

Carmichael Times



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August 31, 2011

Windmill Nursery Says "Good-bye"



End of an era. Carmichael Windmill Nursery has helped beautify local gardens for 15 years. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – For Paul Niemann, the final straw for business came after a recent Sunday night break-in at his Windmill Ave nursery. “They took all our weekend receipts and demolished my office,” Niemann (58) explained.

“When I opened 15 year ago, I framed the \$5 bill from my first customer’s purchase. The thieves even took that. It was just \$5 to them. To me, it represented years of work.

“We’d already had two hard seasons. That burglary told me

perhaps it was time to go.” He broke the harsh news to seven staffers (including son Andrew) days later.

With closure signs now displayed, Carmichael’s Windmill Nursery’s wrought iron gates will be locked within weeks. Faithful customers are weeping; staff are still in shock. “It all happened so fast,” said a female staffer. “I’ve been here seven years. I’m 63. I don’t know what I’ll do.”

A career nurseryman, Niemann hopes for another job in his field. But he concedes that small nurseries are headed the direction of countless family businesses. Home Depot is a short walk from his door; Costco and

Walmart megastores just minutes away in Citrus Heights. Windmill is the second private Carmichael garden shop to surrender in the last few years. “The economy is killing everybody,” Niemann said. “We’ve also had two rainy springs in a row. March through June is our Christmas season. It gets you through winter. There’s pride involved in owning your own business; sometimes pride outweighs reality. We kept up appearances and never appeared to be failing. I was still hoping things might come together. That break-in was insult on injury.”

Windmill customers are enjoying

buy-one-get-another-half-off bargains. The melancholy reality is that another Carmichael anchor – like the bowling alley and the Sheriff’s Service Center – will soon be gone. Windmill has long filled a niche market, providing rare specimens and the seasoned advice seldom offered in corporation stores.

“I’ve seen a lot of emotion in the last days,” says the owner. “Customers knew us as people who supported the community and donated prizes for every fundraiser that approached us. We weren’t just a business.”

SASD Board Of Directors Vote to Postpone Closure of Crossing Over Arcade Creek

By Leslie Carrara

Sacramento County – The Sacramento Area Sewer District (SASD) Board of Directors voted unanimously Aug. 24th to postpone the anticipated closure of a pipe crossing over Arcade Creek near the Jo Smith Nature Trail. It was slated to be closed by early September at the latest.

According to Howard Schmidt, chief of staff to County Supervisor Susan Peters, SASD hired a consultant for “possible feasible alternatives.” Peters is on the SASD board.

Quincy Engineering will determine if it is feasible to reconstruct the determined unsafe walkway or to build a different pedestrian bridge, or perhaps something else, according to Christoph Dobson, SASD director of operations. “What are the range of options,” Dobson said would be answered by the engineering firm. “Future efforts are a stakeholder process,” Dobson added. Once it is determined what will work in the area, the cost will be determined, he explained.

At the meeting on Tuesday, citizens spoke up about their specific concerns regarding the

pending closure. Rick Anderson, American River College Track Coach, explained to the board that during the 16 years he’s been coach, he has never had an injury to a runner on the crossing. However, he has had three track runners hit by cars during that time. Other area residents spoke about traffic concerns increasing in the area.

Meantime, the board decided to have signs put up in the area warning of the crossing dangers.

SASD District Engineer Stan Dean said, “To get a long term solution here is going to require the community.” This includes the Arcade Creek Recreation and Park District (ACRPD), Sacramento Area Creeks Council (SACC), American River College, neighborhood associations, and community groups, he added.

Alta Tura, president of the SACC, said that a walkway in the area is “really an important asset to the community. A lot of people rely on it.”

The current crossing was constructed in the early ‘60s and met construction codes at that time.

Writer’s note: Our apologies to Jo Smith for incorrectly spelling her name in a previous article.

COMMUNITY COFFEE CALENDAR

Senator Ted Gaines has several “Community Coffee” sessions scheduled to give everyone an opportunity to meet with him and discuss individual and community issues. He is

continuing to add them to his calendar, so please check his website, www.senate.ca.gov/GAINES, for up-to-date information as Community Coffee events are scheduled.

Carmichael Oaks to Host Annual Alzheimer’s Fundraiser

Carmichael – Carmichael Oaks Senior Living will be hosting their annual Alzheimer’s Association fundraiser BBQ, Beer, & Boogie event with co-host the 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 can not attend, please join Carmichael Oaks Walk team, Carmichael Oaks Folks at 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.carmichaeloaks.com for more information.



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

Sacramento County Animal Care Reminds Pet Owners About Heat Safety



Sacramento County – Even though we are having a mild summer, animals left in vehicles or outside without adequate water or shade are still at risk for dehydration and other heat related issues. Sacramento County Animal Care has already responded to 41 “hot dog in car” calls since Memorial Day weekend and expects even more as the summer heats up.

“Leaving your pet in a vehicle in even seemingly mild temperatures, even for just a few minutes, can severely harm or kill them,” stated Dave Dickinson, Interim Director of Animal Care and Regulation. “Because the weather is mild, people let down their guard. However the temperature in a car rises quickly not just due to the temperature outside,

but also due to the extreme engine heat. These situations are very sad, but also easily avoidable. There’s just no excuse.”

Here are a few recommendations from Sacramento County Animal Care and Regulation to protect your pets.

- **Never leave your dog in a parked car:** It is against the law in California and is punishable by fine, and even felony prosecution. Cracking a window or leaving a bowl of water won’t protect your pets. A car can reach 120 degrees in just minutes. A dog’s normal temperature is 101.5 degrees; at 107 degrees brain damage occurs and at 120 degrees your pet can easily succumb to heat exhaustion and die.
- **Avoid extreme heat:** When

temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and adequate shade and shelter for them to cool down.

- **Use sunscreen:** Pets get sunburned just like people, and if your pet has light skin and/or a mostly white coat, they can be particularly susceptible to a painful burn and skin cancer. Use sunscreen on sensitive areas, such as ears and nose to make sure your pets are protected.

More protection recommendations and tips on what to do if your animal becomes overheated are available online at www.saccountyshelter.net.

Source: Communication and Media Office, County of Sacramento

Capital Airshow Promises to Thrill and Inspire



Aerobatic champion Patty Wagstaff will be performing at the 2011 California Capital Airshow. Photo courtesy of CCA.

Sacramento Region – The California Capital Airshow, a non-profit organization dedicated to promoting the importance of aviation for continued economic growth, inspiration and educational opportunities for today's youth, and enhancing awareness for the service and sacrifice of our military men and women, today announced the current Airshow highlights, which will exhilarate, thrill and inspire fans of all ages. The Airshow, located at Mather Airport, thunders into Sacramento on September 10-11, 2011, and will honor important anniversaries. 2011 marks 100 years of Naval Aviation, an achievement the Airshow will note by featuring a demonstration by the US Navy F-18 Super Hornet.

"Each year we strive to bring new and exciting performers, unique aircraft, and interactive displays to Sacramento, and this year will be an event that you will never forget!" said Darcy Brewer, executive director of the California Capital Airshow. "Tora!Tora!Tora! is making

its first trip ever to Northern California and fans will not be disappointed. Tora is a choreographed, living history lesson with pyrotechnics and precision flying all set to music, but the show certainly doesn't stop there. We will have something for everyone and every age – from exhilarating military jet demonstrations and aerobatics soaring overhead to a Kids Zone with interactive, educational exhibits – it's going to be an incredible show that will leave you begging for more."

In addition to the F-18 Super Hornet, Airshow fans will experience the raw power and extreme capabilities of the F-15 Strike Eagle Demonstration Team, the electrifying Patriots Jet Team, aerobatic champion, Patty Wagstaff, and a USAF Heritage Flight. Rounding out the line-up will be the Shockwave Jet Truck, Otto the Helicopter, Dan Buchanan, local air show pilot, Tim Decker, fighter jet demonstrations and some of the largest transport jets on Earth, warbirds, vintage aircraft, and so much more!

Tickets to the 2011 California Capital Airshow are now available online and can be easily purchased at the Airshow web site or at all SAFE Credit Union locations throughout the region.

The California Capital Airshow web site will be updated regularly with news, attraction information and more. Community members and attendees can also follow the Airshow on Facebook and Twitter (#calcapairshow).

Established in 2004, the California Capital Airshow has become one of the largest and highly-respected airshows in the nation. As part of its community relations, the non-profit organization has awarded over 70 scholarships to deserving students from our region with an interest in science, technology, engineering, math, aviation, aerospace, and aeronautics. For more information about the California Capital Airshow, please visit www.californiacapitalairshow.com or join us on Facebook.

Whiskers and Wine Fundraiser to Benefit County Animal Shelter

Supervisor Susan Peters Encourages Public Support

Sacramento County – The public can demonstrate their support for Sacramento County's state-of-the-art Animal Shelter and at the same time enjoy a fun filled evening at the "Whiskers and Wine" event on Saturday, September 17. The fundraising event is being sponsored by the animal facility's nonprofit support group TEAM-Teaching Everyone Animals Matter – with corporate support from Grocery Outlet, VCA Animal Hospitals and FM 101.9 The Wolf radio station.

"Like most local government, the Department of Animal Care and Regulation has had to deal with budget cuts but community supporters and animal lovers continue to help raise funds to sustain operations to care for the 15,000 animals that come through the shelter every year," says Supervisor Susan Peters. "Everyone understands how the shelter makes



a tremendous difference in the lives of animals that are lost, abandoned or subject to abuse so community

support is needed now more than ever to help supplement funding for the shelter's operations. The second annual 'Whiskers and Wine' event is an opportunity to have fun and help the animals at the same time."

