

# Carmichael Times



**Del Campo High School 25-Year Reunion a Roaring Success**

Page 2



**Deciding the Fate of the Dog Park**

Page 6

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August 24, 2011

## Willing Hands Prepare Jan Park for September Opening



In a push to ready Jan Park for its September 17 opening, Barrett Hills Neighborhood Association members last weekend joined forces with the Active 20-30 Club of Greater Sacramento and Carmichael Park District. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

**Carmichael** – Many hands last weekend made light work of dispersing 200 cubic yards of surface fiber over a playground at Carmichael's newest park. Sweating teams also sank 250 wooden bollards around the 13-acre reserve that lies between Jan and Salmaan Ave.

Saturday's five-hour "build out" at Jan Park assembled over 150 workers and completed over 750 volunteer hours. The effort entered the home strait in what has been a triumph for Carmichael volunteerism. Buoyed by popular demand to keep the rugged reserve intact, the Carmichael Park District last year sought and won a \$410,000 State grant. This windfall – combined with neighbors' fundraising – built concrete trails, picnic sites and a playground. The last vestige of an early Carmichael farm, the reserve contains century-old oaks and remains refuge for many birds and small animals. Development has focused on maintaining the native feel of the land. "Nature Rocks" is the theme of next month's opening celebrations.

Carmichael Park District Chief Jack Harris applauds Jan Park's modest development: "We kept existing trees and promoted natural surroundings," he said. "Our parks don't look like school yards. What

had to be spent was minimized with volunteer expertise and labor."

The biggest victory for the neighborhood was that all improvements were funded without land sale. "We always wanted to keep the property intact but we lacked finances to develop them," said Harris. "It's exciting to work in concert with the neighbors; this increases community appreciation for a park. Carmichael is blessed by mature sites with lots of trees; we needn't do much more than make these reserves accessible and safe. Upkeep is minimal and because people contributed to park planning, it's natural for them to stay involved in park maintenance."

The success of Saturday's volunteer efforts ensures that D (dedication) Day stays on schedule. Greater Sacramento's Active 20-30 Club not only provided 100 beefy volunteers; members also donated \$15,000 for the kids' adventure playground. This area is the focus of the September 17 community party. Assembling before 9:30 a.m. at Jan Drive and Slate Way, a parade of children's bikes, trikes, wagons and scooters will proceed along Jan and onto the park's new walkways. Boy Scouts will raise the first flag in an area paved by 171 commemorative bricks, sold to supporters for \$125

each.

Sacramento County Supervisor Susan Peters will officiate at the opening. "The community's volunteerism and support are truly inspirational," said Peters. "While the Park District was instrumental in obtaining the State grant, much credit goes to residents and the Barrett Hills Neighborhood Association. Their labor has created recreational possibilities and preserved open spaces in Carmichael."

Jan Park is the latest feather in the cap for the Carmichael Park District, which – despite budget and staff cuts – has opened three neighborhood parks in four years. Such an achievement, noted Peters "is unprecedented in these challenging times."

*Anyone may attend the opening celebrations and children are welcome. For more information, call (916) 485-5322.*



A Saturday working bee at Jan Park benefited by the efforts of over 150 volunteers. Work teams sank bollards around the reserve perimeter to prevent unlawful vehicle access. Photo by Susan Maxwell Skinner.

## Score a Job – Not a Scam: BBB advises job hunters to be on the lookout for the growing number of phony job postings

**Sacramento Region** – Looking for a job? You're not alone. With unemployment at a soaring rate of 9.2%, according to the U.S. Bureau of Labor Statistics, many job hunters are turning to online job boards to post their resume and search for jobs. Better Business Bureau (BBB) is warning job seekers to proceed with caution before sharing their personal qualifications for jobs found online.

The Internet provides an opportunity for ID thieves and scammers to take advantage of eager job seekers. It's becoming common for scammers to lure in potential candidates with phrases like, "Get rich quick – without even leaving your home!" all in the hopes of getting their personal information. Craigslist, Monster.com, Careerbuilder.com and Facebook are all breeding grounds for scammers.

"Job seekers need to be on the look out for potential scams. Before posting your resume to a career site or inquiring about a job, make sure you know with whom you are dealing," said Gary Almond, president and CEO of the BBB serving Northeast California. "Many job scammers are having candidates set up direct deposit accounts as part of the application process and making it seem as though it's naturally part of the process to get an interview—when it's absolutely not."

BBB advises job hunters to be on the look out for these red flags when conducting their job search:

**Employer emails are rife with grammatical and spelling errors.** Most online fraud is perpetrated by scammers located outside the U.S. When one's first language is not English, it is often evident in a poor grasp of the language. Look for poor grammar and the misspelling of common words.

**Emails purporting to be from job posting websites claiming there's a problem with a job hunter's account.** After creating a user account on a site, a job hunter might receive an e-mail saying there has been a problem with their account or they need to follow a hyperlink to install new software. Phishing e-mails like this are designed to convince readers to

click a link within the message to fix the issue, but actually take them to a website that will install malware or viruses on their computer.

**An employer asks for extensive personal information such as social security or bank account numbers.** Some job seekers have been surprised to learn they landed a job without an interview. However, when the employer asked for personal information in order to fill out the necessary paperwork suspicions were raised. Regardless of the reason given by the employer, a job applicant should never give out his or her Social Security or bank account number over the phone or by e-mail.

