

# Carmichael Times



Skate Board Park Flies High for Another Month

Page 2



Brandon Hamer Earns Honors with SU Soccer

Page 4



Yard Sharks Recognized for Commitment to Community

Page 11

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Serving Carmichael and Sacramento County since 1981

September 21, 2011

## Carmichael Plans Big Annual Birthday Bash



Family fun is among the 102-year-old traditions of Carmichael Founder's Day Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner  
Carmichael – Something old – Carmichael community – will

be celebrated with something new for Carmichael's Founders Day, September 24. For the first time this year, festival events will

leave the band sound shell area to center on Carmichael Park's Grant Ave and Fair Oaks Blvd area. Here, canopied avenues will

## Fair Oaks Blvd Plan B Gets Unanimous Vote

By Nora Heston

Sacramento County – The Sacramento County Board of Supervisors tentatively approved the revised Fair Oaks Boulevard Corridor Plan, or Plan B, with a unanimous vote at the September 14 public hearing.

Property owners had openly discussed their disapproval of the original Fair Oaks Boulevard Corridor Plan, or FOBCP, noting unnecessary rezoning and potential trouble for businesses located within the affected area, which includes both residential and commercial properties along Fair Oaks Boulevard between Oak and

Marshall Avenue as well as along Manzanita Avenue and north to Winding Way.

Tricia Stevens, principal planner for the Community Planning and Development Department, said the recent changes could have affected the outcome of the vote.

"The business owners drove the revised version of the plan, and are more receptive to the revisions," Stevens said. "The changes helped some of [the] property owners feel more comfortable by providing more clarity."

Stevens noted rezoning was the main difference between the two versions of the plan.

In the revised version, the Main

Street area was rezoned to the Special Planning Area while the other three districts in the corridor remain with their existing zoning, Stevens said.

Susan Peters, a member of the Sacramento County Board of Supervisors representing District Three, said she is hopeful that the result of this planning effort will encourage businesses to locate in Carmichael and on the boulevard.

"The selection of Plan B that received unanimous support from the entire Board of Supervisors allows us to focus on revitalizing the Main Street District while still providing encouragement to property owners for quality

development in the other areas of the corridor," Peters said.

Chris Meyers, the president of the Carmichael Chamber of Commerce wrote a letter criticizing the first plan in March, but Peters said support from the Chamber, as well as from many other individuals, has been expressed over Plan B. Gary Andersen, vice president of the Carmichael Chamber of Commerce, confirmed the chamber is in support of Plan B.

Stevens, however, said that many community members were more supportive of the first version. So what's next? The planning staff was directed to come back to

provide vendor space and a stage will feature day-long music and entertainment.

Something borrowed will be the giant feline mascot on loan from the River Cats baseball team. The "blue" something is hoped to be skies over Carmichael blessing this auspicious event. Now 102 years old, the township plans a full day of birthday fun.

Celebrations kick off with a 7 to 11 a.m. pancake breakfast at the park clubhouse. Opening ceremonies and VIP welcomes begin at 11 a.m. Then, the 60-piece Sacramento Symphonic Winds band will present a one-hour concert. Headlining the afternoon program is the classic rock ensemble Custom Neon. A free children's carnival will offer inflatables; more junior entertainment features the Touchstone Theater and puppet show. Vintage and classic American cars are further all day attractions.

Food will be available for purchase and picnickers are welcome.

Sponsors include Carmichael and Mission Oaks Park Districts. Vendor opportunities remain.

For information, call (916) 485-5322.

## Sac Metro Fire Douses House Fire



A citizen passing by assisted elderly resident out of smoke filled house. Photo by Paul V. Scholl

Carmichael – SacMetroFire Report: At 4:30 pm on September 12th Sacramento Metro firefighters responded to the report of a house fire with multiple calls. Fire Crews arrived and found a home with extensive fire and smoke showing from the rear of the house. Firefighters also found the home's attic fully involved with fire. Fire crews aggressively attacked the fire and had containment twenty minutes after arrival. Firefighters located the homeowner, an elderly woman. She told firefighters she was lost in the smoke inside the home and a man came in and located her, then assisted her out. The man said he was passing by and stopped to help. He entered the burning home and located the woman. The woman was evaluated by firefighters. She had no complaint of injury.

It appears the fire started in a small apartment unit built off the rear of the home, then extended into the attic area of the primary residence.

The cause is under investigation. Damage is estimated to be \$60,000. The fire was controlled with a single alarm of 24 firefighters and no reported injuries.

Times report: The citizens who stopped to help the occupants were Robert Wise of Fair Oaks and his daughter Karen. Mr. Wise said he was driving in the neighborhood looking for an antique store when he saw the flames and turned around to help. He also stated that he had previous emergency training experience. Mr. Wise stated that when he entered the home the male occupant, possibly the occupant of the attached apartment to the main residence, was heading out the door when Mr. Wise heard the female occupant in the hallway. He grabbed her around the waist and led her out the front door. Karen then assisted her across the street to safety.

Thank you, Mr. Wise, for your act of heroism.

the Board in 30 days with a zoning amendment, said Peters. "After the zoning amendment is adopted, the plan will be operative in 30 days."

While Peters said major changes to the boulevard would need to come from private investment, the government will play a part in regards to transportation.

"The County Department of Transportation will be modifying the intersection at Marconi Avenue next year, which will include landscaping and sidewalks," Peters said.

Private investment changes

have also begun. The property at 6525 Fair Oaks Blvd. has received approval for an Auto Zone and will include pedestrian-oriented features including moving the store closer to the street, Peters said.

"I think it is important to give the plan a chance to see if it will be an effective tool to urge reinvestment. The streetscape part of the plan is important for obtaining funding for transportation improvements, and the businesses will see a change over the next few years," Stevens said.

## Sacramento Wrestling Federation to Perform Fundraising Event



Sheik Khan Abadi, El Chupacabra, Kimo Kahaloa, Mike Rayne, Jody Kristofferson, and the Wise Guy with special guest ring announcer, Good Day Sacramento's own Alan Sanchez. Photo provided by Josh Edlow.

Carmichael – The Sacramento Wrestling Federation ("SWF") will be hosting another exciting and innovative charity event in the Sacramento area.

On September 23, 2011, at 7pm, the Sacramento Wrestling Federation proudly brings California's premier sports-entertainment brand to the La Sierra Community Center in Carmichael, 5325 Engel Road. The SWF's unique brand of family entertainment will raise funds to assist the family of Seth Fengel in purchasing a headstone for his resting place.

"September 2 Remember" will bring twenty-five of the nation's top sports-entertainers to Carmichael for a fun-filled, action-packed event. The evening will be capped off with SWF Heavyweight Champion Dylan Drake defending his title against "Big Country" Jody Kristofferson. History will

once again be made, but more importantly funds will be raised.

Sacramento native Josh Edlow spearheads the Sacramento Wrestling Federation. Mr. Edlow is well known in the community as an award winning business manager, lifelong student, and committed family man.