The fun at the Animal Shelter will start a 6 p.m. and tickets cost \$25 per person at the door but can be purchased in advanced for a mere \$20. Attendees will be able to enjoy a barbecue, wine tasting, music and tours of the facility. There also will be a silent auction and raffle.

The County's Animal Care Facility, located at 3839 Bradshaw Road, was designed by George Miers & Associates, an architectural firm that works with the Humane Society of the United States.

For more information or to purchase tickets online, please visit SacAnimalShelter.org.

Sheriff Community Meeting Schedule

- Arden, Arden-Arcade**
1st Tuesday, 6:30pm (Sept 6)
2500 Marconi Ave., Sacramento (at Fulton)
North Service Center
- Orangevale**
2nd Tuesday, 6:15pm (Sept 13)
Orangevale Recreation and Park District
6826 Hazel Ave., Orangevale (south of Oak)
- Fair Oaks**
4th Tuesday, 6:15pm (Sept 27)
La Vista School
4501 Bannister Rd, F.O.(North of Winding Wy)
- Carmichael (new location)**
3rd Tuesday, 6:30pm (Sept 20)
Del Campo High School, Library
4925 Dewey Drive, Carmichael
- Foothill Farms**
2nd Wednesday, 6:30pm (Sept 14)
Pioneer Elementary School
5816 Pioneer Wy., Sacramento
- Antelope**
2nd Thursday, 6:30pm (Sept 8)
Antelope Library
4235 Antelope Rd., Antelope (West/Walerga Rd)
For more information call (916) 876-5700.

Public Invited to Audubon Program Sept 15 at Effie Yeaw Nature Center

Carmichael – Sacramento Audubon's September 15 meeting will be in a new location, the Assembly Room at the Effie Yeaw Nature Center in Ancil Hoffman Park.

The program will be "Farming Birds in California's Rice Fields" by Khara Strum of the Pt. Reyes Bird Observatory.

The meeting will start at 7 p.m. and the public is invited to attend. There will be no charge for the program or for parking. For further information, including a map and directions, go to www.sacramentoaudubon.org and click on Society Info/ Meetings.

Sacramento Suburban Writers Club Meets

The next Sacramento Suburban Writers Club (SSWC) Meeting is Monday, September 12, 2011 at the Sylvan Oaks Library, 6700 Auburn Blvd., Citrus Heights from 7:00pm - 9:00pm.

Featured guest speaker is Author Jackie Boor. The general public is welcome. Refreshments are available. For more information see www.sactowriters.com.

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HAS OPENED

35TH SEASON

WITH THE COMEDY "Drinking Habits" on August 19

Chautauqua Playhouse has opened the first show of its 35rd season, the farcical comedy DRINKING HABITS by Tom Smith on August 19th at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 25th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$19 general and \$17 students, seniors, children and SARTA members.

Appearing in "Drinking Habits":
(L) Alison Whismore, Dawn Towle, T S Hamilton

Accusations, mistaken identities, and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, but Paul and Sally, reporters and former fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down. Wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

The production is directed by Diane Bartlett and features Alison Whismore, Bob Nannini, Andrea Kersten, TS Hamilton and many other popular Sacramento actors. Set design is by Rodger Hoopman with costumes by Eileen Beaver. Lighting design is by Don Myers.

Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at (916) 489-7529, during business hours.

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Congressman Lungren: Reporting Home

Interview by Perry Hartline for MPG Publishing Group

Dan Lungren represents the 3rd Congressional District of California. The district includes parts of Sacramento, Solano, Alpine, Amador and Calaveras Counties. He served as Treasurer and Attorney General for the state of California and is the author of California's landmark "Three Strikes Law." In 1998 he returned to private life. The terrorist attacks on 9-11 spurred him back to politics. He's serves on the Homeland Security Committee and House Judiciary Committee. He is the House of Representatives leader on immigration and intelligence issues.

Hartline: Congressman Lungren, years ago you told Paul and me, "I'm a conservative first and a Republican second." I must say you were conservative before it was fashionable. Today you're part of the Congressional leadership. How's the view from the top? More importantly what's your view of the freshman class elected last November?

Congressman Lungren: I worked closely with the freshman when they came in. I was in charge of their orientation. I brought Frank Luntz as a speaker to help them to articulate their message. I tried to give them every tool at Congresses' disposal so they could keep the promises they made while campaigning. They've had to do something not government related to create jobs, to hold a business together, to start or expand a business. They bring an approach that is uncommon to Congress. They know how to run a business. They understand you can't keep spending more than you take in. They've felt the grip of government policy. My duty is to help them, to give them a chance to be effective in Congress. That's one thing. The other thing is... Look, I'm an old broken-down football player. I have bad knees to prove it, but I learned I was a team member. A team gets together to understand what your offense and defense should be. When the signals are called you try to run the play. You feel terrible if your quarterback throws an interception, but you also understand nobody's perfect. But if your quarterback purposely throws an interception or a lineman deliberately won't block to make another teammate look bad, I get angry.

Hartline: Yeah? I'll bet you enjoy it because you have a gang of like-minded conservatives you can pass on the things you've learned without tossing-out principle.

Lungren: That's what I'm trying to do. But I must tell you this: three weeks ago I introduced Supreme Court Justice Antonin Scalia to a group of summer interns. I admire him greatly. He told them something very interesting. He said, "If I were to ask you what is it that protects your liberty or freedom more than anything else, most of you would raise your hands and say 'The Bill of Rights.'" You would say First Amendment, Second Amendment and so forth. But I can show you other constitutions and bills of right and they sound far better than ours. The old Soviet Union had a great constitution, and you'd think they protected rights better than we do. The genius of our system is the structure of government established by the constitution. People in Europe have a tremendous difficulty trying to figure out our system. We're the only system with a bi-cameral legislature. In England they've got the House of Lords, but all they can do is require the House of Commons to vote on something a second time. Italy? Their upper-houses are honorific. There's no power there. No one understands why we have bi-cameral structure. In the parliamentary systems you can't be prime minister unless you're a member of the legislature. There's no differentiation between the legislature and executive branches. Our system's set-up to protect our freedoms so that no one person or party or faction, and no one branch of government has too much power. Frustration's built into the system to protect our freedom."

Sooooo, this year I've been frustrated. I remind myself that part of this is the plan of our founders. I think you have to understand that when you say, wait a second, why can't we require a balanced budget amendment? Why do we have to do nothing until the thing's passed? Why can't we have it adopted by

the states? Why can't we impose our plan on the senate? Because that's not how the system's set up, it's not the way the founding fathers wanted it. I remind myself of that, and I'm still frustrated because the last election made a statement as to where the people wanted to go. Unfortunately they didn't give us a majority in the senate. So they both reflect what the voters told them, and working within the system to move as far as we possibly can. The question being, do they want to go the way the president is pulling us or do they want to return to American exceptionalism? Yes, there's a built in frustration. You might say frustrations have come in spades this year.

Hartline: You've reminded me of something Fredrick Nietzsche the German philosopher declared in the Nineteenth Century. He said the mechanism for the destruction of the democracies was 'built in' and predicted that the Twentieth Century would be the bloodiest and most horrific century mankind has ever known. He was right. There's not been a catastrophe equal to World War Two. And we're still waiting to see how the democracies do. Look at the European models. They're having incredible financial problems compared to the American model. If he was right we'll see the destruction of the European model(s), and the survival of the frustrating, self-correcting American style.

Lungren: Nietzsche also said "Out of chaos comes order." But I wasn't elected to create chaos. I was hired to rattle cages and shake things up, but ultimately to ensure our system works.

Another speaker, Charles Krauthammer, told the freshmen congress, "I wouldn't call Obama a socialist, that's too broad a term. I'd say his model of governance is a European model. He's a classic democratic-socialist in the European mold." He went on to say our next election is extremely important because we're being forced to decide if we're going to adopt the European model. He's correct, that's why being in Washington today is invigorating. It's an existential moment in history - and not just American history, but the world's. The house Republican majority isn't so weak that we can't move forcefully, though we don't control the senate or presidency. Let me illustrate. I think the fact that we conservatives used the debt ceiling issue to focus America's attention to Obama's fiscal policy and the consequences of his irresponsibility. It was frankly a stroke of political insight. It was conditioned on spending cuts and serious steps toward spending reform. It's what John Boehner insisted on. It's remarkable that we got it. In the agreement there was no tax increase, \$917 billion in cuts beginning immediately, denying the president more than \$900 billion in debt-increase authority unless we have a second round of cuts worth 1.5 trillion dollars - and in addition we got an iron-clad obligation forcing the house and senate to vote on a constitutional amendment to balance the budget. We haven't had a vote on a balanced budget in 15 years.

Hartline: Conservatives swore Republicans couldn't get a deal favorable settlement though they knew it was possible. They cited the Republican ability to wimp-out and lie down at the last minute. When they saw Boehner telling those kids [the freshman class] to "get their asses in line" the right exploded. The freshman class didn't get in line. They began working on what they wanted. When Boehner went back he was armed and ready to fight for the deal. He succeeded. Oddly, it looks as if this "new way" involved everyone in the Republican political perspective. That includes the chamber of commerce, business republicans, and golf Republicans in the east; people who are primarily socially and fiscally conservative and see imminent danger, because up until last year nobody showed fear or a sense of urgency about the economy. During this fight the Republicans gathered together. It was like the bar scene in Star Wars...