**An employer offers the opportunity to become rich without leaving home.** While there are legitimate businesses that allow employees to work from home, there are also a lot of scammers trying to take advantage of senior citizens, stay-at-home moms, students and injured or handicapped people. Job hunters should use extreme caution when considering a work-at-home offer and always research the company with the BBB.

**An employer asks for money upfront.** Aside from paying for a uniform, it is rarely advisable for an applicant to pay upfront fees for a job.

**The salary and benefits offered seem too-good-to-be-true.** Phony employers might brag about exceptionally high salary potential and excellent benefits for little experience in order to lure unsuspecting job hunters into their scam.

**The job requires the employee to wire money through Western Union or MoneyGram.** Many phony jobs require the prospective employee to cash a check sent by the company through the mail and then wire a portion of the money on to another entity. Reasons given for this requirement vary from scam to scam. The check might clear the employee's bank account initially, but will eventually turn out to be a fake. The consumer is then out of the money wired to the company.

Source: Better Business Bureau.

### 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](http://www.senate.ca.gov/GAINES), for up-to-date information as Community Coffee events are scheduled.

## Three Carmichael Artists Win Juror Awards in KVIE Art Auction

**Sacramento Region** – KVIE Public Television is pleased to announce that three local Carmichael artists won juror awards: Susan Poirier's encaustic titled "Separation Anxiety" in the Contemporary Classics category, Sean Royal's silkscreen titled "Hedy" in the Contemporary Classics category, and Gretchen Ryan's watercolor titled "Still Life with Fruits and Flowers" in the Representational category.

Susan Poirier says, "A blank canvas can be intimidating. Before I begin a piece I cover the canvas with words that come to mind from recent dream, thoughts, or experiences. The

words become the starting piece and are fused under layers of wax. The word suggests the title." "Separation Anxiety" is an example of this.

Sean Royal's silkscreen piece titled "Hedy" is an image of the actress Hedy Lamarr. Royal is an affiliate of Archival Framing and has been making art for 15 years.

Gretchen Ryan's watercolor titled "Still Life with Fruits and Flowers" is described as an exploration of composition, value, and colors.

Works by Carmichael residents also juried into the KVIE Art Auction 2011 collection include Tananarive Aubert's photograph titled "Springtime in the Orchard,"

Michele Fisher's ceramic titled "Otherworldly Woman with Blue Background," Roger Lieberman's photograph titled "UnderTower Bridge," Robin Slakey's ceramic titled "Tea Cup Totem," and Maria Winkler's acrylic on board titled "Marshes."

Preview over 250 works, celebrate and meet inspiring local artists, enjoy fine wines provided by the Amador Vintners Association, and sample hors d'oeuvres and desserts from local restaurants at KVIE's 30th Anniversary Art Auction Gala on Monday, September 19 from 5:30pm to 8:30pm. For information and tickets visit [kvie.org/artauction](http://kvie.org/artauction)

or call (916) 641-3663.

The live three-day auction broadcast consists of both works by renowned artists living in our region (The Masters Collection including Mel Ramos, Gregory Kondos (giclee), Jian Wang, Gary Dinnen, and Robert Else) and works entered into and accepted through a jury process. The auction starts Friday, September 23 from 9pm to 11pm and continues Saturday and Sunday, September 24 and 25 from noon to 10pm.

A complete list of winners and art accepted into the collection is online at [kvie.org/artauction](http://kvie.org/artauction). Images and information about all the art up-for-

bid will launch in September. The Art Auction is sponsored by The Niello Company, Mansour's Oriental Rug Gallery, and Radoslovich | Krogh, PC Attorneys.

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For more information, visit KVIE's website at [www.kvie.org](http://www.kvie.org).



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# Del Campo High School 25-Year Reunion a Roaring Success



Candace Nordstrom (left), Cristina Mendonsa and Wendy Ellison Allen smile for the camera. All photos courtesy of Wendy Allen.

*Carmichael/Fair Oaks* - The 80's were back in full swing on Friday, August 12th. On this beautiful summer evening, the Del Campo High School Class of 1986 reunited once again for a night of food, fun and friends at the Radisson Hotel Sacramento.

The theme, "Ready to Have Fun Again", set the tone for this much-anticipated 25-Year reunion of the Fair Oaks-area school. More than 100 alumni filled the ballroom, ready to reconnect with old friendships, as well as make new ones. Guests enjoyed a delicious

assortment of hors d'oeuvres and dessert and mingled with friends in the ballroom, as well as a scenic outdoor terrace overlooking a small lake.

The entertainment for the reunion included a spectacular photo presentation, showing photos and memories from the group's high school days, as well as recent photos showing the classmates'

current families. The crowd was also entertained by funny segments that poked fun at the 80's, as well as a hilarious "What If They Mated?" segment which paired photos of certain classmates, to see what their hypothetical children would look like. But some of the most fun came when the Del Campo graduates let their hair down and danced into the early morning



Coordinators Laurie Parsons Hiatt (left), Wendy Ellison Allen and Tricia Grundman Knight.



Roland Hyatt and Mary Hanger enjoy the reunion and remember old times.

hours to music from the 80's. The Reunion Coordinators, Laurie Parsons Hiatt, Tricia Grundman Knight, and Wendy Ellison Allen, are pleased with the turnout and that their fellow alumni had such a great time. "We're so happy that our 25-year reunion went off without a hitch and everyone had such a great time," the trio said in a statement. "For us,

it was all about gathering everyone together again and reconnecting with our friends. We look forward to many more reunions to come." If you would like to submit your information to the reunion committee, so you may be informed of future class reunions, please contact the Reunion Planning Committee at staff@dcccogars1986.com.