Sporting a twelve-year history in the realm of sports-entertainment, Mr. Edlow has been featured several times on local television and radio. He has also been spotlighted in newspapers and periodicals nationwide.

"Seth Fengel had a myriad of health problems," Edlow said. "Nevertheless, he donated his time whenever he could. Whether it be through volunteer work at Shriners, or Christmas Caroling with the local LDS church, he was always lending a hand to those in need. It will be a great way to honor our friend."

Tickets are \$15 for adults, kids 6-12 \$10, kids 5 and under free. There is also a family four pack for \$50. They can be purchased on our website at [www.sacramentowrestling.com](http://www.sacramentowrestling.com) and at <http://SethFengel.Eventbrite.com> or at the door. Doors open at 6:30 and the show starts at 7pm.



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**Flying high.** Elated by recent good news, teens soar at the Carmichael Park District Skate Park. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael's skate board park has had another stay of execution. Threatened with closure due to Carmichael Park District budget woes, the Engle Rd facility will now stay open – or at least until

the end of September.

Early this summer, Carmichael businesswoman Rochelle Rountree came up with \$2000 to fund the beleaguered La Sierra Skate Park through August. Rountree's R Thrift store (6634 Fair Oaks Blvd) recently

# One Month at a Time Supporters on Board for Skaters

continued its sponsorship with a further \$2000. She is also matching customer donations to the park, dollar for dollar.

While concrete grinding skate-boarders are anathema to many, tunnel-visioned proponents of the sport do have their place. The address is 5325 Engle Rd, where Carmichael's the 10-year skate park keeps bumping and grinding despite the odds. First scheduled to close in July, Rountree's largesse first allowed operations to be extended until the end of August.

Pulling their weight, youthful park patrons offered car washes each Sunday at the Carmichael Park Farmers Market. Raffles, barbecues and concerts are hoped to further swell the kitty. A small user fee for the facility is also being considered.

The major expense of maintaining the park is the wage of its manager, career boarder Bob Kerr. "He makes it a safe place for kids," says his supervisor,

Elizabeth Crisante. "Bob's there seven days a week. He gives pointers to new skaters and sees they are not intimidated. He also keeps any bad elements away. In summer, he runs skate camps. Bob is what makes our facility unique; when parents leave kids here, they know they're safe."

Such kudos has a \$1,700 per month price tag. The park district must now find it through the generosity of sponsors like Rochelle Rountree.

A PR challenge, considers Crisante, is to convince donors that skate boarding is a legitimate and globally supported pastime; that it has outgrown the pimply repute of early days. "When there were no parks, boarders used public and private property," says Crisante. "They didn't see stairs and railings; they only saw obstacles that challenged them. They didn't think about damage or causing injuries. A supervised park prevents all this. But to keep the kids safe, we must have

# Sacramento Republican Women Federated Event



Carol Heymeyer

## Monthly Lunch – October 5th

The Sacramento Republican Women Federated will be holding their monthly lunch on October 1, 2011 at the Northridge Country Club located at 7600 Madison Avenue in Fair Oaks. Our featured speaker will be Carol Heymeyer, who is working as a Deputy District

Attorney in Contra Costa County on a volunteer basis. As a trial attorney in both private practice and with the San Francisco District Attorney's Office, she counts more than 44 jury trials and many more court trials. Carol will be speaking on Voter Fraud and Redistricting.

The cost is \$25 and reservations should be made by October 1, 2011 by calling 916-733-1623 or visiting our website: <http://www.sacramentorwf.org/>

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women in Republican principles, increase the effectiveness of women in the political cause and are leaders in our community.

the park open. Without it, the community would see many more skaters on streets and commercial properties. You'd hear much more grinding of wheels than you do now..."

To assist fundraising or to learn about the La Sierra Skate Park, call (916) 485-5322.

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# New Jan Park Opens



Jan Park opened last weekend. Pictured: County Supervisor Susan Peters (center) shared ribbon-cutting duty with park board VIPS Michael Rockenstein and Karen Borman. Carol McElhinney and Joyce Carroll represented the Barrett Hills Neighborhood Association. Park board member Angela Villa Brown and executive Jack Harris (right) were also on hand. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

A flag-raising, the National Anthem and a kids' bicycle parade contributed to celebrations that County Supervisor Susan Peters likened to "the spirit of Americana" in Carmichael's Jan Park last weekend.

Attended by over 500 residents, the event completed a project nearly 40 years in the making. The Carmichael Park District acquired 13-plus acres of an old farm near the Manzanita and Winding Way junction in 1972. The land lay fallow until about 18 months ago. A home for wildlife, wildflowers and century-old trees, Jan Park was also enjoyed by over 700 households in the area. Lacking funds to develop the reserve, the Park District at last joined neighbors in a public/private effort to

save the open space without selling any part of it. In labor and funds, both bodies provided half of the modest budget required for paths, a playground and a grassed picnic area. Most of the acreage remains au naturel and will continue to support established flora and fauna. "Nature Rocks" was the theme for an opening event that included the sewing of thousands of wildflower seeds.

Saturday's program celebrated a triumph for County and neighborhood co-operation. Declared Barrett Hills Neighborhood Association founder and project whip-cracker Joyce Carroll: "Twenty eight months; 202 (commemorative) brick sales; 12 days of watching concrete dry and thousands of volunteer hours later — we saved Jan Park!" Carroll credited association volunteers,

park district staff, local vendors and service clubs for making the neighborhood dream a reality. "Because of generous individuals and despite these difficult times, we have a beautiful park," said an elated Carroll. "I am humbled by our community's response."

Susan Peters likened volunteer efforts to a Mid-West barn-raising. "Neighbors pitched in with sweat equity," approved the Supervisor. "They did everything imaginable to build this park from the ground up. This shows the spirit of Americana that makes Carmichael such a special place to live."

*Jan Park is located between Jan Drive and Salmaan Ave., Carmichael. It is open from dawn till dusk, daily. For more information, call (916) 485-5322.*

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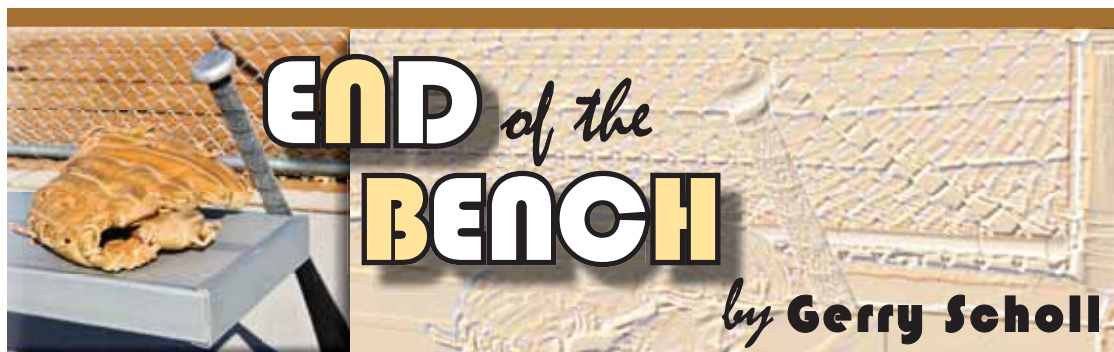
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# END of the BENCH

by Gerry Scholl

## Know How, No Way, No Win

It was a no-win situation Sunday for 49ers coach Jim Harbaugh.

