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Families Embrace Students

By Susan Maxwell Skinner

CARMICHAEL – Carmichael recently provided home away from Yokohama for 20 Japanese high schoolers.

The group acclimated to local lifestyle while based at the area's oldest and most iconic institution. Carmichael Presbyterian Church supplied classrooms for daytime language studies in its mission-style compound. A second group studied at Arcade Church. Local families hosted the teens by night. Operated by a non-profit called People Link, the program aims to make students comfortable in conversational English.

Outside class there was also much to learn. The visitors had a tour and lecture at Stanford University and enjoyed San Francisco sightseeing. "They knew all about the Golden Gate Bridge — everybody wanted their picture taken there," said teacher/guide Charles Grix. Shopping malls were a further must-do, with Air Jordan shoes high on bucket lists. Big-sister figure was Fair Oaks teacher/guide Marissa Stempieri, a former English teacher in Japan. "She related well with the girls," said Grix of his fellow teacher/guide. "She knew what sort of dolls teenagers collect and showed them what makeup was cheaper here than in Japan."

As with all tourists, American food was a great educator. "They



Students from Yokohama's Kanto Gakuin Mastsura School strike a souvenir pose. The teens recently completed a 20-day cultural exchange program based at Carmichael Presbyterian Church. Photo by Susan Maxwell Skinner.

came to love hamburgers," observed their host "They also enjoyed how much more tomato sauce we have on pizza here. Ice cream flavors fascinated them — they didn't know chocolate could have so many different names." Their visit included seeing the new Disney movie "Brave." Noted Grix: "Cartoons and animation are huge in Japanese youth culture. They loved it."

All students of a private Christian school in Yokohama, the teens worshipped with host families. "That was also a new experience," Grix said. "They went with LDS, Russian, Romanian, Catholic — not just Presbyterian — families. Some attended a church dance. They'd never done that before." The group was farewelled by a party at the Spiritual Life Center in Arcade.

Said Grix: "A few of the girls were homesick at first. But the quality of their new experiences soon got them over that. There were some tears at goodbye. They'd been placed with loving families who'd embraced them as their own."

Learn more about the People Link organization at www.peoplelink.org.

Measure N Puts San Juan Students First

The Yes on Measure N campaign filed a ballot argument in favor of this November's Measure N, the San Juan school district's bond initiative to support technology in schools, provide students with modern classrooms and replace deteriorating portables with permanent learning spaces. The \$350 million measure will also allow San Juan schools to be eligible for millions in state and federal matching funds making the community's investment go even further in providing children with the education they deserve.

The bond measure has received strong bipartisan and taxpayer support from throughout the community including endorsements from:

- Sacramento County Sheriff Scott Jones
 - Sacramento County Supervisor Susan Peters
 - 2011 California State Teacher of the Year Shannan Brown,
 - Sacramento County Taxpayers League Former Executive Director Carl Burton, and
 - President of the San Juan Alumni Association Dick Cowan.
- "Most San Juan Unified schools are more than 50 years old," said San Juan Unified School District Board President Rick Launey. "Measure N will improve classroom technology, create more energy efficient classrooms, support job training skills and protect property values by ensuring our schools remain attractive to families."



San Juan school board President Rick Launey and Yes on Measure N Chairman Larry Miles file the ballot argument in support of Measure N.

A citizens' oversight committee composed entirely of community residents will ensure Measure N proceeds are invested wisely. Measure N prohibits the use of funds for administrators'

salaries, pensions, or operating expenses to guarantee that all money will go directly to benefit every child and school.

For more about Measure N, visit www.yesonmeasuren.org

Accessible Housing Out of Reach for People with Disabilities

Commentary by Liz Pazdral, Executive Director, State Independent Living Council

SACRAMENTO REGION — People living with disabilities face a significant problem - the lack of affordable, accessible housing. Approximately 54 million Americans have at least one disability, constituting the largest minority group in the nation. And people with disabilities often spend a disproportionate share of their income to secure housing that is both safe and suitably accessible.

Federal guidelines define housing as "affordable" if total costs, including rent/mortgage, utilities, insurance and taxes, don't exceed 30 percent of a renter's or homeowner's household income. Individuals currently eligible for

Supplemental Security Income (SSI) in California receive \$854.40 per month, while couples receive \$1,444.20. Under the 30 percent housing affordability guidelines, an individual living solely on SSI should pay no more than \$256.32 per month for housing and a couple no more than \$433.26. With this in mind, affordable housing is nearly impossible for people with disabilities to find and thousands and thousands of names are on waiting lists throughout the state.