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

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Appearing in "Drinking Habits":  
 (L) Alison Whismore, Dawn Towle, TS 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](http://www.cplayhouse.org) or call the box office at (916) 489-7529, during business hours.

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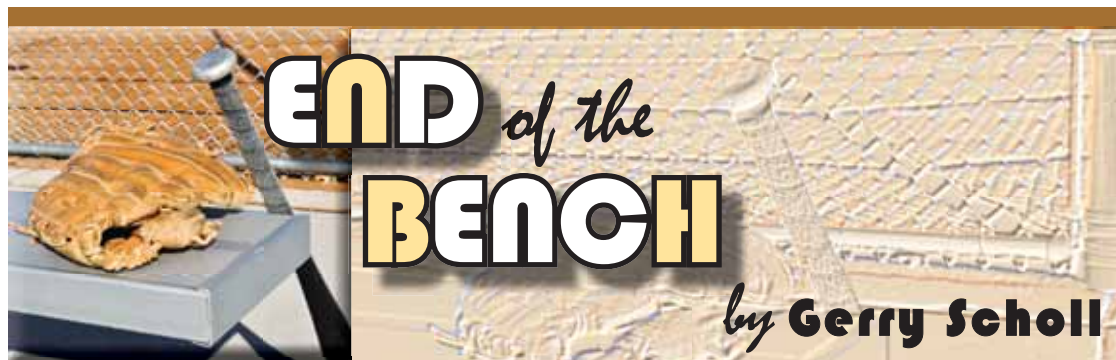
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## The NFL - A Mental Institution

What in the wide, wide world of sports is going on here?

If you have any plans to attend a pro football game in the Bay Area this season, cancel them, unless you have a bullet-proof vest and a hockey goalie's helmet in your closet.

A couple of weeks ago in this space I wrote about That Fighting Spirit in sporting events — among the participants. That is all bad enough, but with the reports of the wild violence that took place among fans Saturday at Candlestick Park at the 49ers-Raiders game— two shootings in the parking lots; a brutal beating in a restroom; many, many fights in the stands — the fighting mentality has escalated out of control.

I'd hate to think these things are a microcosm of our society as a whole — though there is more than enough violence in our world. In many everyday ways violence is sensationalized and even promoted. The gang element, which is a part of the mix at these events, is all about violence.

One can't say these issues are limited to the NFL when there have been recent incidents such as the Brian Stow beating at Dodger Stadium in April and the Georgetown University-China basketball melee a couple of weeks ago. But, in the

NFL, the problems are prevalent; violent activity is an every-game occurrence.

Pro football is an extremely violent endeavor. Violence breeds violence, and it is overflowing into the stands. The league looks to control the ill effects of the violence on the field with improved equipment, rules changes, medical precautions and the like, but has clearly not done enough to control things beyond the field.

Flowing testosterone and ignorance joining with a raging river of alcohol produces a flood of uncivilized behavior. Many teams claim to adhere to a "zero tolerance policy," but fail miserably enforcing it, while cashing in big time with a status quo approach.

Raiders CEO Amy Trask and 49ers President Jed York had considerably weak responses to the issues on the morning talk shows.

The Raiders have promoted their "tough guys" image for decades and have embraced fans who identify with it. Some 49ers fans, insulted by the "wine and cheese crowd" tag, feel a need to prove their manhood as well with a tough response.

It's a bad mix to have a good number of these fools sitting side-by-side in the same stadium. The league is considering, and should adopt,

a plan to cancel the annual 49ers-Raiders preseason match up in the future.

And — so much for the "new shared stadium" idea. These events are likely to jeopardize progress on any new stadium plans. Who wants these sorts of things going on in their backyard?

I like watching the NFL on TV like millions of other fans and have rooted for both Bay Area teams through the years — and that's ok. Sometimes some of the violence bothers me, but the players know what they are in for when they play the game. I don't want to see players getting hurt, I want to watch them play. I never feel like hitting or shooting anybody because they are a fan of the opposition. Apparently there are those who do.

I wasn't very impressed the couple of times I attended games in person anyway. I couldn't see the action very well; no great replays like those on TV; the play stoppages were unbearable; far too many idiots in attendance — not that much fun.

Lucky for me the games are better on TV. I think I'll play it safe and watch from the recliner.

My recommendations: Stay home. Stay healthy. Sell the vest and helmet at your next garage sale.

## MEETING ANNOUNCEMENTS

### Organic Gardening

September 2 — the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program "Landscaping With Low Water Usage" will be presented by Ernesto Sandoval, UC Davis, Master Gardener.

### Military Widows

September 3 — The Society of Military Widows, Sacramento Chapter #5, will meet at the Lions Gate, McClellan Park at 11:30 a.m. for lunch and business meeting along with a presentation on the "History of the National Society of Military Widows".

### California Citizens for Health Freedom

September 8 — a free lecture on "Body Signs are Indicators of Health Problems" presented by Jim McAfee, Th.M., C.C.N. The meeting is at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento, from 7 - 9 p.m.

For questions regarding any of the above meeting notices, please contact Elsie Player at (916) 635-6724.



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# Riley Reviews

HUMOROUS SIDE OF VAMPIRES PUTS THE BITE ON "FRIGHT NIGHT"

"Fright Night" apparently requires vampires and their slayers to drop a few F-bombs.

Normally, I avoid horror films, namely because I just don't feel like being terrified witless or having to watch more blood spilled than during an entire World War.