When a penalty flag flew as David Akers connected on a 55-yard field goal to give the hosts a 24-14 lead in the fourth quarter, Harbaugh was faced with an instant dilemma. Should he accept the 15-yard mark off against Dallas, advancing the football for a first down at the Cowboys' 22-yard line with just a seven-point lead, or keep the three points, the 10-point advantage with 11:16 to go in the game, and try holding on for the win?

Could he trust his shaky offensive unit to, at least, run three more plays without committing a turnover and then have special teams convert another field goal with considerably less time left on the clock? Or, should he trust his porous defensive unit to hang on, with the points already on the scoreboard, against a more experienced, prolific Dallas offense?

Which unit should the coach have confidence in? The 49er offense only managed 206 total yards for the day. The defense allowed 427 passing yards. The chances are the Niners would have still had to make a relatively long field goal. No matter the time, the Cowboys would have been airing it out against the weak 49er secondary. No clear choice.

San Francisco is a regrouping team under another new coach trying to come together in short order, and playing it out conservatively in the early going. Perhaps the coaching staff feels a more aggressive style at this point would lead to more costly mistakes by a team that really

doesn't know how (and doesn't have the personnel) to take that approach. In this case, conservatism may have cost them a game, a 27-24 overtime loss.

It's a good thing Harbaugh has a five-year contract, because the long haul is where it's at for him and the 49ers. So far, some things are trending in the right direction. Historically, special teams have typically been deemphasized by the 49ers. This season they are undoubtedly a bright spot. Turnovers have been a huge problem in recent years. Thus far the team has just one in two games. Third-down conversions have been few and far between during the QB Alex Smith era, and the team converted just one of twelve in week one. The 49ers went 8-for-16 in week two.

Still, no-win situations abound for San Francisco. Pro Football Weekly's 10-person panel predicted a Dallas win by nine to one. They saw this game as no win for the Niners.

The off season player lockout particularly hurt teams in transition, such as the Forty Niners. The short preseason allowed little time to build cohesion. The team has been mired in mediocrity through a number of previous regimes, with coaches coming and going like promises. The infinite limbo of the new stadium possibilities and the condition of aged Candlestick Park, among other things, make it an unattractive destination for players.

The team can't win with the fans either. Fabled Candlestick has degenerated into what is generally

considered the worst venue in the league. Ticketholders are disheartened by the situation, and the deteriorating atmosphere around the park, and the team's poor performance through the last decade.

That was never more evident than Sunday. It was too apparent that many, many so-called Niner fans sold their tickets for profit to more rabid Cowboys fans.

To this life-long resident of northern California it is always incredibly annoying to hear any substantial support of the opposition in the home stadiums. That the Dallas fans presence was so overwhelming Sunday was—well—disheartening. What's the deal with this Cowboys craziness around here?

I got a hair cut last week and my super cutter had to mention "Her Team" was playing here this week.

"Are you from Texas?" I asked. Of course the answer was, "No." She added, "I always liked their colors. Blue is my color."

What the heck makes northern Californians root for a nemesis opponent from Texas?

Cute colors. The Star on the helmets. Brainwashing by all the "America's Team" propaganda. Are the female fans infatuated with the "cowboy" idea? Are the males all googly-eyed from watching too many episodes of The Dallas Cowboys Cheerleaders on TV? Did they grow up hating their 49er-fan parents and they have gotten behind the Cowboys just to spite them?

What a bunch of losers.

## Senior Brandon Hamer of Carmichael Earns Second Student-Athlete of the Week



Brandon Hamer of Carmichael  
Photo provided by Diana A. Chamorro

Seattle, Wash. – Seattle University men's soccer player Brandon Hamer of Carmichael was named Featured Student-Athlete of the Week following a standout weekend of work. Hamer was an integral part in the Redhawks' undefeated weekend on the road in California.

"Brandon picked up where he left off last season," said head coach Brad Agoos of the senior defender, who was named to three all-tournament teams in 2010. "He managed to get forward and score the go-ahead goal for us at Cal Poly. He provided a huge lift for the team and was key in our win."

Hamer, who has played in all three games this season, starting two, was vital in the Redhawks' first win of the 2011 campaign at Cal Poly on Sept. 4. After steady back-and-forth play, Hamer received a pass from Mikey Ramos (Spokane Valley, Wash.) in the 73rd minute to break Seattle

U onto the board, 1-0. His goal provided the needed momentum lift for SU, as they went on to battle the Mustangs to the wire in the double overtime match. Seattle U would go on to defeat CP 2-1 in the 110th minute.

Two days prior, Hamer and the Redhawks took UC Davis to a 1-1 double overtime draw.

In addition to his feats on the field, the senior defender has excelled in the classroom. He boasts 3.65 cumulative grade point average as a computer science major with a business specialization. Hamer is also a two-time MPSF All-Academic. He had a perfect 4.0 GPA throughout the entire 2010-11 academic year.

The SU veteran and the Redhawks (1-1-1) host their season home opener this Sunday, Sept. 11, versus Washington (2-0-1).