"The reality is that most all of us will experience a disability within our lifetime, which may prompt the need for affordable, accessible housing," said Bob Hand, Executive Director of Resources for Independence, Central Valley. "However, for people with permanent disabilities,

the need is "now" and affordable housing resources simply aren't available." Affordability is just one problem. Accessibility also is a challenge. Several California communities are trying to address the lack of accessibility by, among other things, adopting the state's Universal Design Model Ordinance. The intent of the ordinance is to increase opportunities for persons with temporary, developing or permanent disabilities to "age in place."

"Trying to decipher the maze of information and resources can be overwhelming," said Hand, "and that's where independent living centers (ILCs) come into play. ILCs provide a number of services to people living with disabilities, including educating them about housing options as well as assisting them

in negotiating rents and working with landlords. But more needs to be done."

According to experts in the industry, education is the key to making a difference. Individuals need to be made aware of programs and agencies that are working with lenders, housing authorities and service providers in creating innovative housing options, such as "smart-home" technology, within their locale. Experts also believe it's imperative for people with disabilities to talk to elected leaders about their real-life experiences and the need for policies that improve affordability and accessibility.

"We are committed to supporting people living with disabilities in getting their voices heard," said Elsa Quezada, Chair of the California State Independent

Living Council. "By providing people with timely and pertinent information, training and education, we can arm them with the tools they need to live independently and not take "no" for an answer."

The California State Independent Living Council is an independent state agency which, in cooperation with the California State Department of Rehabilitation, prepares and monitors the State Plan for Independent Living. SILC solicits continual public feedback on the effectiveness of independent living services and coordinates with similar agencies and councils at the state and federal levels to increase communication and help assure that services to people with disabilities are delivered effectively.

Celebrate National Dog Day with Free Doggy Ice Cream



CARMICHAEL – To celebrate National Dog Day 2012, Best Friends Pet Care at 3633 Garfield Avenue in Carmichael will give away a free doggy ice cream treat to every dog who visits on Saturday, August 25.

"National Dog Day is a day to honor the dogs in our lives," says Best Friends manager Julia Didway. "So we're inviting all dogs – whether Best Friends clients or not – to stop in between 9 a.m. and 5 p.m. for a free doggy ice cream."

The treats are dog-safe, made of yogurt or soy with dog-preferred flavors like peanut butter and honey. Canine guests must be on leash and accompanied by a human companion.

Founded in 2004, National Dog Day is observed annually on August 26. It honors dogs of all breeds -- from working dogs to family pets -- and encourage pet owners to do something special for their dog.

This is the second year that Best Friends has run the ice cream giveaway. The company is expanding its National Dog Day celebration this year, starting its observance on Friday, August 24 with treats for dogs participating in its doggy day camp program that day.

Best Friends Pet Care is a leading national pet care company and offers boarding, daycare, grooming and training at 42 locations across 18 states. For information, visit www.bestfriendspetcare.com.

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Carmichael Water District Responds to Ratepayer Questions

Contact: Chris Nelson, Public Information Officer (916) 483-2452

CARMICHAEL – Recently there has been a campaign within Carmichael that has resulted in the circulation of inaccurate information regarding Carmichael Water District (CWD). This article is to address the allegations regarding CWD.

1. CWD passed an 18% rate increase that was later renamed a "revenue increase".

This statement is inaccurate. In October of 2011 a Proposition 218 notice was sent to CWD customers informing them of the proposed new rates. This notice was titled "Proposed Revenue Increase". Within the notice it was stated:

"The proposed water rate schedule includes an 18% increase in required revenue. This revenue requirement would affect each individual classification differently. Some customers will experience an increase of more than 18% or less than 18% due to the increased revenue requirement."

2. The original Proposition 218 Notice omitted the fact that the District assumed a \$2 million loan to complete previously scheduled and budgeted projects.

This statement is misleading.

In the original, and only, Proposition 218 Notice the following was included regarding CWD debt service obligations:

"Staff has reviewed the current water usage and rate structure and determined that there is a significant revenue shortfall. The District's reserves have been depleted and we do not anticipate receiving enough revenue to cover operating expenses while continuing to meet the legally required debt service obligations for FY 2011-12."