Lungren: Yeah! It did! Do you remember the fight we had over the CR [Continuing Resolution]?

Hartline: I certainly do.



Congressman Dan Lungren

Lungren: One of the first things we voted on this year... and the criticism that, well, the eighty-eight billion dollar deal we got wasn't an eighty-eight billion dollar deal at all, it was in fact a thirty-seven billion dollar deal. You've got to understand, here's one of the extreme ironies that's rarely been mentioned. Remember when Boehner came up with his plan on this go around?

Hartline: Yes, of course. Nobody was happy with it.

Lungren: Right, he had to pull it back because the CBO [Congressional Budget Office] said the cuts were nothing. Remember?

Hartline: I don't, but I'll bet you do.

Lungren: Because they found that the amount of the CR was not \$37 billion in savings, it was over \$100 billion in savings. The impact on the programs in the future was greater than they thought it would be. What had happened was the Boehner Plan used the numbers everybody'd assumed the CR only saved 37 billion. When the CBO saw it they said, No! No! No! The impact is over \$100 billion, that's where the shortfall was in what he'd promised. Again he went back to the drawing board, made more cuts, and that's where we came up with \$917 billion in cuts from the first part of this agreement. *We were working on a different baseline.* No one's given him credit for the fact that it turned out to be more than we'd promised. So we took the plan, refigured and made more cuts. Boehner's not gotten credit for getting more than anyone expected from that CR.

Hartline: Ah, you're right - up to a point. I think people now recognize he got a good deal. He pushed something through that nobody thought possible. The Democrats are relentless in their need to tax and regulate in or out of power. They never let up. It would do Republicans good to be more relentless.

Hartline: Today 80% of registered Republicans and self-defined conservatives are opposed to the bill.

Lungren: I know. You're right. It's true.

Hartline: And you think it's a good deal?

Lungren: Well, if you don't accept Nietzsche's idea that out of chaos comes order it was a good deal. We have the obligation to govern in the two years before we can try to take the senate and presidency. I'm a traditional conservative. I believe you're obliged to pay your bills. The debt ceiling increase did that. This was debt already run-up - most of which I opposed when they were passed.

Hartline: Are you certain a default would happen?

Lungren: I'm not certain of the date, but yes, there would've been a default.

Hartline: You're saying it definitely would've happened?

Lungren: Yeah, if we hadn't passed it the default is you have no authority to pay your bills - and we would've been forced to refuse him the authority to prevent the left from going wild. I don't think the president has the authority under the 14th Amendment as he claimed. Congress has the power of the purse, and that means you pay your bills.

Hartline: You're saying it would've been a technical default, correct?

Lungren: I am. It may not have happened August third, the date the financial people projected. The odd aspect to this is August itself. It's an acute draw month for the Treasury. Part of the money's mired in Social Security payments. That's not a gimmick created for this year's politics. August is just one of those

unusual months when more money goes out than comes in. We'd have a technical default running August through sometime in mid-September. That threat allowed us Republicans to negotiate.

Hartline: The imminent default helped the conservatives move the budget deal down field?

Lungren: Oh indeed! Better yet, this, a default, has never happened before.

Hartline: A lot of things that haven't been done before are getting done now-a-days.

A Tea Party member was outraged over baseline budgeting and how Republicans got nothing in this deal. I pointed out the Republicans got far more than they or anyone else thought they'd get. The Republicans appear to have triumphed for a change, and that appearance is almost good enough.

Lungren: See it as a twelve-round heavyweight championship fight. We've finished round one, and the taxpayers are ahead by points. Barely. We've got 11 more rounds to go. The question is, is the first round an indication of how the fight's going to go, or is it a fluke? That's important to know. The next question is will we go through with the one-point-two to one-point-five trillion cut before the end of the year? It'll be messy, dirty; there'll be no gloves - but I think we're going to win it. The way it's structured is that either we adopt what the committee reports to us or automatic sequestration takes place. Automatic cuts across the board in terms of domestic and... umm, then, it's defense. That's called 'Security' so it's DOD [Department of Defense], Department of Homeland Security, the State Department, all our Intelligence agencies.

Hartline: People won't accept cuts to our military.

Lungren: That's why we tried to make it so odious to the left, we'd do serious cutting in individual programs as opposed to across-the-board cuts. Those cuts will take effect unless we do the other. If that happens we'd have a wild debate on how much money we should increase defense. American people would get a clearly defined set of issues and disparate positions. Our system's great for self-correcting.

Hartline: You just knocked Nietzsche over. [laughter]

Publisher Paul: Which round will include baseline budgeting? Most people had no idea that baseline budgeting was part of the process. It's a shock to most Americans who are only now learning what it means.

Lungren: It depends on what baseline budgeting you're addressing. Baseline is used for a couple of different reasons. Baseline's the term used for projections by the CBO. When the CBO scores a bill it must give congress an idea of what tax revenues and what spending will be - and what the deficit's going to be. They must go out five and ten years. They assume the laws will take effect as scheduled. The current baseline for revenues is the Bush Tax Cuts. They're going to expire. That's built into the baseline for revenues. For spending the CBO takes the current state of the law, with current spending, and project it into the future.

In terms of baseline spending for programs based on percentage increases and current spending, one of the reasons we're adamant spending cuts must take place now, is that if you cut now it reduces the baseline in the future. That's why Boehner was so insistent. That's why instead of thirty-seven billion, it's one hundred billion-plus in savings rescued from the CR. It drove down current spending numbers, and when you project out you save far more than you thought possible.

That kind of baseline, if that's what you're referring to, is important whether you get cuts now or if you cut four or five years down the road. That's why projections of ten years and nine-hundred and seventeen billion dollars are based on cuts starting in this fiscal year and following through in the next. But the CR actually was for this fiscal year and that's why it had an impact in this fiscal year and the years thereafter. The other point is, if you're hunting for automatic spending, all that spending is based

on formulas. If we don't jump in and wrestle with the underlying formulas for mandatory spending programs such as social security and Medicare-Medicaid we'll never control the budget. Because congress doesn't have to vote on it, the money automatically flows! That's why the cuts we're making now, or the restraints on future spending that we're creating now, are important. Those big ticket items are mandatory. Those are going to be vicious battles.

I don't know if I answered your question, but that's what we deal with. Projections are made with respect to it. Today those are the only things mandatory and automatic. All else is discretionary. Often times when congress deals with a CR or an Omnibus Spending Bill, your assumptions are baselines. It's crucial which baseline you use.

One of the arguments we had with Obama and his Democrats was that they had the spending from the TARP funds and stimulus programs and they increased spending [raises one hand above his head] way up here, and they want the baseline to stay up here too. We argued this was spending designed to heal unique wounds. When it's over the baseline must come down here. [moves his hand just above the desktop]. That's the big fist-fight we're having with this administration, and they've continually not stated as much, but that's what they want. That's why we in congress say let's go back to 2008-2009 numbers. In congress we're talking pre-stimulus funding levels, that if it's stimulus it goes up here, and comes back down here. They say, "goes up here, stays up here."

Hartline: I believe that's what Ron Paul was pushing. From baseline to projected spending so as to cut that projection or, in default, in order to get the money you could've cut say 5% in every department of government. It's a five percent government shrinkage immediately in order to pay...

Lungren: That *still* wouldn't have gotten us down where we needed to be.

Hartline: Prove it.

Congressman Lungren: If we were to pay Social Security, Disability, Veterans care, and so-forth, to maintain the essential spending programs, we would be forced to cut every other aspect of government forty-percent. Now don't hold me to the number, but it's huge! If our current spending and a rate of increased debt of forty-cents per dollar, for each dollar we spend forty-cents of it we'd have to borrow. If we returned to a balanced budget today you couldn't imagine what the numbers would be like.

Publisher Paul: And every American's asking, why can't I do that?

Lungren: I know. And it's a fair question under these circumstances.

Hartline: Why not send *me* STIMULUS money?

Publisher Paul: Americans look at that two-thirds of government budget and having to pay more taxes, and they'd say why should I pay my credit card bill? Why should I pay my mortgage? Or even my taxes? Let them come get the car.

Lungren: That's why we've got to get into the mandatory spending programs. People say, oh, just get rid of waste fraud and abuse. But that won't do it either. There are going to be tough questions on mandatory spending, primarily on the side of programs supporting medical care. Some political people say it can't be done.

An interesting aspect of the Paul Ryan budget is that it assumes certain changes in Medicaid that would have an impact on medical expenditures, government paid or non-government paid. His argument is, and I think it's a good one, is that Medicare not only is affected by medical cost inflation, but it is a *contributor* to inflation by the way it's designed. Unless you change that mechanism in a way that it has a depressing effect on inflation in the healthcare arena costs will continue spiraling up.

Hartline: Why was the special commission created? Why this wisdom-chamber, this College of Cardinals, for Congress?

Lungren: It was to help us get the best deal we could possibly get under the circumstances. It didn't create another stand-alone commission working outside the Congress. This is a structure of the Congress.

Hartline: It's non-binding?

Lungren: It's not, but it's part of Congress. Congress isn't giving it to some commission outside the congressional framework.

Hartline: Then it's not extra-congressional?

Lungren: It's not. But if it doesn't deliver the spending restraints we want, it will illuminate and articulate the problems we're dealing with. Look, numbers are numbers. You can repeal most laws, but I don't know how to repeal the laws of economics, though Obama's working on it. I believe it'll define for the American people what the problems are, and how the two parties approach and solve problems.

Hartline: You're saying it will differentiate, define, Republicans and Democrats?