Based upon the 1985 film of the same title, "Fright Night" is thankfully not in the same league with

the repulsive "Saw" franchise or the bloody "Friday the 13th" films.

To be sure, blood is spilled, but the scary parts don't cause your hand to uncontrollably grip your seatmate or the hair on your neck to stand up.

Altogether different in tone and spirit, "Fright Night" intentionally seeks out amusement in its vampires, as opposed to the inadvertent humor one would find in the "Twilight" series.

Speaking of the teen vampire craze, "Fright Night" also delights in taking a few jabs at "Twilight" in some good-natured ribbing.

More importantly, this remake as well as the original takes great joy in mocking the popular culture's weird fascination with vampires.

Where else would you encounter a vampire named Jerry? Shouldn't a

fearsome bloodsucker have a Gothic name, or even something like Drake, Vlad or Lucius?

It's up to high school student Charley Brewster (Anton Yelchin) to convince his skeptical single mom (Toni Collette) and others that the handsome new neighbor Jerry (Colin Farrell) is from the dark side.

The problem for Charley is that he comes to this conclusion from the antics of his geeky old pal Ed (Christopher Mintz-Plasse).

Now hooked up with the hot Amy (Imogen Poots), Charley is desperately trying to fit in with the hip crowd, and talk of vampire-hunting doesn't help his cause.

The setting for this story is awesome. Charley lives in a bland suburban Las Vegas housing tract, which looks like the developers abandoned

before completion.

It's the perfect hideaway for Jerry. Surely nobody will miss the slutty blonde across the street who works as an exotic dancer on the Vegas Strip.

Oddly enough, nobody except Charley seems to notice or care that Jerry is never seen in daylight and that all his windows are blocked out.

To Charley's mom, Jerry is a working stiff on the graveyard shift in Vegas, just like many other unfortunate dwellers in this hopeless, forsaken suburban outpost.

As to be expected, Charley takes increasing risks to expose the vampire Jerry, breaking into his house and uncovering the torture rooms of his victims.

Realizing the need to find a vampire slayer, Charley seeks out Peter Vincent (David Tennant), a star

magician pretending to be a vampire expert in a tacky Vegas act.

For his part, Tennant's Vincent resembles Russell Brand, another self-indulgent Brit with the flair for a flamboyant gothic style and degenerate pretense. At least, Tennant is strangely funny when he revels in debauchery.

Farrell's vampire Jerry has a charismatic personality and irresistible charm that only Charley alone can see through. However, no one will ever confuse Farrell with Bela Lugosi.

A remake may not be necessary, but "Fright Night" has lots of prickly, comic dialogue that is greatly amusing and vastly entertaining.

"Friday Night" moves at a nice pace, but oddly enough it hits a few spots where you expect the story to end. But that just leads to more fortunate surprises.

A Special Article by Tim Riley

FRIGHT NIGHT (Rated R)

FRIGHT NIGHT (Rated R)  
Not often do we see an R-rated movie from Disney, but a remake of



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Sudoku Puzzle on Page 6

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Crossword Puzzle on Page 6

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### DVD RELEASE UPDATE

Just because the CBS Television network has decided that Charlie Sheen is supremely expendable now that he's been cast aside from "Two and a Half Men" doesn't mean that he is forever banished.

Okay, maybe networks will be reluctant to take a chance on him, but you can still enjoy the irrepressible Charlie in another TV venue.

The DVD release of "Spin City: The Complete Fifth Season" might pass unnoticed save for the fact that this particular season introduced Sheen as the new Deputy Mayor and right-hand man to Barry Bostwick's Mayor Winston.

Sheen came to the series to replace Michael J. Fox, whose character had to leave the Mayor's office when taking the blame for his boss' association with the Mafia.

Heather Locklear also stars as the Mayor's communications director, a position that puts her at odds with the sarcastic Sheen.

With Sheen and Locklear locking horns, the sparks will fly and so will the fun in "Spin City: The Complete Fifth Season."

### 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.

### 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](http://www.missionoakscomputerclub.org).

### DELIVERY ROUTES AVAILABLE

**CALL 773-1111**

# Deciding the Fate of the Dog Park

**Public Critical Meeting: Wednesday, August 31 at 6:30 p.m.**  
**Location: Baseball field bleachers across from the dog park.**  
**Alternate: Small dog park. Bring chair and no dogs please.**



**Do you want Carmichael Canine Corral to continue to be a place where your dogs can run and play off-leash?**

By Elizabeth S. Brown

Why cancel September 17th event? This morning the in-box held an email with the question: Why would you cancel the event when the dog park needs money? That's a very good question, and one that deserves far more than a quick answer.

Here's part of the answer. Not only is the September 17th event being canceled, so are other fund raising activities. To put on an event of the magnitude planned for September 17th requires dozens of people. Primarily, though, it requires an intact Board of Directors, which Canine Corral no longer has. Even when the Board of Directors was intact, marshaling the required number of volunteers and coordinating all the parts necessary to just plan such a large event was becoming full-time jobs for some of the Board of Directors, who are volunteers, many of whom already have full-time jobs and families.

Then there is the other nearly full-time job, keeping the dog park itself in operational status. Four volunteers (the executive board) can only do so much. Eight volunteers, the complete Board of Directors, can only do so much. The Park District listened to what the public wanted in the way of improvements to the dog park, drew up an elegant, but very costly proposal (the so-called Master Plan),

and told the dog park folks — you pay half. Our half is \$125,000 — about \$500 apiece for every person who has signed up on this web site. More realistically, it is about \$1,000 each for every dues-paying member.