Source: Seattle University

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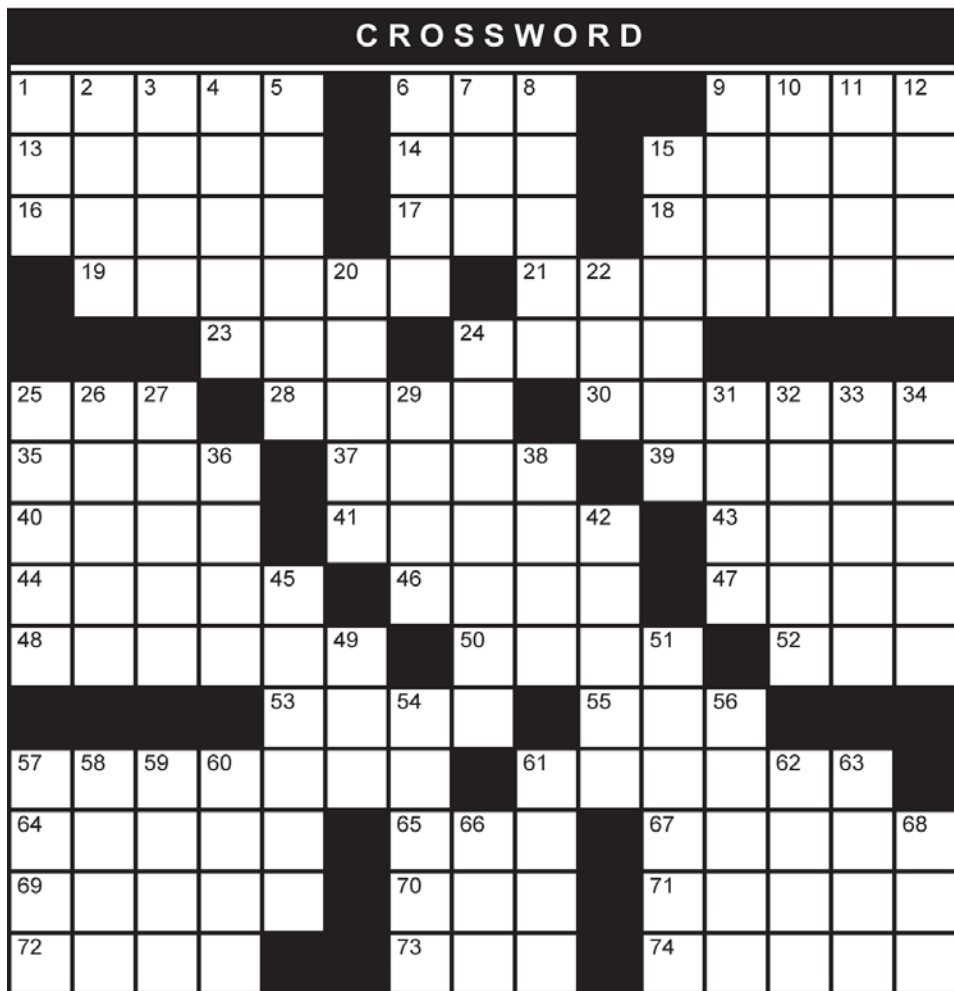
2010 Founder's Day Carmichael

<p><b>A-TECH GLASS CENTER</b> <i>Local One Stop Glass Shop for 17 Years</i> 7300 Fair Oaks Blvd. Corner of Fair Oaks Blvd. &amp; Sutter 481-9966 /7 Days a Week</p> <p><b>Carmichael Oaks</b> <b>Assisted Living &amp; Memory Care</b> <i>Denise Brandt &amp; Virginia Stone Marketing Staff</i> 8350 Fair Oaks Blvd., Carmichael 944-2323</p> <p><b>Carmichael Presbyterian Preschool</b> <i>The staff</i> Call to Schedule a Tour 5645 Marconi Ave, Carmichael 486-9189</p> <p><b>Carmichael Recreation &amp; Park District</b> <i>All the staff</i> 5750 Grant Avenue, Carmichael 485-5322</p> <p><b>Carmichael Water District</b> <i>Steve Nugent, General Manager &amp; Staff</i> 7837 Fair Oaks Blvd., Carmichael 483-2452 Fax 483-5509</p> <p><b>Coffman's Furniture Gallery</b> <i>From Dave, Lisa, Owners &amp; Staff</i> 6443 Fair Oaks Blvd., Carmichael 482-9663 Fax 482-4276</p> <p><b>Eskaton Village</b> <i>Linda &amp; Lucy, Marketing</i> 3939 Walnut Ave., Carmichael 974-2000</p> <p><b>Hoshall's Salon &amp; Spa</b> <i>From The Team at Hoshall's</i> 7330 Fair Oaks Blvd., Carmichael 485-4941 <a href="http://www.hoshallscarmichael.com">www.hoshallscarmichael.com</a> Now Open Sundays 10am-4pm</p> <p><b>Little Bo'tique</b> <b>Upscale Children's Resale</b> <i>Alexandra &amp; Staff</i> 4201 Manzanita Ave., Carmichael 485-2229</p>	<p><b>Marie Callender's</b> <i>from Cindy, Manager &amp; Staff</i> 3129 Arden Way, Sacramento 481-0778 <i>September Special Banana Cream Pie All Pies \$7.99 9-30 to 10-31</i></p> <p><b>Mr. Pickle's Sandwich Shop</b> <i>from J. R., Manager &amp; Staff</i> Sandwiches and Burgers 5900 Fair Oaks Blvd., Carmichael 483-1434 <i>Walk in or phone</i></p> <p><b>Paint the Town</b> <i>Bob Andre, Owner</i> Residential • Commercial Interior • Exterior • Shutters 5150 Fair Oaks, Suite 101-396 Carmichael 95609 488-2849</p> <p><b>Pet Pals</b> Loving, Quality pet care in your home or mine. Doggie day care. <i>Please call for more information.</i> Member of Pet Sitters International. Bonded &amp; Insured. <i>Beni Feil</i> 916-451-PETS (7387)</p> <p><b>The Chateau at Carmichael Park</b> <i>It's All About Choices</i> <i>Independent Living, Assisted Living, Memory Care, Day Care &amp; Respite Care</i> 7125 Fair Oaks Blvd, Carmichael 481-7105</p> <p><b>The Orient Express Chinese Cuisine</b> <i>Ling &amp; Staff</i> 4005 Manzanita Ave., Carmichael 489-1895 or 489-8817</p>
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CLUES

- ACROSS**
- Lively dance in 2-4 time
  - \*A main ingredient of custard
  - Back talk
  - Single-cell protozoan
  - Second person pronoun
  - \*Type of flour used in many cakes and cookies
  - Surfaces or coats, v.
  - Cash giver
  - "Played" during school
  - Hurries
  - \*Chocolate square
  - To do this is human
  - \*Some candy bar wrappers are made of this
  - Ceiling prop
  - It goes up and down
  - Run off
  - Flying saucers
  - \*Type of chocolate
  - \*The sweet in sweet tooth
  - Child's inanimate friend
- DOWN**
- Press it to activate
  - Hindu princess
  - Russian prison
  - Actress Lollobrigida
  - Leo or Libra, e.g.
  - 7-\_\_\_\_\_
  - Arial, e.g.
  - Often rushed in tennis
  - Snoopy
  - \_\_\_ Goo Dolls
  - \*Final course
  - \*Reduce to pure state, as in sugar
  - Frenchman's love
  - Top seed
  - Beats with a whip
  - Mexican revolutionary
  - Contend
  - Suggestive of the supernatural
  - Popular Scandinavian name
  - Bugling animal
  - Rub out
  - Between generations
  - Wet nurse
  - Bulgarian money
  - Like one with high BMI
  - \*Baked confection
  - Young hawk
  - Acquired
  - Southern soup
  - Best in \_\_\_\_\_
  - Also spelled "eon"
  - Japanese vodka
  - Eye infection
  - Greater than sum of parts? pl.
  - Wear away
  - Relieve from
  - Add vitamin D to milk, e.g.
  - \*A Judy Blume character
  - State of entanglement
  - \_\_\_prosequi
  - Opposite of yin
  - Mongrels
  - Once more
  - Disease often associated with dogs
  - "All the news that's fit to \_\_\_\_\_"
  - Member of eastern European people
  - Bingo-like game
  - Where deer and antelope play
  - Plural of genus
  - Neither here \_\_\_ there
  - \*English \_\_\_\_\_
  - One of Ben Franklin's inventions
  - Oil tanker
  - Letterman, to his buddies?
  - African chieftain
  - Same as solos
  - Pout
  - Smell badly
  - Novelist Roberts
  - Armor chest plate
  - Zip or zilch
  - Examine or watch

For Solution See Page 7

Weekly Support Meeting for Widowed Men and Women

Ongoing Program - Weekly throughout the year

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00 pm with some going to dinner as a group following the session. Doors open at 2:30 pm. The Widowed Persons Association is a non-profit organization whose mission is to be of help to recently widowed men and women, but any and all widows and widowers are welcome. Participants do not need to be members and there is no charge. *Where:* In the meeting room of the WPAC office.

Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18, Enter Suite-18 via the back parking lot.

**Widowed Persons Association of California**  
Office Hours 10:0 am - 3:00 pm  
Monday through Friday  
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Recreation and Park District

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Margie Herzog Community Center

Looking for a place for your special event or club meetings? Two rooms available with kitchens and private decks in Jane Steele [formally Hamilton St.] park. Facilities available weekdays, weeknights and weekends. Long term rentals welcome.

District office - 4855 Hamilton St., Sacramento, CA 95841  
Website: www.acrpd.com • Phone: 916-482-8377

SUDOKU

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 6.

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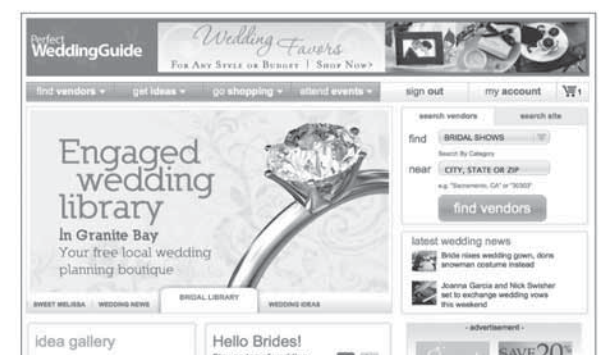
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## Sacramento Eateries Recognized for Outstanding Food Safety Record



Eli & Gorge Ocegüera of El Palmar Mexican Restaurant with Supervisor Susan Peters. Photo provided by Kerri Aiello, County of Sacramento.

**Sacramento Region** – In recognition of September's National Food Safety Education Month, restaurant and food-service operations were honored by the Sacramento County Board of Supervisors for outstanding food safety practices.

Each September, the County's Environmental Management Department (EMD) gives a Food Safety Awards of Excellence certificate to food facilities that had no major violations in its three most recent health inspections.

EMD selected a food establishment from each supervisorial district to receive their certificate at today's Board of Supervisors meeting: Witter Ranch

Elementary School, Natomas; Chada Thai Cuisine, Sacramento; El Palmar Mexican Restaurant, Carmichael; Dianda's Italian Bakery and Café, Fair Oaks; and Iron Wok, Elk Grove.

In 2011, nearly 800 facilities earned a Food Safety Awards of Excellence certificate county-wide. EMD's Environmental Health Division inspects approximately 5,500 restaurants, retail markets, bakeries, bars and schools for food safety compliance annually. Inspections are unannounced and completed up to three-times-a-year.

Search for the most recent food facility or restaurant inspection report at [www.foodinspect.saccounty.net](http://www.foodinspect.saccounty.net).

## The Older Women's League (OWL)

### and Gray Panthers of Sacramento

will hold a joint meeting September 24th to answer the question: "Will Social Security and Medicare be there when you need them?" Included in the meeting will be a representative from the volunteer organization HICAP, to discuss the options and sign-up procedures for Medicare, and a representative from the National Committee to Preserve Social Security and Medicare, who will describe what the group is doing to preserve these programs for upcoming generations and let you know how you can help.

Access Sacramento will film the meeting. The meeting will be at 10:30 AM at the Hart Senior Center, 915 - 27th Street, (between I and J Streets) Sacramento. There is no charge and it is open to the public.

**For further information:**  
(916) 921-5008 or [margiemetz@hotmail.com](mailto:margiemetz@hotmail.com).

# Moving Stinks!

*Harold and Betty were sick and tired, but they were afraid to move.*

They had been there so long. Almost 30 years now. The kids were long gone, but Harold and Betty were still tired. Tired of pulling weeds, mowing the lawn, tired of the drafty windows and Betty complained that the heater never seemed to keep her warm enough in the winter anymore. Who knows what was going to need to be repaired next?

But they were nervous to move. 30 years is a long time in a home. Who would move all their stuff? Where would they go grocery shopping? What would they do with their home? Most important of all, where would they go?

That's when they contacted The Scott Realty Consultants' Simple Move Program. The Simple Move Program is designed for folks who have been in their homes more than 20 years and separates the moving process into 4 easy steps. We expertly escort them through every step of the process.

First, we consulted with Harold and Betty and helped them choose their next home – be it an over 55 apartment, a retirement community or a condo (they chose an apartment near their grandkids). Second, our Simple Move Experts helped Harold & Betty sort through their possessions – packing what they wanted to keep and marking other items to be sold later. Then we coordinated the best movers to get the job done under our precise supervision.

But what about the house? Isn't this a bad time to sell a home? That's what Harold and Betty thought too. In fact, there is a real demand for homes like theirs right now. The Sacramento real estate market is low on inventory and there is a real need for homes in nice neighborhoods for budding families - just like their family was 30 years ago. The Simple Move Team made a few small repairs to the home and had it sold for top dollar within 17 days to a young family with a new baby! Harold and Betty were happy to see their home go to such a lovely new family.

Imagine yourself without the worry of your home anymore. Wouldn't you feel much more at ease not having to keep up the yard and not worrying about what might need to be repaired next on the home? The Scott Realty Consultants have been selling homes in Carmichael and helping folks move for almost 40 years. In fact, we are so confident in our services that we are the only Real Estate Brokerage in the area to offer a money back guarantee! If you're not satisfied when we sell your home; don't pay us!

We are sure you'll love our service oriented attitude and how easy we make the process! To learn more about the Scott Realty Consultants' Simple Move Program and to get our FREE report, "The 7 Biggest Mistakes You Can Make When Moving & How to Avoid Them" simply call our Consumer Awareness Hotline 1-888-582-2959 extension # 7 and leave your name and address and we'll send it to you right away.

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- ✓ FREE Telephone Banking
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- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings
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309

### Sheriff Community Meeting Schedule

**Fair Oaks** La Vista School  
4th Tuesday, 6:15pm 4501 Bannister Rd,  
(Sept 27) F.O.(North of Winding Wy)

For more information call (916) 876-5700

**CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER**

### Defensive Driving Class for Military Retirees/Spouses

Our next defensive driving class will be held on 11 and 12 Oct 2011. Location is the Aerospace Museum of CA, 3200 Freedom Park Drive, McClellan Park. Classes start promptly at 0930 thru 1330 hrs each day. If you want to sign up, please come to our Office in the VA Clinic

at McClellan Park. We do not accept sign ups by telephone. If you are an AARP member, please bring your membership card with you.