Lungren: Yes. I think it's very important slipping into an election year. People will see it and say, you know there is a dime's worth of difference between them! There's a significant difference in what Democrats and Republicans do! My vote is an endorsement of that political approach.

Hartline: Back to the special house committee, the Airborne Rangers of Congress. You understand that this great tribal council is seen as a Democrat Party ploy and an abdication by Republicans. It seems a way for congress to shirk its responsibility and accountability. That's why folks think it's a Democrat...

Lungren: Wow! If that was our intent we didn't do a good job. The committee *must* report to us by November twenty-seventh and we're to act on the recommendations by December twenty-third. That's just before Thanksgiving and right before Christmas. If we're trying to wiggle-out, we did a lousy job of it...

Publisher Paul: Obama said when he gets back from vacation he'll have a job creation plan. What do you think's in it?

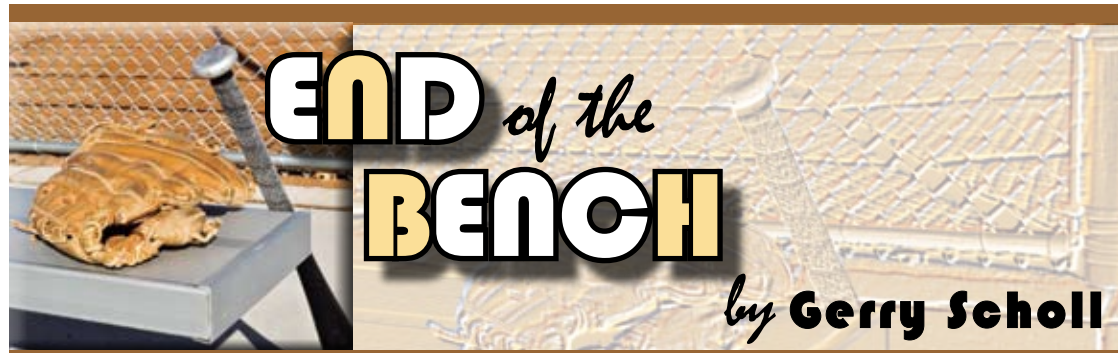
Lungren: Oh, come on! He'll call for a 'balanced approach,' whatever that is. Nobody's worried about a balanced approach, they want a balanced budget! I fear it'll be classic class warfare and division carried out in ways we've never seen in our history. He won't be reaching out for change. I don't see him... ah... particularly interested in change. His default position is the European model. That means larger government and more spending. His answer to his failure with the stimulus is that *it wasn't large enough!* He has leftist economist, and former Enron advisor Paul Krugman's support on this.

Publisher Paul: He said on his non-political tour of the Mid-West all paid-for by us under-taxed taxpayers, that he'd deliver his job creation plan to the nation after his Martha's Vineyard vacation, right?

Lungren: He did say that we were doing well, that the stimulus worked until we...

Hartline: Until we hit some 'bad luck,' correct?

Lungren: Right. But at some point he must take responsibility for what he's done. He wanted and asked for the job - and he got it. Presidents get the glory when things go well and catch hell when they don't. He's been president for two-and-a-half years. He has an idea of what he wants to do, how he's doing and whether or not it's working. I don't think there's doubt that he thinks when you have a problem you throw more federal money at it. And if it doesn't work the first time, you throw more at it. If that doesn't work you throw even more federal money; to get the money you tax people, and you tax people, and you tax people. The prescription doesn't work, but he's committed to it. Unless he does a fundamental 180 degree turnaround I expect whatever plan he presents will be like every other plan, higher taxes for someone. Remember he's said six or seven times it's time to pivot to the issue of jobs. I guess we'll see the plan when he gets off the bus.



The Giants Must Believe in Science

by Gerry Scholl

At this point in the Major League Baseball season the annual discussion of "Chemistry" pops up — which teams have it and which are lacking.

Of course, the winning teams have it and the losing teams don't. Teams hanging on the edge of a pennant race — such as your San Francisco Giants — are at the center of the debate.

Philadelphia, Atlanta and Milwaukee in the National League have all but locked up playoff berths. Those teams sure have the chemistry. The Giants, trying to catch and pass the Arizona Diamondbacks, must restructure a winning formula through the final weeks to claim the last post-season spot.

San Francisco obviously had its atomic systems in order last season while winning its first World Series in The City. But the negative forces of professional sports have broken down the cohesion of that unit.

Trying to defend a championship introduces a unique pressure. No NL team since the '75-76 Cincinnati Reds has done it successfully. And, only the New York Yankees and Toronto Blue Jays have done so in the American League. The odds are greatly against a repeat.

Roster changes due to free agency, trades, promotions and demotions

affected the composition of the club. Replacing the Edgar Renteria/Juan Uribe infield tandem with an aging Miguel Tejada, journeyman Mike Fontenot and sometimes youthful Brandon Crawford just didn't work out. Struggling, now Tejada seems to have checked out as a "team player." Hopefully, 2B Jeff Keppinger will fill the void.

But, certainly, the destructive abnormalities of injuries introduced into the equation have had the most profound effects. The catastrophic loss for the season of Rookie of the Year catcher Buster Posey ripped at the core of the team. Losing another "glue guy" in No. 2 hitter second baseman Freddy Sanchez for the season was a major blow.

A quick count reveals at least 18 players have spent significant time on the disabled list. Manager Bruce Bochy has seemingly turned in a new lineup on a daily basis. None of that does much for continuity. Still being in the race should be a surprise.

Chemistry: "Elements of a complex entity and their dynamic interrelation."

I guess bad elements can produce "bad chemistry."

The most positively charged particles on the Giants as they are

now are on the pitching staff. If they can get that group back together as they were, including injured closer Brian Wilson, perhaps that could recharge the team as a whole down the stretch drive.

A photograph in one newspaper showed three Arizona outfielders in a mid-air "bump" — joined as one molecule. The D-Backs have streaked past the Giants to the West Division lead.

These two forces will collide head on six times in September. The actions and reactions in those games should determine the ultimate outcome.

To prevail the Giants will have to make the proper adjustments in their structure to create a substance greater than its parts, as they did a season ago. They'll need "good chemistry" to produce a synchronicity of events such as last year.

Talent, good health, good luck, good rapport equals chemistry, equals winning.

Bochy should hold a closed door meeting and show his team a video of the team from Huntington Beach, Ca., winning the Little League World Series in walk-off fashion. Show the victory celebration. Now there's some bonding, some chemistry.



Dr. Bob Graykowski



Because chiropractors are dedicated to helping their patients achieve optimal health, we at Chiropractic USA seek to educate the community about simple ways to reduce the risk of disease. Preventing high blood pressure is one such strategy. Why is preventing high blood pressure (hypertension) so important? Because it means preventing cardiovascular conditions like congestive heart failure, heart attacks, stroke and thrombosis. High blood pressure may also affect your mind. A study recently published in the Journal of the American Medical Association indicates that hypertension during mid-life may lead to reduced cognitive function in old age.

Even small reductions in blood pressure can make a profound difference to your health. The American Heart Association estimates that lowering diastolic (bottom number) pressure just two points can cut the risk of stroke by 15% and the risk of heart disease by 6%.

When to Start Worrying

Hypertension is defined as systolic (top number) pressure greater than 160 and/or diastolic (bottom number) pressure greater than 100. When should you be concerned? Blood pressure in the range of 125-160/85-100 is considered "high normal" and warrants immediate preventive measures and consultation with a health-care provider.

If your blood pressure is "high normal" or if your diet, weight, lifestyle or genetics put you at an increased risk of hypertension, don't wait until you develop high blood pressure to do something about it — now is the time to focus on prevention.

Can Chiropractic Help?

Preliminary research indicates that chiropractic adjustments, gentle

The Chiropractic Approach to Preventing Hypertension

maneuvers that restore motion and alignment to dysfunctional areas in the spine (called vertebral subluxations) may alleviate hypertension.

In one experiment, 21 patients with high blood pressure were divided into three groups. One group underwent chiropractic care, one group received placebo and a final group went untreated. Following adjustment, blood pressures dropped among subjects in the chiropractic group, yet no change was evident in the other two groups.

Another study evaluated 75 students with normal blood pressure. An experimental cohort underwent chiropractic adjustments, while a control group did not receive adjustments. Blood pressure was recorded prior to and immediately following treatment. Blood pressure decreased significantly in experimental participants but not in controls.

Lifestyle Factors

Talk your chiropractor about developing a lifestyle that lowers your risk of hypertension. Here are some examples of lifestyle changes your chiropractor may recommend to keep your blood pressure down:

- Exercise, exercise, exercise — physical activity can have a profound impact on your future cardiovascular health.
- Stay lean — overweight individuals have a greater risk of hypertension, compared with trim people. Even shedding a few pounds can drop your blood pressure.
- Meditate or practice other stress-reducing techniques — learning to cope with emotional stress may play a role in warding off hypertension.
- Connect with your spiritual side — recent scientific studies suggest that people with a strong spiritual faith have greater odds of maintaining normal blood pressure.
- Quit smoking — if you smoke or chew tobacco, you are at an elevated risk of hypertension — as if you need another reason to kick the habit.
- Watch out for drugs — did you know that medications, as well as drugs like alcohol and nicotine, can raise your blood pressure? Stay away from any unnecessary medication, and investigate the side effects of any drug before taking it.

Can Nutritional Supplements Help?

A growing body of research indicates that dietary supplements help prevent high blood pressure. Specifically, anti-hypertension supplements include potassium, magnesium, calcium, garlic, omega-3 fatty acid, grapefruit or apple pectin, grape-seed extract, pycnogenol, cayenne (capsicum) and coenzyme Q-10.