"In order to meet the FY 2011-12 operation and maintenance, debt service, infrastructure replacement requirements and to replenish reserve accounts of the District, the revenue adjustment will be placed on the service charge portion of the bill."

The notice also explained that CWD Refinanced \$28,550,000 in bonds in March 2010, resulting in substantially lower interest rates and interest payments while maintaining the same maturity schedule.

3. The reason for this borrowing was never made clear.

All CWD borrowing is conducted in a public forum with information provided and available to the public. Decisions regarding CWD debt are made at publicly noticed Board Meetings attended by a five (5) member Board of Directors.

On October 19, 2009 the Board of Directors adopted Resolution number 1092009-1 authorizing the execution and delivery of a subordinate installment sale agreement in a principal amount not to exceed \$2,000,000 to finance certain capital improvements to the water system. This resolution was presented to both the Board of Directors and Public at publicly noticed Board Meetings.

4. A single contractor was paid 4-1/2 times its original bid by using change orders and overruns!

Underground pipeline construction can be a challenging process. Often times project conditions change due to unforeseeable circumstances that force an alteration to contract requirements however; in the case of the referenced project the cost was less than the Engineers Estimate.

The Engineers Estimate for the project was \$1,008,532. The cost of the project was \$1,000,350. This put the final cost of the project \$8,182 less than the estimated cost.

5. Who do I contact for more information?

For additional information please contact Public Information Officer Chris Nelson at (916) 483-2452 or chris@carmichaelwd.org.



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Festa Toasts All Things Italiana

Words and pictures by Susan Maxwell Skinner

CARMICHAEL – Based in Carmichael, the Italian Cultural Society stages an annual festival to delight visitors from all over Northern California.

A 27 year tradition, the recent *Festa Italiana!* splashed red white and green hues throughout Croatian Park on Auburn Blvd. Over 4000 attended this year's two-day extravaganza. Folkloric dancers performed; Italian songs were sung, a festival queen was crowned and a mile of pasta was slurped.

To Italian-American bands, dancers waltzed, polkaed and swung beneath the stars on both nights. A car show featured gleaming Maseratis, Fiats and Alpha Romeos. Veteran bocce exponents taught the Mediterranean ball game. Guests also let their hair down for a favorite festival insanity — the much-vaunted salami toss. This tradition decrees hundreds of potatoes be hurled at unsuspecting salamis. "It's been part of Italian festivals since old days," explained event director



Festival Queen Giulia Arostegui (center), from Carmichael, was honored with her court of princesses.

Bill Cerruti. "For prizes, we award hundreds of salamis."

A festival high point was the performance of a new audience-participation dance created by the society's junior dance group, Bambini. "It's a line dance to compete with the chicken dance, said Cerruti. "Everybody learned it in a minute. We hope it will go viral and spread all over the country."

Flown in from New Jersey, tenor Moreno Fruzzetti serenaded crowds with arias and pop songs. Says Cerruti: "Moreno's a huge hit and he just loves our festival. People who go to Italian festivals in other cities all say ours is the best."

Learn about the Italian Society's cultural events at www.italiancenter.net.

Carmichael Resident Hit and Run Victim Seeks Local Support for Medical Bills

CARMICHAEL – Bill Collins, a Carmichael resident of over 30 years, was in a horrific hit and run accident on March 22, 2012. The accident occurred on Winding Way and Carnegie Way in the Arden-Arcade area. The accident left Bill with major injuries and unfortunately, left Bill's long time friend, Paul Pellandini, fatally injured. The accident has made him unable to work and even do much for himself. He is dependent on others for his needs.

He does not have health insurance making the situation even more difficult. Due to the injuries



Carmichael resident Bill Collins.

to his pelvis and spine the healing process for him will be long

and extensive. He has to be seen weekly to monitor his recently discovered heart condition as well.

We have set up a medical donation fund in hopes to help alleviate some of his financial burdens. To donate please visit www.billcollinsfund.com or www.facebook.com/billcollinsfund.com. Your donations are so greatly appreciated and will help Bill Collins and his wife in their time of need.

Thank you so much, The Collins Family

Photo courtesy of the Collins Family photos and permission granted.