The cost is \$12. Non-AARP members pay \$14. Questions can be refer-red to our volunteer staff at 561-7476.

### Absolute! Commercial Auction CARRIAGE BARN ANTIQUES

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On June 15, 2011, the U.S. Food and Drug Administration warned the public that use of the diabetes drug **Actos** (pioglitazone) for more than a year may be associated with an increased risk of bladder cancer.

Contact us immediately if you have been afflicted in this way, as there are time limits regarding your ability to file a claim.

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

Sudoku Puzzle on Page 5

**Your Money. Your Home. Your Life.**

**www.CarmichaelTimes.com**







# Arts, Entertainment and Other Fun Things to do!

## Christian Singles Network Denim Dance

*Carmichael* – Christian Singles Network will have a Denim Dance for single adults Saturday, September 17 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

The evening features refreshments, dance lessons in the Wild, Wild West by Jim Sekelsky from 7-8 pm and DJ dance music of all types from 8-11:30 by DJ John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music. Suggested attire is something

made of denim, or just casual. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non-alcohol beverages and dance lesson. Volunteers attend free. Presale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Christian Singles Network celebrated its 19th Anniversary this year. CSN is Sacramento's oldest and largest Christian Singles group,

holding weekly events, with dances every month. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and denominations are welcome. CSN dances draw singles from Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities, or directions call the (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, parties and cruises.

## Best of Broadway Opens



Best of Broadway veteran Randy Solarion gets on-stage TLC from a dedicated nursing team. Photo by Susan Maxwell Skinner.

Part-way through a 2011 season in Fair Oaks Village amphitheater (7991 California Ave), The Best of Broadway's "Musical World" revue parades sequins, feathers and rhinestones by the bucket load.

The annual show gives exposure to undiscovered talent of the Sacramento area.

A Sacramento tradition begun 38 years ago by director David L.

MacDonald, the series owes its sparkle to over 120 volunteer dancers and singers. Scores of costumers and technicians augment the formidable labor force. A live band and the attraction of entertainment under the stars make the annual review a must-see for musical theater lovers.

Features of the 2011 show include rock segments for Rod Stewart's "Tonight's the Night" and a colorful vignette from the

Bollywood hit, "Bombay Dreams."

The Fair Oaks Theater Festival is co-producer. Shows continue on Fridays, Saturdays and Sundays until October 2. Tickets are \$20, with discounts for seniors, students and children. For booking information, go to [www.bestofbroadway.org](http://www.bestofbroadway.org). Audience walk-ins are welcome. All shows begin at 7.30 p.m.

## Carmichael Oaks Hosts Alzheimer's Fundraiser

*Carmichael* – Carmichael Oaks Senior Living will be hosting their annual Alzheimer's Association fundraiser BBQ, Beer, & Boogie event with co-host Kiwanis of Carmichael, on Friday September 23rd from 5 - 8pm. The annual event serves to raise funds for the Alzheimer's Association Walk To End Alzheimer's. The Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research.

This year's event will be held at a new location, St John's Catholic Church, located at 5751 Locust Ave in Carmichael. Enjoy great food, drink, and entertainment featuring the Rotary Rooters band.

In addition, there will be a silent auction and raffle. Ticket price for the event is \$30 in advance or \$35 at the door. All proceeds will be donated to the Alzheimer's Association. For more information, or to purchase tickets, please contact Virginia Stone or Denise Brandt at 944-2323. Last year, this event was the largest fundraiser for the Alzheimer's Association of Northern California. With your help, Carmichael Oaks hopes to meet this goal again.

Alzheimer's is the sixth-leading cause of death in the U.S. and the only cause of death that cannot currently be prevented, cured or even slowed. Today, an estimated 5.4 million have Alzheimer's disease.

Another American develops this disease every 69 seconds. By the year 2050, as many as 16 million Americans will have the disease. You may know someone personally affected with this disease, so please join Carmichael Oaks in supporting their fundraising efforts. If you cannot attend, please join Carmichael Oaks Walk team, Carmichael Oaks Folks at [alz.org](http://alz.org) and make a donation to their team.

Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd, has been part of the Carmichael community for over 30 years, offering seniors Independent, Assisted, and Memory Care living. Please visit their website at [www.carmichael-oaks.com](http://www.carmichael-oaks.com) for more information.



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**Carmichael Recreation and Park District is announcing these upcoming events**

### Carmichael's Founders Day Celebration

Saturday, September 24  
At Carmichael Park, 5750 Grant Avenue  
Dignitaries, Music, Vendors: 11am-3pm

**102 YEARS!**  
**FREE ADMISSION!**

A wide range of local vendors:

Arts & Crafts • Jewelry • Food • Non-Profits • Handmade Items  
**Headlining Band...CUSTOM NEON**

### New This Year: Old-fashioned Country Fair

Competitions in Art, Textiles, Food and more! If you win, you can claim that you are the best in Carmichael!

Join us for the 102nd Carmichael's Founders Day Celebration! There will be plenty of arts/crafts, informational vendors, entertainment, kids' activities and more! This FREE event is co-sponsored by Mission Oaks Recreation & Park District. Want to be a vendor or event sponsor? Call Elizabeth Crisante at 483-7826 for info

### KIDS HANG OUT!

at La Sierra Community Center  
Pick-up at designated schools available!

See our website for more information.



Every Sunday at Carmichael Park  
8AM-1PM

5750 Grant Avenue,  
Carmichael, CA 95608

Entrance on Grant Avenue off Fair Oaks Blvd.



For more information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

## Friends of the Library Warehouse Sale

*Sacramento Region* – The Friends of the Sacramento Public Library are sponsoring a warehouse book sale on October 1 from noon to 4 pm and October 8 from 9 am to 4 pm. A preview for Friends' members only is scheduled for 9 am to noon, October 1. Prospective members may join at the door for \$15 and attend the preview.

The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road. Over 70,000 books, videos, books on tape and more will be sold. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during Warehouse Sale hours. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials. The Book Den is regularly open Thursday through Saturday from 9am to 2pm. For more information call (916) 731-8493 or email [fspl@att.net](mailto:fspl@att.net).



**Family Magic Show**  
Saturday, October 8  
Doors open 6:30 • Show starts 7pm  
\$5.00/person • Children 5yrs & under free!

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July 28-August 4, 2012 • \$2,999 pp double
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Monthly newsletter available online and at the community center for additional classes and events.