Interested in giving some of these a try? Speak with your doctor of chiropractic about what dosages are right for you.

One word of warning when it comes to supplements: Some herbal remedies, including ephedra (ma huang), ginkgo biloba and ginseng (especially the Siberian variety), may elevate blood pressure. "Natural" licorice (not the type in health food products, not the kind in the candy aisle) may also raise blood pressure in some individuals.

"Optimal Health" Your Key to Preventing Hypertension

Don't wait to develop hypertension before taking steps to prevent it. By adopting a wellness-oriented lifestyle, like the one advocated by your doctor of chiropractic, you can avert hypertension and cardiovascular disease. So, don't delay — commit to embracing wellness today by scheduling a checkup to begin your wellness approach to prevent hypertension. Learn more about our community office; find us on Facebook-Chiropractic USA.

Creating a healthy community

Dr Bob Graykowski
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THANK A VETERAN TODAY

Labor Day Travel Drops

AAA Predicts More Than 3.7 Million Californians to Travel this Holiday Weekend

The overall sense of economic uneasiness and the ongoing lagging employment rate of recent months has many Californians forgoing travel plans for this upcoming holiday weekend, according to AAA.

AAA's latest travel forecast predicts more than 3.7 million Californians will travel 50 miles or more from their homes this upcoming three-day Labor Day weekend. This represents an overall decrease of 2.6 percent

compared to last year.

"California travelers are reacting to the most recent economic downturns and that is having a significant effect on discretionary spending," said AAA Northern California spokesperson Cynthia Harris. "Nonetheless, with a pent up desire to get away for the last holiday of the season, we could see an increase in last-minute weekend travel."

Labor Day holiday trips by automobile are expected to be the

preferred mode of transportation with more than 3 million Californians planning to take to the nation's roadways this holiday weekend. This represents a slight 0.9 percent increase compared to 2010. Air travel is down by 1.5 percent compared to 2010 as more than 453,000 Californians are projected to fly to reach their vacation getaways. AAA estimates over 230,000 Californians will be taking other modes of transportation, such as rail, buses and watercraft. This represents a significant decrease of 33.1 percent from 2010.

Nationally, AAA projects just over 31.5 million people will travel 50 miles or more during the Labor Day weekend, representing a 2.4

percent decrease compared to 2010.

The AAA Leisure Travel Index shows that airfares over Labor Day weekend are expected to rise by 13 percent from 2010, with an average cost of \$202 per ticket for the top 40 U.S. air routes. Hotel rates at AAA Three Diamond lodgings are expected to increase by six percent with an average of \$148 per night. Weekend car rentals are forecasted to decrease by seven percent, with a new average rate of \$43. The travel expenditures for a West Coast family of four are expected to average \$627 over the weekend, and the average road trip is predicted to cover 498 miles.

AAA's survey shows that

shopping, visits with friends and relatives and dining out will be the preferred leisure activities for West Coast families. Other favorite activities over the weekend are expected to be touring and sightseeing, followed by visiting historical sites and biking.

As part of AAA's ongoing commitment to provide safety and protection to motorists, the AAA Topsy Tow Program offers a free tow home for drinking drivers in Northern California, Nevada, and Utah from 6:00 p.m. on September 5, until 6:00 a.m. on September 6. Members and non-members alike can call (800) 222-4357 (AAA-HELP) for a free tow of up to five miles.

"Just tell the AAA operator, 'I need a Topsy Tow,' and a truck will be on its way," said Harris. "Service is restricted to a one-way ride for the driver and his or her vehicle to the driver's home."

AAA Gas Saving Tips:

Keep your tires properly inflated. Every pound of pressure that a tire is under inflated results in a two percent loss in fuel efficiency.

Don't use premium fuel if your car does not require it. Check your owner's manual.

Observe the speed limit. At speeds above 55 mph, aerodynamic drag increases and fuel efficiency rapidly decreases.

Avoid hard acceleration and drive defensively. Try to brake and accelerate smoothly.

Idling unnecessarily wastes fuel. Most cars today do not need to be warmed up.

Travel light. A loaded roof rack can decrease fuel economy by five percent.

AAA offers mobile travel information accessible on the devices travelers use every day. The AAA TripTik® Mobile app provides information on gas prices, hotels, restaurants and attractions. Travelers can use the free AAA Mobile Web and also download free iPhone and Android versions of the AAA Discounts and AAA Roadside apps. Three iPhone apps offer access to AAA products and services.

Travel projections are based on research conducted by IHS Global Insight. The Boston-based economic research and consulting firm teamed up with AAA as part of an agreement to jointly analyze travel trends during the major holidays. AAA has been reporting on holiday travel trends for more than two decades.

AAA Travel is the nation's largest travel organization. AAA Travel offers trips, cruises, tours and vacation packages throughout the world. Call (888) 937-5523 for more information or visit us at your local AAA Travel office or online at www.aaa.com/travel.



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

Sudoku Puzzle on Page 6

Enjoy Sudoku Every Week!

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Crossword Puzzle on Page 6

Sacramento is a Community at Risk

Help Us Mitigate Disasters Before They Happen

Floods, wildfires, earthquakes and even insect infestations pose significant threats to the Sacramento region. Sacramento County and participating jurisdictions are developing a Local Hazard Mitigation Plan to identify and minimize the damage from natural hazards before they occur. You can view the draft plan by going to www.saccodwr.org.

You Are Invited To Attend A Public Meeting. We will describe details of our Hazard Mitigation Plan findings and the schedule for project completion. Meetings will be held at the following times and locations:

CITY OF ELK GROVE AUG 31, 2011 - 6:00 p.m. 8401 Laguna Palms Way	OLD FAIR OAKS LIBRARY SEP 1, 2011 - 1:30 p.m. 4200 Temescal Street	SOUTH NATOMAS COMMUNITY CENTER SEP 1, 2011 -- 6:00 p.m. 2921 Truxel Road,
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For additional information, logon to www.saccodwr.org or call 916-874-4517

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The Mission Oaks Computer Club

will meet on Thursday, September 8, 2011 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Local Theatre: How Computers Are Used On Stage", presented by Rosemarie Gerould of 'Bob and Ro Productions'. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Monthly Military Retiree Spouse Meeting

Our next Military Retiree/Spouse meeting will be held on 13 Sep 2011 at the North Highlands Park and Recreation District on 6040 Watt Ave, North Highlands. Our meetings start promptly at 10:30 hrs. We are pleased to have as our Speaker, Officer Cyndi Mitchell, CHP who will talk about the fitness of seniors as far as driving is concerned. Come on out and enjoy a cup of coffee and hear some interesting facts on our driving habits. Questions can be referred to our volunteer staff at 561-7476.

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Sacramento Republican Women Federated Hold Monthly Luncheon

Fair Oaks – The Sacramento Republican Women Federated will be holding their monthly lunch on September 7, 2011 at the Northridge Country Club located at 7600 Madison Avenue in Fair Oaks. Our featured speaker will be Tanya

Kravchuk who is currently the Resource Development Coordinator at Children's Receiving Home of Sacramento. The Children's Receiving Home of Sacramento is the region's first line of defense for children and youth who have been

abused, neglected, abandoned and/or are in need of supervised care.

The cost is \$25 and reservations should be made by September 3, 2011 by calling 916-733-1623 or visiting our website: <http://www.sacramento.rwf.org/>

Free PSAT College Entrance Practice Test Offered at Carmichael Library

Carmichael – The Sacramento Public Library is helping high school students prepare for college admission by practicing with a real PSAT test given under real test conditions.

The mock PSAT practice examination will be Saturday,

September 24 from 12 noon to 3 p.m., at the Carmichael branch, 5605 Marconi Avenue, Carmichael.

Kaplan Test Prep staff will administer the practice test. Test results will be presented at the library on Wednesday, September 28 at 6:30 p.m. The follow-up session is open to

students that have taken the test and their parents.

Registration is required at the branch, online at www.saclibrary.org, or by calling the Sacramento Public Library at (916) 264-2920.

The program is sponsored by Kaplan Test Prep and Admissions.

Boy Scouts to hold E-waste Drive 9-10-11

Where: Raley's Grocery Store Parking Lot/Madison Mall Shopping Center at 8870 Madison Avenue & Hazel Avenue in Fair Oaks.

Accepting: TV's (including flat screen), laptops, monitors, VCRs, Stereos, disk drives, PDAs, Zip drives, computer mice, printers & copiers, scanners & faxes, telephones,

video game consoles, countertop microwaves, small appliances, such as blenders, mixers, toasters, vacuum and carpet cleaners.

CEAR shreds all computer disc and hard drives to protect privacy. We CANNOT take large appliances (such as washers and dryers and refrigerators), furniture, batteries,

paints, oil & grease and other hazardous waste.

Questions? Want to arrange a pick up (if you've got big items or you're a business)? Contact: ponyexpress@surewest.net. Recycling proceeds help Pony Express Friends of Scouting (helping all Scouts in our District); and Troops 310 and 635.

Art of Quilting Discussed at Sept. 7 Library Program

Carmichael – The Sacramento Public Library will present a free adult program discussing how quilts are made on Wednesday, September 7 at 6 p.m. at its Carmichael branch, 5605 Marconi Avenue, Carmichael.

Quilting expert Donna Hussain will demonstrate different styles of quilts beginning with a simple, traditional patchwork quilt and then show appliqué quilts, memory quilts, baby quilts, and art quilts. Some of

her quilts will be displayed at the program.

Telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org for details.



Bella Vista High School Arts & Crafts Fair

A Fair Oaks tradition since 1983!

8301 Madison Ave, Fair Oaks
Saturday, October 1, 2011.
8:30am – 4:00 pm

The craft fair is the PTSA's only fundraiser and will feature up to 200 vendors selling beautiful, homemade jewelry, candles, wood and leather crafts and so much more!

There is a \$2 parking fee but admission to the fair is free.



The Great American TRAILER Park MUSICAL

TICKETS \$8-\$15
 bring this ad for **\$2 OFF** general ticket price

916.966.3683 • www.fairoakstheatrefestival.com
 Veteran's Memorial Amphitheatre 7991 California Ave., Fair Oaks Village

PG-13 NOT for the entire family!

STATEPOINT CROSSWORD • THEME: THE INTERNET

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
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71								72			73			

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CLUES


ACROSS

- Substitute for currency
- Sound meant to scare
- Third behind Bonds and Aaron
- 1836 Texas battle
- Romanian monetary unit
- Knight's breastplate
- Most famous Bolshevik?
- Food morsel
- Turns sharply
- *Small application
- _____ toward or aimed at
- Poetic even
- Thunderstorm sight
- Beaver's creation
- *Never" without n
- Distant
- *Without further _____, pl.
- Miners' bounty, pl.
- Make happy
- Domestic animal shelter
- Writer Asimov
- Russian governmental agency
- One way to get to top
- Trend-setting
- Poor neighborhood
- Declare as true
- Unoffensive manner
- *But I heard him exclaim, _____ he drove out of sight, Merry Christmas to all..."
- Under this in court
- One from Laos
- Native American tradition
- *It's often used in verb form
- Pepsi and Coke
- _____ of Aquarius
- Relating to the ilium
- Skirt shape
- Overnight stop
- Vigorous fight
- *Way to be heard
- Pecan, e.g.
- Lock of hair

DOWN

- Salt in Spanish
- Ball of yarn
- Raja's wife
- Polyimide or carbodiimide, e.g.
- Type of silk cloth
- Pat dry
- Poetic over
- Money paid out
- Samuel Adams, e.g.
- *"A Death in the Family" author, James _____
- Charlie "_____ " Parker
- It turns host into hostess
- *Virtual you
- Short stanza at end of poem
- Toy-maker
- Garnut
- Capital of Bangladesh
- Infamous Nazi
- Paisley, e.g.
- Gaelic
- Directed, produced, written by Warren Beatty
- Immature ovum
- Longest human bone
- *Express outrage
- 18-wheeler
- John Galsworthy's Forsyte story
- _____ -cross bicycling
- *Surf
- Communist Zedong
- Tao follower
- Writer Clemens' nom de plume
- Watcher
- Gallup's inquiry
- Medley
- Designer Vera
- Belgian port
- Low-cal
- Grub
- Metered ride
- Wildebeest
- Cosine

PRESENTED BY



VolunteerMatch.org
Where volunteering begins.

For Solution See Page 5

SUDOKU

PRESENTED BY



VolunteerMatch.org
Where volunteering begins.

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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 5.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



Call to place your legal advertising



532-2113

All Legal Ads Published in the Carmichael Times

DRIVERS/CDL TRAINING

CAREER CENTRAL!

NO MONEY DOWN CDL TRAINING
 Work for us or let us work for you!

Unbeatable Career Opportunities
 Trainee • Company Driver

LEASE OPERATOR Earn up to **\$51,000**
 LEASE TRAINERS Earn up to **\$80,000**



centraltruckdrivingjobs.com 877-369-7126



20 ACRE Ranch Foreclosures

\$0 Down, Was \$16,900 Now \$12,900

Take Over Payments! **ONLY \$99/mo.**
 Near Booming El Paso, TX, Owner Financing, No Credit Checks, Money Back Guarantee. Free Color Brochure!

1-800-843-7537

DELIVERY ROUTES AVAILABLE
CALL 773-1111



Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert...

Adult / Elder Care

Elderly Care Home in beautiful Orangevale neighborhood. Long-term care only...

Fair Oaks Manor Beautiful assisted living care home. Semi private & private rooms available...

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. 1/2 off first month...

Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates...

Antiques

Antiques Wanted: License plates and frames, pre-1969. Military emblems. 707-448-8942...

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home. Will train. 888-279-7875...

Auctions

ADVERTISE YOUR AUCTION in 240 California newspapers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians...

ATTENTION AUCTIONEERS! California State Auctioneers Association 43rd Annual Convention, October 20-23, San Diego...

Auto Donation

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible...

DONATE YOUR CAR! Breast Cancer Research Foundation. Most highly rated breast cancer charity in America!

DONATE A CAR TO Help Children and Their Families Suffering From Cancer. Free Towing, Tax Deductible...

CARS/TRUCKS WANTED! Top \$5555 PAID! Running or Not, All Years. Makes, Models. Free Towing!

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible...

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package...

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons. National Animal Welfare Foundation. Support No Kill Shelters...

Business Opportunities

\$\$ MAKE \$1000-\$3500 WEEKLY! \$\$ "GUARANTEED PAY-CHECKS" \$1497 Cashier checks Stuffed In Your Mailbox Daily!

Investors-Safe Haven. If you are not earning 25% to 50% annual ROI, Please call Jeff 817-926-3535...

\$5,000 Sign-On Bonus! Frac Sand Haulers with complete bulk pneumatic rigs only...

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute movie that shows you how!

Business Services

ADVERTISE a display BUSINESS CARD sized ad in 140 California newspapers for one low cost of \$1,550...

ADVERTISE Your Truck DRIVER JOBS in 240 California newspapers for one low cost of \$550...

Cash for Houses

We pay CASH for houses! Call today! 916-222-7573

Compost for Sale

Compost for your garden or landscaping, new lawn. Three yards for \$50 delivered.

Computers

Call-A-Geek Mobile Service. Software, Spyware, Hardware Repair. Microsoft Certified. 879-3514.

Computer Care Complete PC Care and Maintenance. Installs, upgrades, virus removal, wireless. Affordable prices - Same-Day Service.

Construction

KMS Construction Residential & Light Commercial Construction. kmsconstruction.net or call 916-813-3732.

Accelerated Construction - New Construction or Repair. Handyman Clean-up. Residential and Commercial. Lic # 675212.

Affordable Local Repairs-All Construction Phases. Lic # 655184. Ph 869-0164.

All Types of Construction - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows.

TRI US CONSTRUCTION Build new homes, additions and remodeling. Over 30 years experience, bonded and insured.

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Affordable sliding scale counseling. Licensed staff. Cash only. Children, couples, families. (530) 888-7958

Real solutions to your problems and issues www.lifeadvisorforeveryone.com

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Peña Family Daycare-Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided.

Infant Openings Now First week free Lic # SAC53133 FCCCH 916-489-5824

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Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience.

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PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721

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DISH NETWORK lowest nationwide price \$19.99 a month. FREE 30 Movie channels. Watch TV on mobile devices FREE

EQUIPMENT FOR SALE DIRECTV Summer Special! 1 Year FREE Showtime! 3 months FREE HBO/Starz/Cinemax!

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST!

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs.

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective!

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars!

FAST IRS TAX RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help You Settle Your Overdue Taxes for LESS! FREE Consultation!

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100

Financial

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective!

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars!

FAST IRS TAX RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help You Settle Your Overdue Taxes for LESS! FREE Consultation!

ACCIDENT VICTIMS. Cash Advances for personal injury cases. CASH NOW - before you set-

tle. No payment until you win. Fast Approval. Cash Next Day! www.Cash-NOW-FOR-Accident-Victims.com

For Rent

HOT SUMMER SAVINGS!!! \$299.00 MOVES YOU IN!!! o.a.c. The biggest summer savings deal is going on right NOW! Call now for details

Office Space For Rent 800 Sq.Ft. Great location for small business office. No retail. El Camino & Walnut. Very quiet. \$600/Mo.

55+ Community Now Renting 1bd Microfrg/stove/pattos. \$575 a month, free RITA passes. Movie Nights/Wii/Bingo. Ask how to get a FREE months' rent!

Foster Care

Foster Care in Your Home: Highest Rates! E-mail newfosterparents@stfch.org

Furniture

Desk and Chair suitable for computer. \$50, in good shape. Call 530-885-3287

Almost new 36" shaved glass iron table & chairs, Brabbly-chic armoire, desks, Vintage table & chairs.

Garage Sales Online BeaverJack.com Online Garage Sale Info. Advertise for FREE or Search by zip for FREE.

Gardeners

Smith's: Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543

Handyman

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825

Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean

Handy Guys Small Jobs, Senior Discounts Gutter Cleaning, Deck's Woodwork

A-1 Home Maintenance & Repair 'Handy Man' California state certified electrician Plumbing repair.

ATTN: COMPUTER WORK. Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/Mo. Full Time. Training provided.

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking.

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL - A & 3 months recent OTR.

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers.

ATTENTION Diabetics with Medicare Join America's Diabetic Savings Club and receive a FREE diabetic bracelet. Membership is FREE.

Health/Misc.

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs.

Attention Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility.

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 PM/FT

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com

Help Wanted - Drivers

A Few PRO DRIVERS NEEDED. Top Pay & 401k. 2 Months CDL Class A Driving Experience. 1-877-258-8782

DRIVERS - No Experience - No Problem. 100% Paid CDL Training. Immediate Benefits. 2010 program. Trainers Earn up to 49c per mile.