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The September 2012 service changes are the first-year TransitRenewal service improvements based on community input. TransitRenewal – a comprehensive operational analysis of the RT bus and light rail system – resulted in recommendations on how to restore, restructure and "renew" transit service through 2017.

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Dr. Bob Graykowski



There's a lot of buzz about fish oil supplements these days. And there's also a lot of conflicting information. What's the deal with omega-3's? Do we truly need to get more of them? If so, what's the best way to obtain them? Should you eat more fish or take fish oil supplements?

What Are Omega-3's?

Omega-3's are essential fatty acids that our bodies can't produce on their own, so we must obtain them from diet. Omega-3's play critical roles, including assisting in neurological development and reducing inflammation.

The three main forms of omega-3's are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA).

EPA and DHA are long-chain forms of omega-3's found in fish, fish oil supplements, and Krill or algae extract. ALA, the short chain form is found in plant sources like walnuts, flax seed, canola and soybean oil – and, to a lesser degree, in green leafy vegetables.

The body converts the short-chain version to a long-chain version in order to use it – but this conversion doesn't occur rapidly. That's why many health experts believe it's important to take in all three forms of omega-3's.

The strongest scientific evidence to date points to the relationship between omega-3's and heart health.

Omega-3's and Heart Health

A 2009 literature review in the journal Clinical Cardiology set out "to assess whether dietary supplements of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) decrease cardiovascular events across a spectrum of patients." The researchers found that supplements with omega-3 fatty acids significantly reduced the risk of cardiovascular deaths, sudden cardiac death, all-cause mortality and nonfatal cardiovascular events. "Dietary

The Facts on Fish Oils and Brain Health

supplementation with omega-3 fatty acids should be considered in the secondary prevention of cardiovascular events."

The researchers concluded that "it appears that omega-3 improves the cardiovascular risk profile of subjects with metabolic syndrome, having effects on weight, blood pressure, lipid profile and markers of inflammation and autoimmunity."

Inflammation Buster

Another just-published study report determined that omega-3's prevent inflammatory disease by bolstering immune response. The study found that "administration of fish oil decreases the length of hospital and intensive care unit stay in surgical patients."

Prevents Allergies

A recent investigation found that mothers who took fish oil supplements during pregnancy and breast feeding were less likely to have children with food allergies or eczema. Scientists found that the prevalence of food allergy and eczema was lower in the omega-3 group.

Makes Babies Smarter

Several recent studies have linked omega-3 with cognitive development. For instance, a 2009 study in the journal Developmental Neuropsychology investigate the relationship between mothers' DHA levels when they gave birth and the attention spans of their babies two years later.

The researchers discovered that "higher maternal DHA status at birth was associated with enhanced attention and focus during the second year. Toddlers whose mothers had high DHA at birth exhibited fewer episodes of inattention during free-play than did toddlers whose mothers had low DHA at birth"

Wards Off Dementia

The cognitive omega-3 benefits aren't just for babies. Recent studies link omega-3's with preservation of cognitive abilities in the aging brain. A 2008 study on the Journal of Nutrition observes that "cognitive function can be diminished with DHA "docosahexaenoic acid".

How to Get Omega-3's

Getting omega-3's through fish is preferable, but fish oil supplements are a good option, especially for those:

- with risk factors for heart disease
- who have had heart disease

• who need to be especially cautious about mercury-contaminated fish (such as pregnant women)

Never take any supplement, including fish oil, without first consulting your Doctor. Talk to the doctor about what dose, if any, is right for you. Generally recommended dosage ranges from half a gram to three grams a day. Do not take more than three grams of omega-3's fatty acids from capsules without consulting a doctor. High intakes may cause excessive bleeding in some people. For vegetarians and vegans, look for omega-3 supplements derived from algae (which is where fish get their omega-3's).

A Note on Toxins in Fish

The message to eat more fish has been clouded by warnings of high levels of toxins in seafood. According to the American Heart Association, "some types of fish may contain high levels of mercury, PCB's (polychlorinated biphenyls), dioxins and other environmental contaminants."

Fish with the potential for the highest level of mercury contamination include shark, swordfish, king mackerel and tilefish and Talapia.

Ensure you are eating fish or taking supplements that are as toxin-free as possible. Seek out wild, rather than farm-raised, salmon, and look for high-quality supplements that have been purified.