Since the dog park is the highest use area of Carmichael park on a consistent year-round basis, if we could get donations from all the people who use the park and never pay dues or donate in the iron ranger, the cost per user would go down to a couple of hundred dollars each. Right now, in this economy, we are having trouble encouraging people to pay \$20 annual dues that pay for dog-poo bags (frightfully expensive) and other day-to-day operational expenses. It is unrealistic to expect our members to be able to afford to chip in that much money.

Our fund raising chair has been working nonstop with business owners, and the same old song is all over town — the economy. So, along came the ideas were to have fund-raising events, which is a normal thing to do when there is not enough money to go around for an organization.

Again, to run such events requires a lot of time, planning, coordination — but most importantly, PEOPLE. The dog park needs people who want so badly for this dog park to continue in existence, and to be improved

for the safety of the dogs and their owners, that they are willing to cooperate and volunteer their time.

That so-called Master Plan is just a pretty picture. When the funds are raised, then the final decisions will be made as to what it will really look like. Why so much money? The main issue for park goers and the Park District alike is water and drainage. As everyone with muddy footprints on their carpet knows, the drainage on the larger enclosure is abysmal. There is no water for the smaller enclosure, and every attempt at stop-gap measures has failed.

Getting underground excavators who are licensed to install pipes to drain the grounds to the main sewer, then properly move the dirt around so that water drains into those pipes is the biggest chunk of money in the improvements, along with installing pipes for drinking water and wash stations. Nothing else can or will be done until the drainage and water supply issue is solved. Anybody know licensed underground construction and/or water crews who will donate?

Then we are back to the reality that a couple of weeks ago the Board of Directors was already not at full capacity and trying like mad to solve all the problems inherent in running the daily operations of the dog park. Now there is not even a full executive Board, and it is unknown at this time what can be done.

Why cancel September 17th? Right now there are not enough volunteers to run the dog park itself, much less mount a major event. For people who do not know, the Park District is NOT responsible for the daily operation of the dog park.

The Carmichael Canine Corral Association works with the CRPD to enjoy the privileges of having a special-use piece of ground set aside for dogs and their owners.

Sus Brown has become the new President. Sus has worked very, very hard for Carmichael Canine Corral for years. Once all the dust settles from the mass exodus of Board members, she, I am sure, will come up with the right plan.

# 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](http://www.saclibrary.org), or by calling the Sacramento Public Library at (916) 264-2920.

The program is sponsored by Kaplan Test Prep and Admissions.

## STATEPOINT CROSSWORD • THEME: FAMOUS INVENTIONS

CROSSWORD															
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### CLUES

- ACROSS**
- Ulysses S. Grant's first name
  - Second-largest bird in world
  - Expel
  - Sun-dried brick
  - "... a moment too soon"
  - Helper for some elderly
  - Acquire knowledge
  - Contend
  - Abrupt increase
  - "Inventor of electric motor"
  - "Cyrus McCormick's invention"
  - Brooks or Gibson, e.g.
  - Small stream
  - Sometimes hard to find in city
  - Traditional spot for an earring
  - Front of a building
  - Like dental surgery
  - Vagrant
  - 13 in baker's \_\_\_\_\_
  - Average
  - Hill or Baker, e.g.
  - Just below roof
  - Gives off
  - \_\_\_\_\_ drab
  - Wedding cakes often have more than one of these
  - Leader of a Muslim state
  - Russia's Peter the Great, e.g.
  - "\_\_\_\_, the Beloved Country"
  - Hippocrates' promise
  - Theatrical prompt
  - Not dense
  - "Allen/Gates invention"
  - Wallop
  - Neither
  - Dam
  - Affected by wear
  - Masseuse's office
  - African chieftain
  - Movie "The Way We \_\_\_\_\_"
  - Clairvoyance
  - Form of Japanese poetry
- DOWN**
- 50 percent
  - "An invention usually starts with a good one"
  - Serengeti sound
  - Biblical Abraham's original name
  - "Father of Genetics"
  - One turns green with it?
  - "Me," in Paris
  - Wombs
  - Fish found off Atlantic coast of U.S., aka porgy
  - Decrease gradually, often precedes "down"
  - Short for engineer
  - Just a \_\_\_\_\_ bit
  - Sometimes comes tossed
  - Often comes with a lei
  - Rudolph's friend Hermy, e.g.
  - Resurrection of the dead
  - Ratio of hypotenuse to opposite side of right-angled triangle
  - Scent
  - Russia's St. \_\_\_\_\_ Cathedral
  - \*Character Q provided great inventions to him
  - \*Inventor of revolver
  - Pre-life
  - Postpone
  - Diary item
  - Lesotho money
  - \*Inventor of "hoisting apparatus"
  - Olden day calculators
  - Not quite a spoon and not quite a fork
  - \_\_\_\_\_been
  - Streamlet
  - Past, present or future
  - Organ swelling
  - If it fits...
  - She survived her infamous husband Henry VIII
  - Bane of teenager's existence
  - Tortilla sandwich
  - Baker's baker
  - Song "Eight Days a \_\_\_\_\_"
  - "Que sera \_\_\_\_\_"
  - \*Huge network
  - Roman goddess of plenty

For Solution See Page 5

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 5.