Local STD/HIV Testing Did you know you can have an STD and show no symptoms? Early detection and treatment can prevent permanent damage!

LOW COST WEIGHT LOSS With Your Personal Coach. Start Free Call 916-599-1318

Look Younger in Less Than A Day! www.hydratedskin.com then call 916-988-3027

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company. Recession proof product.

Help Wanted - Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties.

Help Wanted - Sales

GUYS & GALS 18+. Travel the country while selling our Orange peel product. Training, Hotel & Transportation provided.

Help Wanted - Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations.

Help Wanted

FEDERAL POSTAL JOBS! Earn \$12 - \$48 per hour / No Experience Full Benefits / Paid Training 1-866-477-4953

\$5978 Weekly Mailing Postcards! **GUARANTEED LEGIT WORK** www.PostcardsMakeMoney.com

Process mail! Pay weekly! Free supplies! Bonuses! Genuine opportunity! Start immediately!

Excelent weekly income processing our mail! Free supplies! Bonuses! Helping Homeworkers since 1992.

\$1000 WEEKLY* AT HOME COMPUTER WORK - LIMITED POSITIONS. Start making money today by simply entering data for our company.

Household Help

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do.

Land for Sale/ Out of State Notice: LENDER ORDERED SALE. Nevada's 3rd largest lake 1.5 hours south of Lake Tahoe.

NOW ACCEPTING!!! - \$5 Envelope - ASSEMBLY JOBS + FREE EASY HOMEMAILER PROGRAM. Earn Money From Home doing assembly, crafts, sewing, making jewelry.

\$\$\$ EARN CASH ONLINE \$\$\$ **FREE REGISTRATION!!!! Earn \$1/ \$5/Each www.ComputerWork1.com

20 Acre Ranch FORECLOSURES! Near Booming El Paso, TX. Was \$16,900 Now \$12,900.

"HOMEWORKERS NEEDED" MAKE \$500 / \$5,000 MONTHLY. FREE Training & Support!!! www.JobA10.com

Local data entry/typists needed immediately. \$400PT - \$800FT weekly. Flexible schedule, work from own PC.

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking.

ATTN: COMPUTER WORK. Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/Mo. Full Time. Training provided.

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrelablagarden.com

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate

LEGAL SERVICES SOCIAL SECURITY Disability Benefits. You Win or Pay Us Nothing.

Need Attorney? Have legal situation? Looking for extra money? Call Eicka Mitchell

ArrowSharp Process Services - Civil & Family Law - Lisa Sharp @ 916-342-6714

Massage therapy by CMT. Louise is a licensed therapist for many years; the cabin is clean, bright and quiet.

MANTIS TIGER BUY DIRECT from Mantis and we'll include Border Edge attachment & kickstand!

MIGHTY BITE. The ONLY Proven 'S-Sense' Fishing Lure System! Great for Fresh & Saltwater Fishing.

READERS & MUSIC LOVERS. 100 Greatest Novels (audio books) ONLY \$99.00 (plus s.h.)

WANTED: OLD POSTCARDS 483-0622

Notary Mobile Notary Services Certified Loan Signer Paralegal Services

DISH Network delivers more for less! Packages starting at \$24.99/mo.

DISH NETWORK lowest nationwide price \$19.99 a month. FREE HBO/Cinemax/Starz/Showtime

Get TV & Internet for UNDER \$50/mo. For 6 mos. PLUS Get \$300 Back-select plans.

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS - up to \$17/Box!

ACCIDENT VICTIMS. Need Cash? Get a cash advance for your personal injury case.

\$90 Laptops, \$7 DVD Players, \$65 Air Conditioners, \$4.50 Jeans. \$8.50 Smart Phones.

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737

Housecleaners

Bright Housecleaning - Quality - Discounts - (916) 308-0157

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy?

HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089.

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning.

Household Help

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do.

Land for Sale/ Out of State

Notice: LENDER ORDERED SALE. Nevada's 3rd largest lake 1.5 hours south of Lake Tahoe.

NOW ACCEPTING!!! - \$5 Envelope - ASSEMBLY JOBS + FREE EASY HOMEMAILER PROGRAM.

\$\$\$ EARN CASH ONLINE \$\$\$ **FREE REGISTRATION!!!! Earn \$1/ \$5/Each www.ComputerWork1.com

20 Acre Ranch FORECLOSURES! Near Booming El Paso, TX. Was \$16,900 Now \$12,900.

Landscaping

Affordable Landscape Service Clean-ups & Makeovers! Main-tenance starting at \$60/mo.

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrelablagarden.com

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate

Legal Services

SOCIAL SECURITY Disability Benefits. You Win or Pay Us Nothing. Contact Disability Group, Inc.

Need Attorney? Have legal situation? Looking for extra money? Call Eicka Mitchell

ArrowSharp Process Services - Civil & Family Law - Lisa Sharp @ 916-342-6714

Massage

Massage therapy by CMT. Louise is a licensed therapist for many years; the cabin is clean, bright and quiet.

MANTIS TIGER BUY DIRECT from Mantis and we'll include Border Edge attachment & kickstand!

MIGHTY BITE. The ONLY Proven 'S-Sense' Fishing Lure System! Great for Fresh & Saltwater Fishing.

READERS & MUSIC LOVERS. 100 Greatest Novels (audio books) ONLY \$99.00 (plus s.h.)

WANTED: OLD POSTCARDS 483-0622

Miscellaneous

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Get TV & Internet for UNDER \$50/mo. For 6 mos. PLUS Get \$300 Back-select plans.

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS - up to \$17/Box!

ACCIDENT VICTIMS. Need Cash? Get a cash advance for your personal injury case.

\$90 Laptops, \$7 DVD Players, \$65 Air Conditioners, \$4.50 Jeans. \$8.50 Smart Phones.

Thousands of brand name liquidations from over 200 leading liquidators. Visit: Webcloseout.com

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You!

"OLD GUITARS WANTED!" Fender, Gibson, Martin, Gretsch, Prairie Star, Euphonon, Larson, D'Angelico, Stromberg, Rickenbacker, and Mosrite.

AIRLINES ARE HIRING - Train for highpaying Aviation Maintenance Career. FAA approved program.

ATTEND COLLEGE ONLINE from Home. "Medical, "Business, "Paralegal, "Accounting, "Criminal Justice.

HANDS ON CAREER - Train for a high paying Aviation Maintenance Career. FAA approved program.

DIRECTV \$0 Start Costs! ALL FREE: HBO/Showtime/Starz/Cinemax 3 Months + NFL Sunday Ticket

Reach over 28 million homes with onead buy! Only \$2,795 per week!

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VONAGE Unlimited Calls in U.S. & 60 Countries! NO ANNUAL CONTRACT!

90 Laptops, \$30 TVs, \$8.50 Smart Phones, \$4.50 Jeans, \$1 DVD's.

Real Estate Auction Nominal Opening Bids Start at \$10,000

236 Willis Avenue, Rio Linda 3BR 2BA 1,068sf+/-

2404 Upham Ct, Carmichael 3BR 1BA 1,053sf+/-

Visit williamsauction.com/august or call 800-801-8003

Williams & Williams CA Broker: KEN SWITZER, Broker. Lic.# 261559

90 Laptops, \$30 TVs, \$8.50 Smart Phones, \$4.50 Jeans, \$1 DVD's.

Vonage Unlimited Calls in U.S. & 60 Countries! NO ANNUAL CONTRACT!

OMAHA STEAKS - EVERYDAY 2011. 100% Guaranteed Omaha Steaks - Save 64% on the Family Value Collection.

Wood Chipper 5HP Yard machine - runs good, needs minor work

Restore Old Photos Restore Old Photographs Share memories of special places and times with your family.

SCHOOLS / INSTRUCTION HIGH SCHOOL DIPLOMA! Graduate in 4 weeks!

ALLIED HEALTH CAREER training - Attend college 100% online. Job placement assistance.

WANTED: OLD POSTCARDS 483-0622

Miscellaneous Want to Buy WANTED: OLD POSTCARDS

Notary Mobile Notary Services Certified Loan Signer Paralegal Services

DISH Network delivers more for less! Packages starting at \$24.99/mo.

DISH NETWORK lowest nationwide price \$19.99 a month. FREE HBO/Cinemax/Starz/Show

Body Healing Center

Massage for Men and Women

Grand Opening Special!

Foot Massage Therapy	\$20.00/Hr.
Foot & Back Massage Therapy	\$30.00/Hr.
Deep Tissue Body Massage Therapy	\$45.00/Hr.

916-944-8777

7735 Fair Oaks Blvd.
Carmichael, CA 95608

Appointments or Walk-ins Welcome (Near Lido Cafe)

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Exhibition Schedule

August 9-September 3, 2011
September 6-October 1, 2011
October 4-29, 2011

Magnum Opus
"Go With the Flow",
WASH Open Show
"Bold Expressions", NCA Open Show

November 1-19, 2011
November 22-December 3, 2011
December 9-11, 2011

Annual Photography Show
Ars Gratia Artis
Holiday Craft Fair

PAINT

LIKE A FAMOUS ARTIST (No experience necessary)
PABLO ACRYLIC SERIES I, II, and III



PABLO ACRYLIC I Focus artist is Pablo Picasso (cubism) Sept. 8, 15, 22, 29
PABLO ACRYLIC II Focus artist is Gustav Klimt (symbolist and jugendstil) Oct. 6, 13, 20, 27
PABLO ACRYLIC III Focus artist is Salvador Dali (surrealism) Nov. 3, 10, 17, Dec. 1

ALL 2011 CLASSES ARE ON THURSDAYS FROM 6:30PM to 9:30PM

PABLO ACRYLIC SERIES classes I, II, and III are a basic introduction to acrylic painting, a waterbased medium. The student will paint a portrait of a famous artist using elements from their creative works. \$150.00 per series class. A \$25.00 nonrefundable deposit to hold your class space required. Discounts available to military veterans and those who book multiple series classes at once.
Contact Diana Penman, instructor at (818) 497-8502 or rexa442@gmail.com



Two 3-day Oil Painting Workshops!

