

Carmichael Times

Rosewood
Nursing Facility
Recognized
Nationally

Page 2

Chiropractic
Help for
"Extremity"
Adjusting

Page 4

Riley Review:
Epidemic Fear
Goes Viral in
the Thrilling
"Contagion"

Page 5

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September 14, 2011

Old Roy: A Carmichael Tradition



Old Roy, a Carmichael favorite, is looking for a new home. Photo provided by Patrick Haley.

By Leslie Carrara

Carmichael - He's very big. He knows the streets of Carmichael pretty well. He's been a fixture in the Carmichael Fourth of July Parade for the last four out of seven years. And he's for sale.

'Old Roy', affectionately named in memory of a grandfather, is

a 50-foot long white fire truck. His owners, long-time friends Pat Haley, 61 and Bill Horton, 60, both of Carmichael, don't have kids at home anymore to rock and roll on the parade route, and he has brought them both wonderful memories.

"We used it for the El Camino High School Student Government

Homecoming Parade," Haley reminisced.

Horton said it was a fluke how they ran into Old Roy. The University of California at Davis had the truck for sale and Haley's father wanted a float in the parade. The two friends bought it in 2004 and they would like to see it stay right here.

At his peak, decorated Old Roy

carried 85 kids on the parade route, all the while shooting water canons spraying the crowd in sync with the music and blaring rock, blues and patriotic tunes for all to see and hear. Haley explained that the kids on the truck were theirs, as well as students from Mission Avenue Elementary School, all dressed in red, white and blue. "Our kids are grown and gone," he said. "We want to keep it in the Carmichael parade. We are trying to sell it locally."

Old Roy has been used for fundraisers as well, including for the Eastern Little League.

Built in 1967, this Seagrave truck has scaffolding on it to seat up to 80 people, as well as water canons.

"We see so much potential for it here in the community," Horton said. "It's a real sentimental thing. We don't want to see it rot."

The friends would like to see someone to either buy Old Roy outright and keep him in Carmichael or possibly a benefactor who would provide the cash for upkeep and storage. In return, Haley and Horton would remain on and help as much as possible. The benefactor, of course, could use the truck for parades, school functions, benefits, as a home for a Dalmation or racing to a pretend fire to show off for loved ones. "We are looking for ideas to keep it locally," Horton added. If you are interested in purchasing, being a benefactor or have any ideas about who could use the truck, call Pat at (916) 835-0728.

Gasoline 92 Cents Per Gallon Higher Than One Year Ago

Sacramento Region (report for the week of September 12th) - Average retail gasoline prices in Sacramento have risen 1.4 cents per gallon in the past week, averaging \$3.86/g yesterday. This compares with the national average that has fallen 0.1 cents per gallon in the last week to \$3.66/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 92.2 cents per gallon higher than the same day one year ago and are 19.2 cents per gallon higher than a month ago. The national average has increased 5.1 cents per gallon during the last month and stands 93.3 cents per gallon higher than this day one year ago. "Late last week we started to see

a drop in wholesale gasoline prices, which is the price stations pay. Such news means the national average may begin moving lower," said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. "While I'm hopeful we'll start to see lower retail gasoline prices in the days ahead, we have seen considerable volatility and I'd hate to see the market move higher in the days ahead, negating any expected drop in retail prices," DeHaan adds.

Source : GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com. GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.

Sac Metro Fire Responds To Multiple Arson Fires



Sacramento Region - (Sept. 10th) At 11:15am Sacramento Metro Fire responded to the report of multiple grass fires along the American River Parkway in the area of River Bend Park. Firefighters arrived and could see three separate fires in the same area quickly growing, all in dense dry brush. Metro fire's helicopter arrived and reported additional fires in the same area all between

Hagan Park and River Bend Park. Additional fire units were dispatched. It took twelve grass fire vehicles, a helicopter and dozer to contain all the fires. The final count of fires was believed to be between seven and nine separate sets. There were no injuries reported, structures damaged or structures threatened. In all, 19 acres were burned. The area burned is a nature area along the American River between the river and the bike trail.

Witnesses reported seeing a male adult in the area. He was reported wearing a grey long sleeve shirt, grey pants and riding a ten speed bike. He is a person of interest in the fires. Witnesses can call 916-859-4300 with any information.

Carmichael Native and Acclaimed Journalist Lisa Ling Scheduled for Lecture Series



Lisa Ling, a former Carmichael resident, Del Campo alumni and acclaimed journalist.

Sacramento Region - Lisa Ling, a former Carmichael resident and Del Campo alumni, is just one of the six nationally acclaimed superstars coming to Sacramento. Ling is set to appear in at the Community Center Theater in Sacramento. She will be apart of the Sacramento Speakers Series 2011-2012 season line-up. The series gives Ling the opportunity to lecture about her life experiences in addition to answering questions from the audience during the open forum discussion.

Ling's expertise, honesty, knowledge and personality are just a few of the characteristics that stood out to Attorney Mitchell Oswald, current owner of the Series. Mr. Oswald states, "I greatly value Ms. Ling's desire and passion to

expose the truth in various communities around the world. The Series greatly welcomes Ms. Ling and the nationally renowned speakers this season." Ling has been nominated for several Emmy awards over the past 11 years. She has been a field correspondent for the Oprah Winfrey Show and will currently be host on "Our America with Lisa Ling" on the Oprah Winfrey Network.