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FICTITIOUS BUSINESS NAME STATEMENT #1106171. Amanda L. Steedley, 5949 Camray Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Flaming Fish Studios; Chopper's MC; Fans of Chopper M.C.; I've Been Licked Books" at 5949 Camray Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 15, 2011. Publish August 3, 10, 17, 24, 2011. FLAMIN 10801 8-24-11

this court for a decree changing name of Sofia Daniela Barrett to Sofia Daniela Barrett-Ibarria. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 18, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 3, 10, 17, 24, 2011. BARRET 10801 8-24-11

FICTITIOUS BUSINESS NAME STATEMENT #1106006. Robert E. Porter, 9077 Pershing Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Xtechs Computer Repair" at 9172 Greenback Lane #C, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on July 11, 2011. Publish August 3, 10, 17, 24, 2011. XTECHS 10801 8-24-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-0017071 WHEREAS, Gaoli Kha has filed a petition with this court for a decree changing name of Gaoli Kha to Lily G. Kha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 18, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 3, 10, 17, 24, 2011. KHA 10801 8-24-11

FICTITIOUS BUSINESS NAME STATEMENT #1106408. Patrick James Junez, 12801 Fair Oaks Blvd. #31, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "SPITCo Holdings" at 12801 Fair Oaks Blvd. #31, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on July 25, 2011. Publish August 3, 10, 17, 24, 2011. SPITCO 10801 8-24-11

FICTITIOUS BUSINESS NAME STATEMENT #1106395. Doug & Mary Bona Inc., 280 Saint Croix Ct., Lincoln, CA 95648 is doing business under the Fictitious Business Name "Papa Murphy's Take & Bake Pizza" at 5618 Folsom Blvd., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on July 25, 2011. Publish August 10, 17, 24, 31, 2011. PAPANU 10802 8-31-11

FICTITIOUS BUSINESS NAME STATEMENT #1106167. Frank Salim, 4400 Sandwick Dr. #214, Antelope, CA 95843 is doing business under the Fictitious Business Name "Frank's Jewelry Shop" at 7319 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 15, 2011. Publish August 3, 10, 17, 24, 2011. FRANKS 10801 8-24-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00107013 WHEREAS, Sofia Daniela Barrett has filed a petition with

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00107227 WHEREAS, Francis Andrew Zuppan has filed a petition with this court for a decree changing name of Francis Andrew Zuppan to Frank Andrew Zuppan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 7, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 21, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 10, 17, 24, 31, 2011. ZUPPAN 10802 8-31-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108608 WHEREAS, Rafael Alberto Maza-Emma Justo has filed a petition with this court for a decree changing name of Rafael Alberto Maza to Adriel Alberto Justo Maza. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: August 8, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. MAZAE 10803 9-7-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108119 WHEREAS, Shawn Jonathan Sharp has filed a petition with this court for a decree changing name of Rachel Lynn Marquez to Xander Rhys Marquez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 14, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 2, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 10, 17, 24, 31, 2011. SHARP 10802 8-31-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108630 WHEREAS, Nicholas Fargo has filed a petition with this court for a decree changing name of Nicholas Fargo to Nicholas Ouellet. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks

prior to the date set for hearing on the petition. Dated: Aug. 9, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. OUELLET 10803 9-7-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108648 WHEREAS, Raphael Donde Meisevitch has filed a petition with this court for a decree changing name of Raphael Donde Meisevitch to Raphael Donde. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 9, 2011. Publish August 17, 24, 31, September 7, 2011. DONDE 10803 9-7-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108517 WHEREAS, Julio Rosales has filed a petition with this court for a decree changing name of Grace Kelley to Mia Nevaeh Rosales. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 8, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 17, 24, 31,

September 7, 2011. ROSALES 10803 9-7-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00106535 WHEREAS, James Paul Tinsley has filed a petition with this court for a decree changing name of James Paul Tinsley to James Paul Jamison. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 16, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. JAMISON 10803 9-7-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF DEBORAH JONELLE BRUNS (deceased) ESTATE NO. 34-2011-108956 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of DEBORAH JONELLE BRUNS (deceased): A petition has been filed by MICHAEL MCGAHN in the Superior Court of California, County of Sacramento, requesting that MICHAEL MCGAHN be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or

have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road #214, Sacramento, CA 95826 on July 7, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name, address and telephone number of petitioner or petitioner's attorney is: Scott R. Paul, 1010 Hurley Way #290, Sacramento, CA 95825; 916-564-4111. Publish August 24, 31, September 7, 2011. FAMADV 10804 9-14-11

FICTITIOUS BUSINESS NAME STATEMENT #1106957. Ali Sajadifar, 7817 Olympic Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "German Star" at 7817 Olympic Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Aug. 11, 2011. Publish August 24, 31, September 7, 14, 2011. GERMAN 10804 9-14-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #34-2011-0009536 NOTICE TO DEFENDANT: DAVID HAVEL. You are being sued. PLAINTIFF'S NAME IS: DAVID DOUGLAS You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten

response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp.org](http://www.courtinfo.ca.gov/selfhelp.org)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association.

The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, is: David Douglas, 4909 Clear Circle, Carmichael, CA 95608; 916-481-5599. Dated: April 18, 2011. Publish August 24, 31, September 7, 14, 2011. DOUGLA 10804 9-14-11

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# POPOFF!

with Mary Jane Popp

weight, we are most successful when we weigh ourselves daily. Keeps the goal in mind.

3) **Serve your meals on smaller plates.** Most of us are used to seeing our plates full. Anything less makes us feel like we're not getting enough.