Children, women of child-bearing age and pregnant or nursing women need to be especially cautious and avoid eating fish with high mercury levels.

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MONTHLY MILITARY RETIREE/ SPOUSE MEETING

Our next monthly meeting is scheduled for 11 Sep 2012. Meeting location is the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. Our meeting starts promptly at 1030 hrs. Our speaker is Suzi Vinci, Veterans Service Officer for the Disabled American Veterans organization. Come on out and enjoy a cup of coffee and some great fellowship. Questions can be referred to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

Outdoor World

PITTMAN-ROBERTSON

This year marks the 75th anniversary of the landmark Pittman-Robertson Act, also more properly known as the Federal Aid in Wildlife Restoration Act. In 1932, congress authorized an excise tax on firearms and ammunition that went into the treasury of the United States.

Five years later, those excise taxes had to be passed on to state game agencies for the exclusive use of funding programs designed to improve wildlife habitat and improve hunter access.

The benefits of this program to game departments, sportsmen, sporting goods retailers and manufacturers, as well as non-consumptive users who still enjoy and appreciate wildlife and the outdoors have been abundant.

It even indirectly helped anglers serving as the model for the Federal Aid in Sport Fish Restoration Act passed in 1950 and designed to attach an excise tax to various types of fishing equipment to help fund sport fish restoration and opportunities.

Both acts have been invaluable to all of us as outdoorsmen and women.

Larry Whiteley is Host of the award-winning Outdoor World Radio

For more tips, log onto basspro.com

Metro Fire Responded to Two Preschool Fires Within Hours and Within Blocks of Each Other

Sac Metro Fire District Special Report

CARMICHAEL – On August 17, 2012 at 11:13pm, Metro Fire responded to a reported structure fire at 2921 Garfield Ave at a Phoenix Preschool. Crews arrived to find a residential structure well-involved in fire. Crews performed vertical ventilation and fire extinguishment. The structure involved was gutted by fire but fire crews contained

the fire to one structure and prevented fire from spreading to neighboring structures. Nobody was injured and the cause of the fire is under investigation.

On August 18, 2012 at 1:19am, Metro Fire responded to a reported structure fire at 5619 Marconi Ave. Crews arrived to find a well-involved modular building at a Montessori Preschool. Crews performed fire extinguishment. The structure involved was gutted by fire but fire crews contained the fire

to one structure and prevented the fire from spreading to neighboring structures. Nobody was injured and the cause of the fire is under investigation.

The cause of both fires are under investigation. However, findings of the preliminary investigations indicate that both fires are suspicious and appear to be intentionally set. Metro Fire encourages anyone with information on either fire to call the Metro Fire arson tip line at 916-859-3775.

Arson Suspected in Vacant Home Fire in Arden-Arcade Area

Sac Metro Fire District Special Report

ARDEN-ARCADE – On August 16, 2012 at 3:35am Metro Fire responded to a report of smoke in the area of 4201 Whitney Ave. Crews arrived in the area to find a single story residential home located at 4149 Whitney, with a well-involved garage fire and involvement of the interior of the home and attic with flames through the

roof. Crews performed a primary search of the structure and found the home vacant.

Crews extinguished the attic fire from the interior of the home and doused the garage fire, containing the fire to the home of origin and preventing fire spread to neighboring homes. The home was considered a total loss. Nobody was occupying the home when fire crews arrived and nobody was injured in the blaze.

The cause of the fire is under investigation. However, because the home was reportedly vacant, the cause is considered suspicious. Metro Fire reminds residents to keep an eye on vacant homes in their neighborhood and report any suspicious activity to law enforcement for investigation. Additionally, if anyone has any information regarding the cause of this fire, they are encouraged to call the Metro Fire Arson tip line at (916) 859-3775.

FOX40 to Debut Final Quarter

Popular Friday segment expands to half hour show.

SACRAMENTO REGION – Beginning on Friday, August 17 and running through November 24, FOX40 began to host 30-minutes of fast-paced high school football action, with the Valley's most recognized sports leader, Jim Crandell, at 11pm. FOX40 is proud to announce that Sports Heavyweight Gary Gelfand is joining the team for the expanded show, along with Mark Demsky, Kristina Werner, and Joe Davidson, of the Sacramento Bee.

