 723-1608

PAINTING SERVICES

Anni The Painter

One Room at a Time Okay!

• Perfectionist
 • Fun Ideas • Kid's Rooms
 • Cabinets • Bathrooms
 • Kitchens • Etc.

New Molding Installs • Small Jobs OK!
 Lic # 733938 • Free Bids
916-532-6194

FUNERAL SERVICES

Lind Brothers FD 1141
A Family Owned Funeral Home and Crematory Since 1964

4221 Manzanita Ave.
 Carmichael
916-482-8080

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER

LIVING
 CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
 18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY FAIR OAKS, CA 95628 Tel (916) 9611265
 Fax (916) 9612430

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repairs (all makes & models)
 • Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
 • Free Cleaning (with our cartridge)
 • We are Local
 • Service Contracts (monthly or yearly)
 • Lease or Rent
 • High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

LEGAL SERVICES

BONES LAW FIRM Gordon G. Bones
4811 Chippendale Dr., Suite 307, Sacramento, CA 95841
Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647
F: 916.965.4218

gbones@boneslawfirm.com

ELECTRICAL SERVICE & CONTRACTING

Residential Commercial Industrial
 Lic # 837851

Electrical Service & Contracting

- Fans • Lighting • Panel Upgrades • Custom Controls • Remodels
- Pools • Spas • Code Corrections • Machinery Connections
- Expert Troubleshooting • Appliance Connections • Safety Inspections

916-967-1922 • www.xelectrix.com

FIDUCIARY SERVICES

PROFESSIONAL FIDUCIARY SERVICES
Peace of Mind and Heart

Janet Kay Welborn JD/CLPF/NCG
 5150 Fair Oaks Boulevard Ste. 115 • Carmichael, CA 95608
 License #640

Cell 916-717-4437 • Fax 866-221-9350
jwelborn@professionalfiduciaryservices.net
www.professionalfiduciaryservices.net

The Privilege of Planning



A 25-minute luncheon presentation. We'll provide you with a **Free Lunch!**



Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar; it is a 25-minute presentation which focuses on the importance of getting your family involved in the process of advance funeral planning and all of the options available. Done properly, pre-planning can be a privilege instead of a chore. Information will be presented on Veteran's benefits, cremation and burial choices, as well as key consumer advice. Avoid the burden of both the expected and unexpected by planning ahead, before the need arises. This will bring tremendous peace of mind to you and your loved ones. In addition to a catered meal, each attendee will receive a Starbucks gift card and a FREE Emergency Planning Guide.

Choose One Of These Dates

Luncheon Seminars
11:30 am to 12:30 pm
Thursday, August 29
Wednesday, September 25
Thursday, October 31
Friday, November 22

Dinner Seminars
6:30 pm to 7:30 pm
Thursday, August 22
Wednesday, September 18

East Lawn Sierra Hills Memorial Park
St. Francis Community Hall, 6700 Verner Avenue, Sacramento, CA 95841
RSVP LisaW@eastlawn.com or (916) 732-2020

Seating is limited to 30 attendees per seminar - RSVP today and reserve your seat.

FD#136

www.EastLawn.com

Foster Care



The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

Michael Row MR QuickBooks

What are your business goals for 2013?

If one of your goals is for your business to be more profitable. Then your bookkeeping system is a great place to start. Let MR QuickBooks get you started by showing you the information that gives you the knowledge and wisdom to grow your business.

We offer a full range of bookkeeping/accounting services:

- QuickBooks Set Up
- QuickBooks Training
- QuickBooks Repair
- Bookkeeping
- Business Consulting Services
- And More...



4 Hour Set Up and Training for Only \$250.00
Reg. \$300.00

Information + Knowledge = Wisdom

- Better Information
- Better Knowledge
- Better Bookkeeping
- Makes Better Decisions



Call today to set an appointment. Ask about all our services.
michaelrow@aqbexpert.com
www.aqbexpert.com • 916-601-7064

Jenner Inn & Event Center

Storybook Weddings
Corporate, Personal
& Wellness Retreats

800-732-2377

10400 Coast Rt. 1,
Jenner, CA 95450

innkeeper@jennerinn.com

www.jennerinn.com

IS YOUR RETIREMENT SAFE?

If you are 45 to 75 years old, the Experts say you will need two things when you retire:

- ✓ Guaranteed Monthly Income
- ✓ Protection from Market Risk



Find out HOW with a **FREE COPY** of our 18-page **SAFE MONEY GUIDE**

plus **Annuity Quotes** from A-Rated companies!

* No Obligation * FREE Service

CALL NOW **800 615-6513**

Terms & Conditions

Must have at least \$10,000 in Retirement Savings to benefit from this service. This material has been prepared for informational and educational purposes only. It is not intended to provide, and should not be relied upon for, accounting, legal, tax or investment advice. Please consult with a professional specializing in these areas regarding the applicability of this information to your situation.

Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Save \$1500 or more!
Limited Offer

Independent & Assisted Living as well as Memory Care.