4) **Park farther away.** Park at least two rows away from the entrance to your workplace, the grocery store, or any routine place. No driving around to find a closer space. You'll walk off the pounds in the process.

5) **Take the stairs.** Going up one level? Don't use the elevator. By climbing just one flight of stairs every day, you can burn an extra 5800 calories a year.

6) **Brush your teeth after dinner.** Who doesn't like to have minty-fresh breath and clean teeth? Instead of waiting til bedtime, do it right after you finish dinner. Don't have anything but water the rest of the night. This simple step helps avoid mindless late-night munching.

7) **Keep a record of the calories you don't eat.** Did you skip the doughnut at work this morning? That's 250 calories you won't have deal with. How about potatoes without gravy? That's 150 calories saved. It empowers you to know you saved hundreds, even thousands of

unnecessary calories a day or a week.

8) **Eat in designated areas only.** Avoid mindless eating by having meals in the dining room or at the kitchen table—don't eat while you're watching TV or sitting in front of your computer, and don't eat in your car or bed.

9) **Move the candy bowl.** If sweets are available at work or at home, put them in a place that isn't within eye-sight. Don't set yourself up for mindless eating. Get them out of view.

10) **Eat a protein bar.** Instead of munching on a snack that's empty calories, grab a low-calorie, low carbohydrate protein bar. It's nutritious and will help suppress your appetite for hours.

That should get you started, but there's lots more where that came from in "Doctor's Orders" like fitting simple weight-loss techniques into a hectic lifestyle and how to avoid rebound weight gain, and lots more. Say goodbye to carrying the weight of the world. Well, maybe a few pounds can make a big difference.

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

## DOCTOR'S ORDERS

Diets don't work! I know you've heard that one before. Now, if you google "weight loss expert", **Dr. Kent Sasse** is often the #1 result that comes up on your computer. He is a renowned pioneer in the field of medically supervised weight loss. Now he offers 101 medically proven tips for losing weight in "**Doctor's Orders.**" These are solutions beyond food--surprising solutions--that get at the heart of how we think, why we eat, and what to do about it. Here are ten simple steps to get you started.

1) **Start a food log:** Keep an accurate record of everything you eat. You become much more aware of the food and drink you're consuming. In time, this heightened mindfulness will help you to make—and stick with—healthful; changes in your diet.

2) **Weigh yourself everyday.** Studies show that, when trying to lose

## SACRAMENTO FINE ARTS CENTER, INC.

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### 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

### Magnum Opus XXII

Sacramento Fine Arts Center's Annual Open Show,  
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Best of Show,  
"Man with Reflectors",  
pastel by Kit Austin

A juried art show of the regions finest artists showing their finest original art, sculptors, photography, painting, all mediums. Jurored by Kylee Denning, Curator of Collections at Stockton's Haggin Museum. Cash and merchandise awards. Special Second Saturday Reception August 13, 5:30 - 8:30 pm. Music and refreshments.



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**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 from 11am-3pm**

Located at the Danny Bishop Pavilion for the Performing Arts

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.

**FREE SUMMER CONCERTS AT CARMICHAEL PARK**

**The Carmichael Recreation and Park District**

is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue!

**Schedule**

**Saturday, August 27** Mick Martin & the Blues Rockers~Rock n' Roll/Blues  
**Sunday, August 28** River City Concert Band~50 piece Concert Band

\* Denotes Saturday concerts

Concerts start at 6:30pm unless noted.

Want to sponsor a concert? You can have your name on the flyer and on a banner; both of which will be seen by thousands of people! Call Elizabeth Crisante at 483-7826 x25.