"High school football is better than ever in this area, with great players and great team. Plus, there's more interest than ever before, so, we figured, let's do the biggest high school football show ever in Sacramento," says Jim Crandell. "This will be a full 30 minutes about high school

football, with highlights and scores, live reports from games and insight from the Bee's Joe Davidson every Friday night."

Crandell says, "Our goal is to cover high school football like it's never been covered in Sacramento, with real highlights, live reporters, all the scores and perspective from the Bee's Joe Davidson. High school football has always been part of our newscast, but now we're giving football its own special show. We want high school fans involved, too. They can us send pictures and videos from their games, tweet us, hit us up on Facebook. We want to add one more level of excitement to Friday night for the teams, schools and fans."

Gary Gelfand, a familiar face to Sacramento viewers, has anchored the Sports Desk at

a number of broadcast television stations including KMAX, CBS-13, KPIX, and CNN/ Sports Illustrated. Gelfand says, "High School Football in the Sacramento area is huge! To me, there is really nothing like it. The buzz and excitement it brings is amazing. High School football brings communities together, and the best part is, you don't even have to be a sports fan! I'm excited about getting back out there in the middle of it all."

Final Quarter launches Friday, August 17 at 11pm following FOX40 News at 10pm.

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On July 4, 2012, Stryker Orthopaedics announced a voluntary USA Recall of certain models of its Rejuvenate and ABG II hip implants, leading to increased concern.

Weitz & Luxenberg can help you understand your legal options. For a free consultation please call us today at 1-800-LAW-6789 or visit us on the web at www.HipDeviceRecall.com

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MS Education Link

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NEVER WAIVER

of those other annoying procrastinating thoughts that Satan uses against you to stop you from God's purpose for your life. Before we go on, see what God's Word says about not giving up:

"Take the old prophets as your mentors. They put up with anything, went through everything, and never once quit, all the time honoring God. What a gift life is to those who stay the course! You've heard, of course, of Job's staying power, and you know how God brought it all together for him at the end. That's because God cares, cares right down to the last detail."

When I read over these words, it gives me hope that I can achieve the vision and the kind of life that God has in store for me. Instead of thinking "procrastination", let's hold onto "perseverance" and accomplish what God has for you. Perseverance can be difficult and

that is the truth. It is the road less travelled and there will be challenges, but it is how you deal with them that will make you strong. Do you want to be a wimp or do you want to be a warrior? For me, I want to be a warrior for God and succeed. Remember that through your weakness, He will prove His strength. As you persevere, remember to thank and praise God all the way for His direction. Remember that your vision (dreams) is God's vision for you. ...Embrace this God's life; and you will receive God's everything." HOLD HIS HAND AS YOU CONTINUE YOUR JOURNEY.

PASSAGE: James 5:11 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, *Move Your Mountains*. Contact Karen at www.doab-lesteps.com, or 916-961-4765.

By Karen Anderson

As you sit quietly at home or at the office, all those procrastinating thoughts are running through your head like...

"Why didn't you complete your correspondence?"

"You passed on your exercise today, and once again you had some silly excuse."

"When are you going to start the steps to the vision God gave you?"

"Did you spend time with God today?"

I'm sure you can name some

Sacramento County DA Report: A recent case of interest

CASE: Edward Bridgeman (08/16/12)

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit 916.874.4638

District Attorney Jan Scully announced today that the Honorable Judge Allen Sumner sentenced Edward Bridgeman to a determinate 30 years in prison and an indeterminate 225 years to life in prison. Bridgeman was convicted by jury of seven counts of child molest.

Bridgeman molested a young boy over a three month time period in 2008. He had been previously convicted on two counts of lewd and lascivious conduct on a young female relative.

Deputy District Attorney Nancy Cochrane states, "As evidenced by the conviction, the community has spoken that individuals such as Edward Bridgeman will be held accountable for their deviant actions in Sacramento County."



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Announcements & Events

AFTER SCHOOL CARE

The Kid's Hang Out After School Program is held at the La Sierra Community Center, Monday through Friday throughout the school year. Kids are in a safe environment where your child can read, do homework, have a nutritional snack, socialize with their friends, and be involved in sports and other activities. Transportation is provided from your child's school to the La Sierra Community Center. Program begins when we pick up your child from school and closes at 6:00pm. The program runs throughout the school year and registration is ongoing. FEES: \$80.00 per wk (4 to 5 days) \$60.00 per wk (any 3 days) The fee includes transportation, supplies, snacks and qualified staff. For more information, please call the La Sierra Recreation Office at (916) 483-7826

JEWELRY CLASSES Taught by Michelle Lueth

Beginning Wirework Linked Beads • Basic Macramé with Hemp Cord and Beads

Location: Arts & Crafts Bldg., 7997 California Ave. in Fair Oaks

See website for more info.