Carmichael
Senior Living **Oaks**

916-944-2323 office
www.carmichaeloaks.com

LIC# 347003685

The Fair Oaks Theatre Festival presents

The Drowsy Chaperone

A hilarious, Tony Award-winning parody of 1920s American Musical Comedy
By Martin, Lambert & Morrison • Directed by Bob Irvin

August 9 - Sept. 8
Fri/Sat/Sun 8pm
Tickets \$5-\$15 (at the door or online)

For More Information:
(916) 966-3683
FairOaksTheatreFestival.com



LAW OFFICE OF RICK MORIN

DROWNING IN DEBT? GET HELP!

Get a FRESH START!

- Get out of debt and save money!
- Stop harassing phone calls.
- Stop lawsuits and wage garnishments.
- Free consultation and payment plans.

Don't Delay. Call Today!

331 J Street #200, Sacramento, CA 95814
(916) 258-5435 • www.sacramentobankruptcyoffice.com

Law Office of Rick Morin • Helping Consumers with Bankruptcy and a Debt Relief Agency



Your Only Computer Guy



30 Minutes Free Diagnostics

In Business Since 1998

- Computer Cleaning
- Virus Removal
- Spyware/Malware Removal
- Software installation and repair
- Wi-Fi setup and troubleshooting
- Outlook and email setup
- Printer setup and troubleshooting
- New computer setup
- Browser troubleshooting and support
- Home networking and file sharing

Leo Corser
BA, CNA, CNE, MCSE
Senior IT Engineer & Technician

Cell:
(916) 221-0630

leo@youonlycomputerguy.com

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Current and Upcoming Events

"Go With The Flow"
Open Watercolor Exhibit,
September 2 – September 28, 2013.
2nd Saturday Reception
September 14, 5:30 - 8:30 pm

Gallery 3
Artists in Residence

A Special Group Show featuring
Mendy Bates,
Marie Dixon,
Shelia Jacobs,
and Paula Lloyd

Foyer Gallery:
Month of September
Photographs by Sacramento Fine Arts Center Photo Club

2012 Best of Show, "Guardian", by Jeanine Robb

WASH Inc. No meeting in August. Next meeting is 1pm September 9, 2013
NCA Club No meeting in August. Next meeting is 7pm September 11, 2013
Photo Club meets 4th Thursday 7pm
Fiber Arts Group meets 3rd Wednesday 10am

5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org




AE AMERICAN EAGLE BODY SHOP

Complete Collision Repair
Free Estimates
24 Hour Towing
We Work with All Insurance Companies

"We Meet By Accident"

up to **\$500⁰⁰** Instant Rebate towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires Sept. 30, 2013.

FREE LOANER CAR WITH ANY REPAIR
Present this coupon and receive a free loaner car for the duration of your repairs after authorization.
Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires Sept. 30, 2013.

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aeshop.com • www.aeshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed



TAK FoodMarket.com

916-944-3188
9045 Fair Oaks Blvd.
Carmichael

PERSIAN LAMB CHOPS
Kabob Shishlik
\$14.99

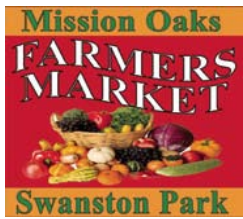
Our New Zealand lamb chops are grass fed and only of the finest quality. They are raised without added growth hormones, high in Vitamins B & D, Iron, Zinc, and Omega-3s for your good health. Forouzan marinates these top quality lamb chops, and Majid cooks them with love over an open flame. They are served on a bed of aromatic long grain Basmati Saffron rice, with grilled Tomatoes.






Farmers Markets!

EAT HEALTHY, BUY LOCAL
SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES



Mission Oaks Farmers Market at Swanston Park

2350 Northrop Avenue, Sacramento

Tuesdays from 3 to 7pm (through November 19th)



UC Davis Health System Sacramento Farmers Market

45th & Y Streets (Behind Shriners Hospital)

Every Thursday from 3 to 7:30 pm (through November 14th)



Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)

Every Saturday from 8 am to 1 pm - all year round, rain or shine



Fair Oaks Plaza Park Farmers Market

7003 Park Drive, Fair Oaks (Old Fair Oaks Village)

Every Wednesday from 3 to 7 pm (through November 13th)

Mather VA Hospital Farmers Market

10535 Hospital Way, Mather

Every Wednesday from 9 am to 1 pm (through November 20)



Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)

Every Sunday from 9 am to 2 pm - all year round

Over 65 certified and organic farmers and specialty food vendors



Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights

(behind Sears located in SE Parking Lot)

Open every Saturday from 8 am to 1 pm - all year round



Historic Folsom Farmers Market

910 Sutter Street, Historic Folsom Public Plaza, Folsom

Every Saturday from 8 am to 1 pm - all year round • Over 50 vendors!



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Quarterly Crafting Events and Health Fairs along with special events and activities.