**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).



**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](http://www.carmichaelchamber.com)

**August Spa Savings**

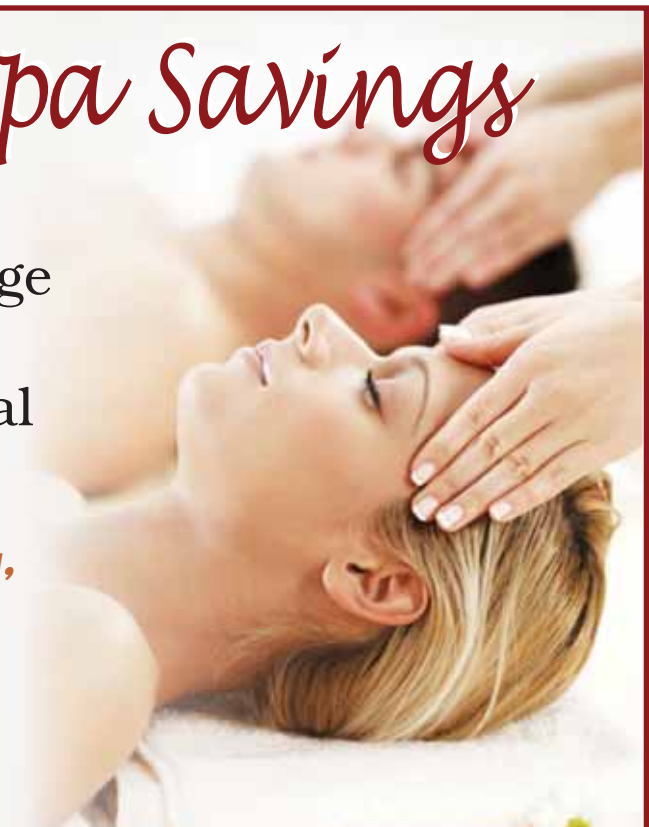
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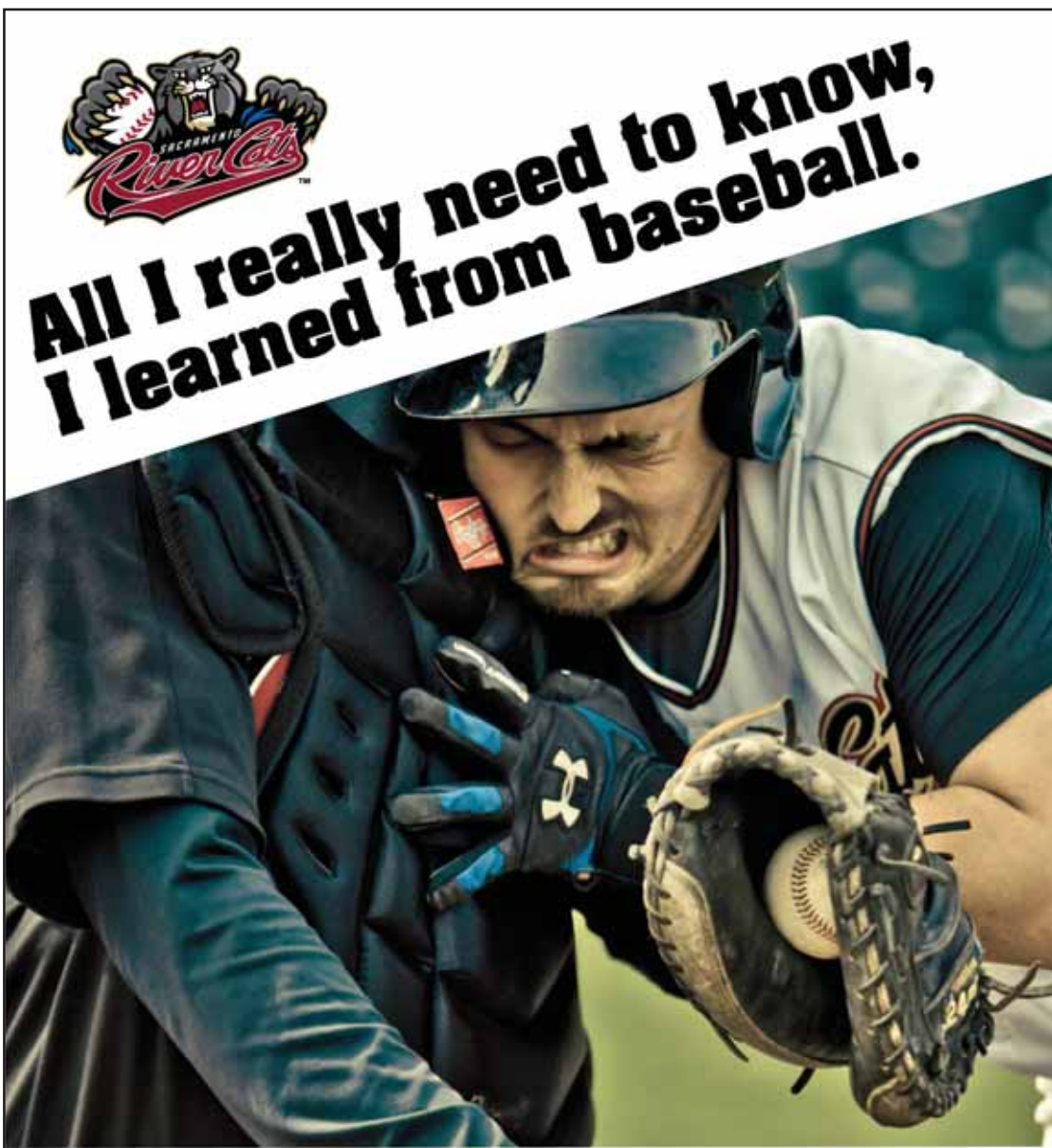
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					RR	RR
14	15	16	17	18	19	20
RR	RR	ALB	ALB	ALB	ALB	
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- Creative Dance for Kids, Tuesdays 4-5pm, \$35/month
- Ceramics (Beg), Thursdays 10:30-12:30pm, \$30/6wk session

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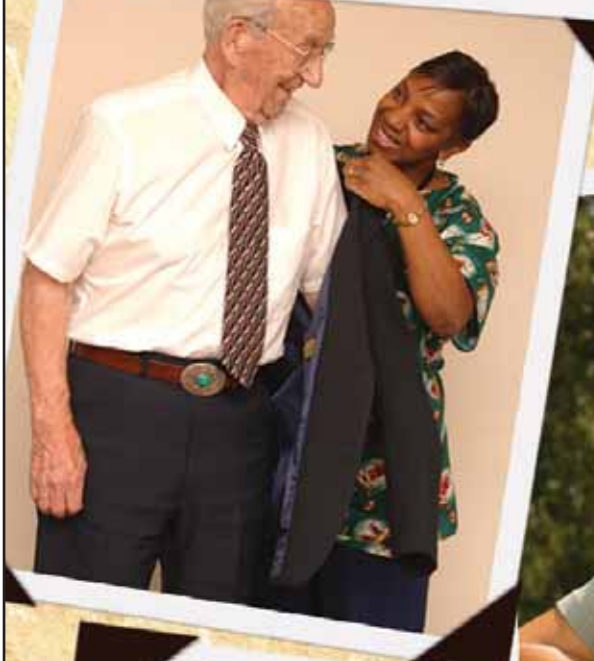


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