SUMMER CONCERTS REVISED

Please note changes on schedule on website

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



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Sacramento Public Library Locations to Close Sept. 1 Due to Staff Furlough And Sept. 2 and 3 for Labor Day Holiday

SACRAMENTO COUNTY—Due to funding reductions from both the County and City of Sacramento, Sacramento Public Library will be implementing one furlough day per month as a cost containment measure. Staff will be furloughed without pay and all Sacramento Public Libraries will be closed to the public on Saturday, September 1. Also, all Sacramento Public Library locations will be closed

Sunday, September 2 and Monday, September 3 for the Labor Day holiday observance. Library telephone services will also be unavailable on these dates; however, the library's website (www.saclibrary.org) is available 24/7 to request and renew materials, pay overdue fines, download eBooks, and apply for a library card. "We apologize in advance for the inconvenience created

by closing our facilities. Taking this step has been difficult for staff and the Sacramento Public Library Authority Board, but necessary in order to weather the current economic climate," said Rivkah K. Sass, library director. "We look forward to continuing to engage and connect our communities, and helping them develop a lifelong love of learning," Sass added.



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Carmichael Cactus and Succulent Society

Meeting 9/6 10am

Carmichael Park Clubhouse,
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Carmichael, CA 95608

**Bob Hamm presents,
"Caudiciform Begonias and
Less Common Succulents".**

Questions: 916-729-3475

**Small Business IRS Tax Workshop
(Presented in the Russian language)**

RANCHO CORDOVA – Owners of small businesses and others interested in starting a new business are invited to attend a workshop offered by the Sacramento Works Business Information Center to learn strategies to grow their business and manage their tax responsibilities.

The workshop is scheduled for:

- August 23, 2012
- 9:00 a.m.–1:00 p.m.
- Crossroads Diversified Services, 9300 Tech Center Drive, Suite 160, Sacramento, CA 95826

FREE workshop that illustrates in a practical manner how the federal and state tax systems apply to small business ownership. This is recommended for all people currently operating a small business or interested in starting one, including sole proprietorships, partnerships, LLCs, and corporations. Workshop is presented by a California Enrolled Agent with materials from the IRS.

**For more information,
call (916)248-8626**

The Genealogical Association of Sacramento

will have its regular meeting on Wednesday, September 19th, at 12:30 PM in the Belle Coolidge Library located at 5600 South Land Park Drive. We will have our annual Sharing and Show and Tell, "What I Did This Summer". It is open to the public. Any questions, please call Melanie Howard 916-383-1221.

DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 19 and 20 Sep 2012 from 0930 to 1330 hrs. Class is open only to military retirees/spouses and widows of retirees. Location of the class is the Aerospace Museum of CA on Freedom Park Drive, McClellan Park. Sign up must be accomplished in person in the Retiree Activities Office. For AARP members, cost is \$12. Non-AARP members, cost is \$14. Questions may be directed to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

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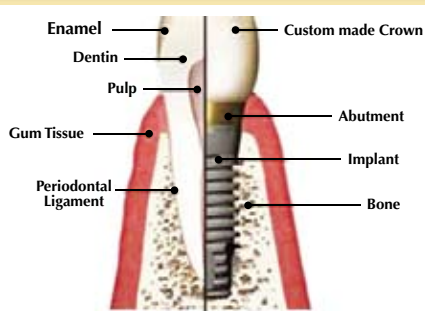
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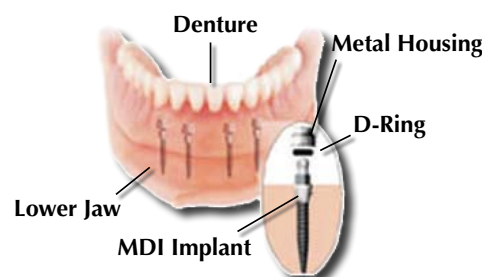
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