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For more info call 916-972-0336

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<b>Zumba Gold</b> Thursdays 9-10am, \$20/month	<b>Ceramics (Beg)</b> Thursdays 12:30 - 2:30pm, \$30/6wk session
<b>Kick Boxing (Beg)</b> Tuesdays 6-6:45pm, \$25/month	<b>Adult Tap (Beg)</b> Thursdays, 4-5pm, \$18/month
<b>Creative Dance for Kids</b> Tuesdays 4-5pm, \$35/month	

### MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm  
Registration Hours:  
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- El Dorado Coffee Company • The Pasta Queen • The Cultured Kitchen
- The Basket Guy • Four Seasons Sauces and Jams • Gourmet Veggie Chips
- The Crazy Gringo Taco Wagon • California Pistachios • Z-Pies Gourmet Pot Pies
- Chacewater Extra Virgin Olive Oils • Mother Earth homemade food cart
- Upper Crust Baking Company • Knife Sharpening Services
- Skylake Ranch Pomegranate Sauces, Juice and Marinade
- All things lavender from the Lavender Farm • Davis Breads and Deserts

*New Arrivals:*

- Azolla Organic Farms • Capay Organic Farms • Sunshine Organic Farms
- Nicasio Cheese • Penrod/Howze Honey
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# Carmichael Chamber of Commerce

Please browse our website to learn how our members can serve you and how the Chamber serves our members. We are proud to be building the community through proactive promotion, acknowledgement, education and organization.

**Carmichael Chamber Luncheon**  
*Tue, Sep 27, 2011 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church*

Speaker is Ryan Jack of Reach Local discussing using social media to grow your business.  
 Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon.  
 Raffle prizes!  
 Register by Thursday, Sept. 22. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. Go to website to register.. On-line pre-registration will close on Sunday night.  
 Contact: Linda Melody. Email: linda@carmichaelchamber.com Phone: 916-481-1002

**Carmichael Chamber Mixer**  
*Wed, Oct 12, 2011 from 5:30pm - 7:30pm @ Fair Oaks Cemetery*

Hosted by Fair Oaks Cemetery District & Lind Brothers Funeral Home. Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards. It will be a frightfully fun time!  
 Contact: Linda Melody. Email: linda@carmichaelchamber.com. Phone: 916-481-1002.



August Mixer at the Atrium Carmichael. Photo from website.

**Contact us for more information on the Carmichael Chamber of Commerce**  
**Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com**

## SACRAMENTO FINE ARTS CENTER, INC.

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**Exhibition Schedule**

September 6-October 1, 2011	"Go With the Flow", WASH Open Show	November 1-19, 2011	Annual Photography Show
October 4-29, 2011	"Bold Expressions", NCA Open Show	November 22-December 3, 2011	Ars Gratia Artis
		December 9-11, 2011	Holiday Craft Fair

Sacramento Fine Arts Center presents **15th Annual Ars Gratia Artis**  
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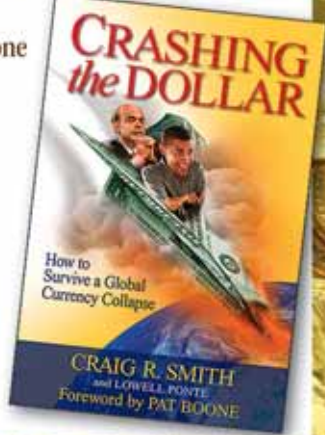
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# Yard Sharks' Commitment to Sacramento Claims Inaugural Bright Light Award



Yard Sharks serve the Sacramento Area, but call Carmichael home. Photo courtesy ASA.

Oklahoma City – The Amateur Softball Association (ASA) of America announced September 15th that the Carmichael Yard Sharks 18-Under A team coached by Joe Price is the recipient of the inaugural Bright Light Award presented by ASA and Musco Lighting. Created earlier this year, the award honors an ASA registered Junior Olympic (JO) team that has shown a commitment to its community through service and volunteerism.

“Musco Lighting is very proud to congratulate the first Bright Light Award winner, California Yard Sharks of Sacramento” said Musco’s Michele Smith, a two-time Olympic Champion with USA Softball. “The Bright Light Award is given to the team that is most involved in their community, volunteers their efforts and time to give back while making a difference to others. These values of teamwork, community, volunteerism, giving back and making a difference are core fundamentals of the Musco Team and mission. This award therefore, is a perfect fit with our company and ideals. We are proud of the Yard Sharks and wish them all the best in their 2012 season.”

The award as well as a Bright Light Award banner will be presented to the Yard Sharks on Nov. 6 during the opening session of the 80th National Council Meeting in Myrtle Beach, S.C. Additionally, as the recipient

of the 2011 Bright Light Award, the Yard Sharks will receive a \$2,000 credit to use toward tournament fees for any 2012 ASA sanctioned events in the United States and 20 Bright Light Award T-shirts for athletes, coaches and staff.

“We are honored to have a team of the Yard Shark’s caliber representing the Amateur Softball Association (ASA) in their community,” said ASA Executive Director Ron Radigonda. “What impresses me most about the Yard Sharks is that their service was not limited to volunteering on one Saturday for one organization. They made consistent contributions throughout the year in so many different ways. The Yard Sharks are truly an outstanding group of young women on and off the field.”

The Yard Sharks participated in many philanthropic events in 2011 including fundraising for Susan G. Komen for the Cure® Sacramento Valley. In January and February, the team worked with the Carmichael Softball League and the Ron Engle “K” Club Academy instructing young athletes and providing demonstrations on base running, catching, hitting, pitching and throwing. The Yard Sharks also facilitated an ice cream social for the Carmichael Softball League to help athletes, coaches and parents bond.

The Yard Sharks were also involved

with Special Olympics Northern California in August, making the sixth consecutive year Yard Sharks assisted with the local Special Olympics softball program. Among the duties that Yard Sharks performed at the tournament were announcing, field preparation and scorekeeping. Yard Sharks were also involved with both the Opening and Closing Ceremonies as well as skill assessments.

“When you do something good for others without a personal reward it teaches you to be less about self,” the Yard Sharks wrote in their application essay. “This binds you and your teammates in a way that is different than anything else because when you see a teammate being selfless you respect them even more. This creates unity and a positive spirit with others and can only strengthen your bonds between teammates. Volunteering together teaches all of us humility, respect, teamwork, and builds friendships. It takes us out of our comfort level and makes us join together to help others.”

The California Yard Sharks are from Carmichael, but are members of the Sacramento ASA.

Applications for the 2012 Bright Light Award presented by ASA and Musco Lighting will be accepted starting next spring. Additional information will be available at [www.asasoftball.com](http://www.asasoftball.com).



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with Mary Jane Popp

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Not every business is sexy. Some are frumpy, but hey, YOU DON’T HAVE TO WORK TOO HARD!!! Lisa gives you all the info you need to get started. So, if you have had it with that nine to five stuff, then “The 100 Best Businesses To Start When You Don’t Want to Work Hard Anymore” is the key. Now I might consider the Cake Decorating biz, but knowing me, I’d probably eat up all my profits. Oh well, I know there’s one out there for me! Happy Job Hunting! And, don’t work too hard!!!

Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

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# Sacramento Area Shooters Compete for National Handgun Title

*Sacramento Region* - The top shooters in the dynamic "run-and-gun" sport of practical shooting will converge on Las Vegas to compete in the 2011 STI USPSA National Handgun Championships. Among the more than 650 shooters from across America, and around the world, competing for the coveted title of National

Champion will be local top guns John Hartsock of Carmichael, Lori Bofman and Tim Bofman of Dixon, Ron Troyer of El Dorado, Jim Taloy of Elk Grove, Dale Martin and Daniel Rice of Placerville, and Bruce Keillor of Sacramento. In all, 45 states and six foreign nations will be represented at the competition which is organized

by the U.S. Practical Shooting Association, the 20,000 strong member organization that is the national governing body for the sport of practical shooting. The 2011 STI USPSA National Handgun Championships are taking place September 16-24 at the Desert Sportsman's Rifle & Pistol Club in Las Vegas, Nevada.

During competition shooters will face 20 stages - or courses of fire - that are designed to test the competitors' speed and accuracy using multiple targets, including moving targets that swing, bob and appear briefly before quickly disappearing. Competitors will put more than 250,000 rounds of ammunition downrange during the event.

The STI USPSA National Handgun Championships consist of two major events. The first is the Open, Limited-10 and Revolver division competition September 17-20, followed by the Limited and Production division contest September 22-24. Divisions are based on the different types of firearm used in

each. The Production Division features commonly available stock or "duty guns" with only limited changes permitted to the firearm, while the Open division utilizes fully customized pistols featuring recoil reducing compensators and optical sighting systems. To learn more about the sport of practical shooting, visit [www.USPSA.org](http://www.USPSA.org).

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Saturday, September 17 vs. Las Vegas Locomotives - 7:30pm

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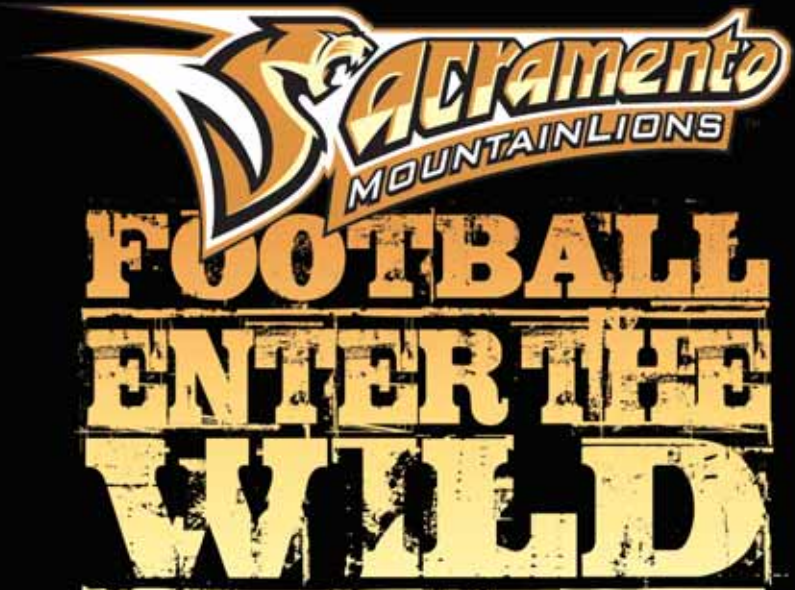
Saturday, October 1 vs. Omaha Nighthawks - 4pm

**Coors LIGHT** Entertainment Stage Presents: Walking Spanish - 1pm Tailgate Party

Saturday, October 15 vs. Virginia Destroyers - 4pm

**Coors LIGHT** Entertainment Stage Presents: J. Gib & Simps Da 45 - 1pm Tailgate Party

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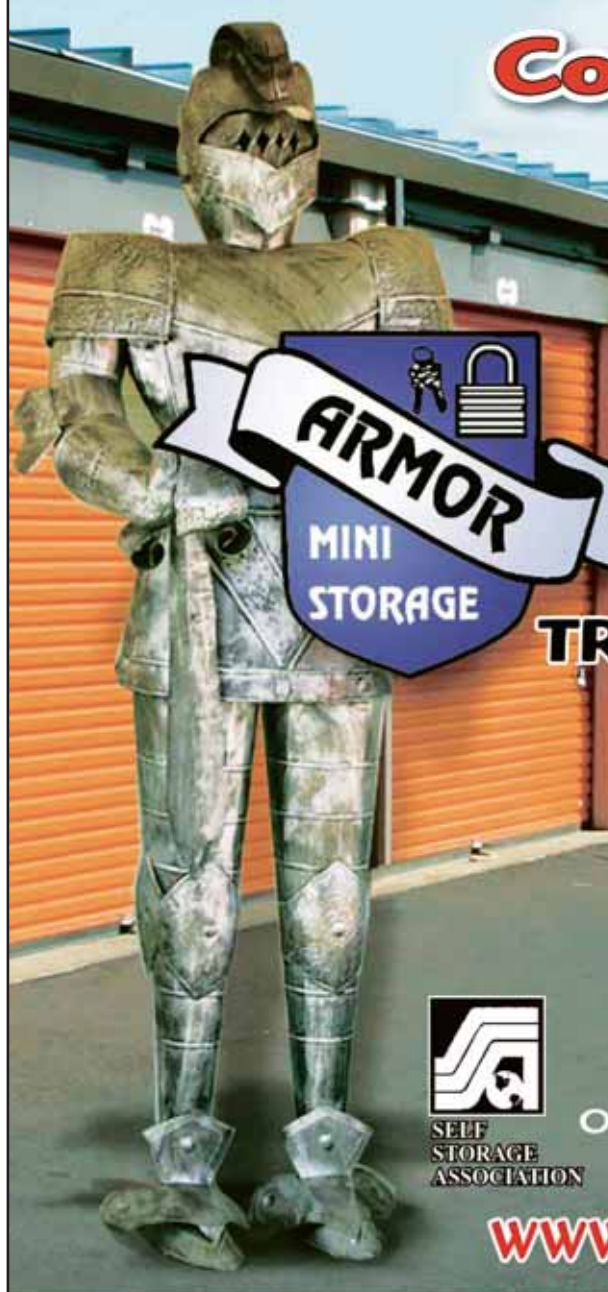
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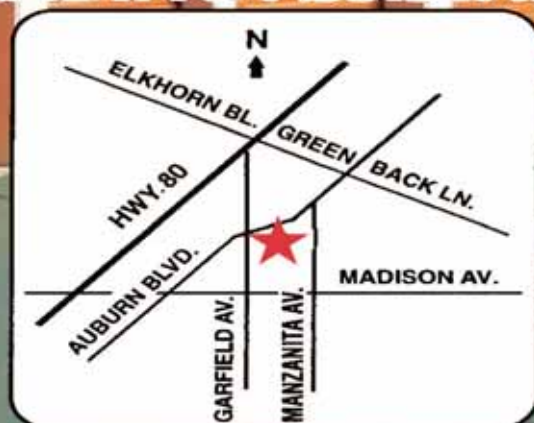
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