Kit Knight, Abacus

"Creating Dynamic Composition & Radiant Color in Oil"

September 23, 24 & 25 • Fri 2-6
• Sat & Sun 10-5 • \$235

November 18, 19 & 20 • Fri - Sun, 10-5 • \$275
Kit Knight, Instructor

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

SKEWERS

AMERICAN GRILL

NOW OPEN

Lunch 11-3
Happy Hour 3-6:30 (\$2.00 Beer)

We Make Everything
"FRESH FROM THE START"

Enjoy Our
Patio Dining

FREE MEAL

Purchase a salad or specialty dish, get the second one FREE, equal or lesser value

Please present coupon. Not valid during Happy Hour. Expires 8/31/11.

7336 Fair Oaks Blvd.
(Habibi Cafe)
Carmichael, CA 95608

916-979-9400

Miss / Teen Citrus Heights Scholarship Pageant

Additional Titles Awarded:
Miss/Teen/Mrs./Ms. & Pre-Teen
Greater Citrus Heights

Rusch Park • September 23rd • 7pm

For more info or application call Mary Purvis 721-3824
or pick one up at the City Offices at Rusch Park

TAK Food Market

9045 Fair Oaks Blvd.
(Corner of San Juan & Fair Oaks)
Call and Order Ahead of Time for Faster Service

944-3188

Kosher Hot Dog Kabob On Skewer

100% High Quality Premium Beef Cooked on Charcoal





Includes A can of Coke, 7-up, or Bottled Water.

\$2.99*

* Limited Time

Served with Lettuce, Tomato, Ketchup, Mustard, Pickle and Onion on a Toasted Bun

All Roads Lead to An Epic Journey at




STIMULATE Your Mind

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FIND Your Passion

We offer accredited degrees that lead to life-changing careers in

- Ministry • Education
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(916) 348-4689

www.EPIC.edu

FALL QUARTER CLASSES BEGIN IN AUGUST 2011



Carmichael Recreation and Park District is announcing these upcoming events

DISC GOLF COURSE at Carmichael Park

The course is closed on the following days due to scheduled events!
Saturday, September 24 Founders Day
 All holes closed - 7am - 5pm

Help SAVE the La Sierra Skate Park!

The La Sierra Skate Park will CLOSE unless we find additional funding! Please go to our website to find out how you can help.



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



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8AM-1PM

5750 Grant Avenue,
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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.



Carmichael Chamber of Commerce

Another Candidate Enters the Mayor's Race

"Jeff Da Plumber" Wagner entered the race for Honorary Mayor of Carmichael. He now joins Esteban Nava of SMUD to compete for Honorary Mayor. Wagner is the owner of Wagner Plumbing and has been a member of the Carmichael Chamber for 2 years. Applications for Honorary Mayor must be submitted, along with \$30, to the Chamber office by September 15. The race ends November 11, and the winner will be announced at the Tuesday, November 15 luncheon. The applicant who raises the most money will become Carmichael's next Honorary Mayor. Each dollar raised counts for 1 vote. Proceeds benefit the Carmichael Chamber of Commerce. For more information, contact the Chamber office at 916-481-1002.

Carmichael Chamber Mixer

Sat, Sep 17, 2011 from 5:30pm - 8:00pm
 @ Armor Mini Storage

FREE BBQ, drinks, storage wars Chamber fundraiser, networking. Brings plenty of business cards and a guest.

We are requiring an RSVP to this mixer. Please RSVP to Linda at 916-481-1002 or 916-203-1681.

Get Plugged In

The Carmichael Chamber is having a orientation coffee on Wednesday, September 21 from 8:30 - 9:30 am at the Chamber office, 6825 Fair Oaks Blvd, Suite 100.

This is a great time for new members to learn more about the Chamber, as well as anyone who just wants to understand the Chamber processes, wants to learn how to get more involved, or wants to know how to utilize the website more effectively for their business. Guests will also be able to talk with Board members. The September Coffee is being sponsored by Bill Schlack and Susan Dakuzaku of XLeration Services. Seating is limited, so please RSVP to the Chamber office by Friday, September 16.



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

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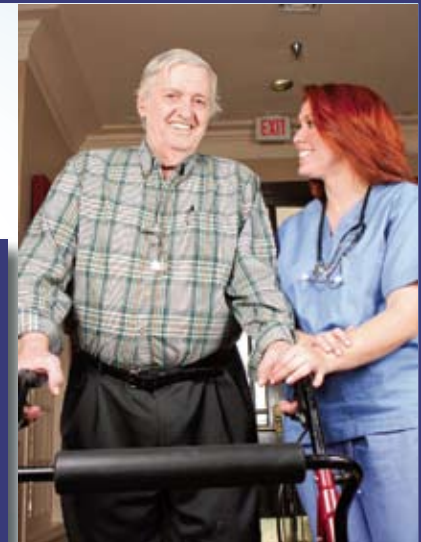
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- Ceramics (Beg), Thursdays 12:30 - 2:30pm, \$30/6wk session

<p>MISSION OAKS RECREATION & PARK DISTRICT</p> <p>Office Hours: 8 am-5 pm Registration Hours: 8:30am-4pm Monday-Friday www.morpd.com</p>	<p>DISTRICT OFFICE (916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael CA 95608</p> <p>MISSION OAKS COMMUNITY CENTER (916) 972-0336 • Fax (916) 972-7371 4701 Gibbons Dr., Carmichael CA 95608</p> <p>SWANSTON COMMUNITY CENTER (916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Carmichael CA 95825</p>
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Pony Express Wings Carmichael on 151st Trek Rerun

By Susan Maxwell Skinner

Carmichael – When a Pony Express rider thundered into Old Sacramento last Saturday, a romantic legend of the Old West was recalled. Hours earlier, riders of the 10-day relay had passed through Carmichael's dawning light with the precious mochila (mail bags).

The 1966-mile re-ride from St Joseph, Missouri varied slightly from the hazardous 1860s journey. In the brief existence of the service, riders crossed the American River North Fork via the old Brockliss Bridge, near Placerville. Staying east of the artery, they entered Sacramento via Folsom Blvd and J St.

On Saturday, companion riders Jeff Babbage and Gordon Crowder used the bike bridge from Rancho Cordova to reach William B. Pond Park. Canter to the next post, they conveyed the mochila over Carmichael soil for about eight minutes. At Estates Drive, Don Roden took over. He posed a brief "howdy" shot for this reporter's camera before resuming the trail.

Through snow, rain, the gloom of moonless nights in the High Sierra and Carmichael snaperazzi, the mail got through. Ten days after leaving St Jo, the final messenger hit Old Town Sacramento, dead tired and dead on time.

It was touch and go from the relay's Nevada departure. Riders ran



Joggers on the American River levee in Carmichael were oblivious to the historic purpose of Jeff Babbage and Gordon Crowder's hell-for-leather ride. All photos on this page by Susan Maxwell Skinner.

re-rides, Tatman respects everyone who rode. "It's hell for leather 70 per cent of the time," he explained. "But on a 12-inch mountain trail in at midnight, without a full moon, you have to go slow. Once you reach asphalt surfaces, you can give your horse his head. By the Estates change, (8:12 a.m.) were only three minutes behind."

Modern riders are seldom the slender teenagers preferred by Express recruiters of yore. "At 17, you leap from the ground into the saddle at a run," marvels Tatman. "Some of our older riders need help. But they still have the heart; once mounted, they feel they can do anything. Many of these old guys finished their legs ahead of time. My hat's off to them."

This year's re-ride marked the 151st anniversary of the Pony Express failure – ingloriously replaced by the telegraph service – after 1861. The romance of the lonely, courageous rider remains in the hearts of urban cowboys like Tatman (55). "When I moved onto my first ranch at 20, I got a horse before I got furniture," he says. "Everybody loves the aura and history old American west. Part of everyone wants to be a cowboy."

Anyone may join the National Pony Express Association. Learn about the non-profit historical group at www.xphomestation.com



three hours late and risked the on-time repete of the service. Over the next 19 hours and 40 California changing posts, several heroic feats saved the day. California President of the National Pony Express Association, Rich Tatman, followed each rider in his pickup truck. He recalled overnight miracles: "My riders pulled it out of their hats. Dan Dietrich did

two rides, back-to-back. He reached Camino Post Office, changed horses and shaved 30 minutes off the delay by Abel's Acres (Apple Hill). A lady rider, Casey Holbrook, also did two legs. She cut 20 minutes off one; 10 minutes of the next. Through the night, the many minutes saved all added up."

A veteran of 14 Pony Express



Pony Express enthusiasts Rich Tatman (left) and Don Roden prepare for a rider and horse change at Estates Drive on the American River Parkway. Gelding Rocky (center) was fourth to last mount for this epic trek.

Pony Express riders once risked watery river crossings. The Arden Bar bike bridge provides a safer route across the American River. Last week's 151st re-ride of the fabled service brought riders Jeff Babbage and Gordon Crowder briefly into Carmichael.

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