The Sacramento Speakers Series is a community lecture series. The Series promotes free speech and an open forum of important issues. These issues are discussed and debated between the nationally acclaimed speakers and patrons of the Series." Oswald describes the Series as "an extraordinary community experience. It gives our patrons an

opportunity to hear about a variety of topics from influential and renowned speakers." The speakers are chosen on the basis of their career achievements, and unique expertise in their particular field of endeavor.

This seventh season of the Sacramento Speakers Series, Mr. Oswald and Mr. Brothers will welcome six prominent and astounding speakers, including David McCullough, David Gergen, Condoleezza Rice, Richard Roeper, Peter Greenberg, and Lisa Ling. The season will open October 11, 2011 and finish April 3, 2012, with roughly one engagement per month.

For further information, please contact: The Sacramento Speakers Series at (916) 388-1100

Broadway Babies Star in Fair Oaks Season



High steppers. The Best of Broadway production showcases talents of scores of singers and dancers. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Fair Oaks - Beginning a 2011 season this month in Fair Oaks Village amphitheater (7991 California Ave), The Best of Broadway's "Musical world" revue will parade sequins, feathers and rhinestones by the bucket load. Opening night is Friday, September 16.

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

A Sacramento tradition begun 38 years ago by director David L. MacDonald, the series owes its sparkle to over 120 volunteer

dancers and singers. Scores of costumers and technicians augment the formidable labor force. A live band and the attraction of entertainment under the stars make the annual review a must-see for musical theater lovers.

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

Huber to Host Women's Health Conference

Sacramento Region - Assembly-member Alyson Huber, in partnership with Hadassah Sacramento, invites residents in the Sacramento region to attend a Women's Health Conference on October 6th. The conference will be focused on healthy eating and living.

The conference will feature expert speakers who will address all aspects of the role good nutrition and healthy eating plays in our overall well-being. Scientific and medical explanations of the impact of food on our bodies will be presented by Dr. Preston Maring, from Kaiser Permanente. Practical information will be presented on how to buy and prepare food to optimize health, including information from Soil Born Foods on growing your own garden and buying local, organic foods. A yoga session to assist with stress reduction will also be held.

Exhibitors on hand to provide information include health and community organizations and insurance providers.

The Healthy Women Healthy Lives conference is named after Sima Spector, a local health advocate who worked tirelessly to

educate women about their well being. She spearheaded and directed the Conference under the auspices of the Hadassah organization. She was killed by a drunk driver in 2006.

For more information or to RSVP visit www.asm.ca.gov/huber or call (916) 464-1910. There is no charge to attend and healthy dinner is provided.

Healthy Women, Healthy Lives - Eat Well to Be Well

Thursday, October 6th, 2011
Doors open at 4:30 p.m.

Conference Program
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Rosewood Nursing Facility Recognized Nationally



By Leslie Carrara

Carmichael – A Carmichael based Skilled Nursing Facility (SNF) was recently recognized nationally, receiving an award for the level of care they provide to patients.

Rosewood Post-Acute Rehab, located at 6041 Fair Oaks Blvd., received the US World and News Best of the Best award for 2011, with a Medicare five-star rating and overall rating in the upper five per cent in Skilled Nursing Facilities nationwide. The facility has been recognized as a five-star facility since it opened four years ago. It was

the only SNF in Sacramento County to receive this honor.

Assistant Administrator Debi Moroles said that they wanted to commend their staff. "They do such a good job," she said.

The 112-bed facility is primarily a short-term rehabilitation center, with the average patient staying 25 days. They specialize in neurological, orthopedic and complex medical care.

Administrator Kyle Dahl, 41, said that one of the areas that makes them unique is because three out of four licensed nurses are Registered

Nurses. "We have a great group of qualified staff," he said. "We consider ourselves in the hospitality industry." The facility offers LCD televisions and telephones at bedside, as well as offering internet services and Starbucks coffee each morning for everyone.

"We are the transition to home," Moroles added.

The SNF has contracts with Sutter Hospitals, UC Davis Medical Center, Veteran's Administration, Mercy Hospitals, Hill's Physicians and holds a custodial contract with Kaiser as well. They accept Medicare and Medi-Cal, as well as most private insurance.

Another unique feature is that they don't downgrade on items to save money. They provide Crest and Colgate toothpastes and offer a nicer quality of towels and sheets than most facilities, according to Dahl.

However, perhaps the most identifying feature of their uniqueness is that they have a "physiatrist" (rehabilitation doctor) who interacts and meets with the social workers, case managers and nursing staff until the patient is discharged, Dahl said.

Dahl, a cancer survivor, comes from a clinical background and has worked in administration for 12 years, 10 years with this company. Also, he is a gerontologist, which is the study of aging.

The Medicare 5-star rating system is based on three criteria, according to the website www.medicare.gov. They include health inspections, staffing and quality measures.

Rosewood also provides hospice services.

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Friends of the Library to Host Fall Warehouse Sale

Sacramento Region - The Friends of the Sacramento Public Library are sponsoring a big Warehouse Book Sale on two consecutive Saturdays, October 1 and October 8. Public sale hours will be noon to 4 pm on October 1 and 9 am to 4 pm on October 8. A preview for Friends' members only is scheduled for 9 am to noon, October 1. Prospective members may join at the door for \$15 and attend the preview.

The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 70,000 paperback and hard-bound books, videos, books on cassette and more will be sold at prices ranging from \$.50 to \$2.00. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during Warehouse Sale hours. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials, with most books priced at \$3 and up. The Book Den is regularly open Thursday through Saturday from 9 am to 2 pm. Book donations are welcome. For more information call 916-731-8493 or email fspl@att.net.

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Publisher,
Paul V. Scholl

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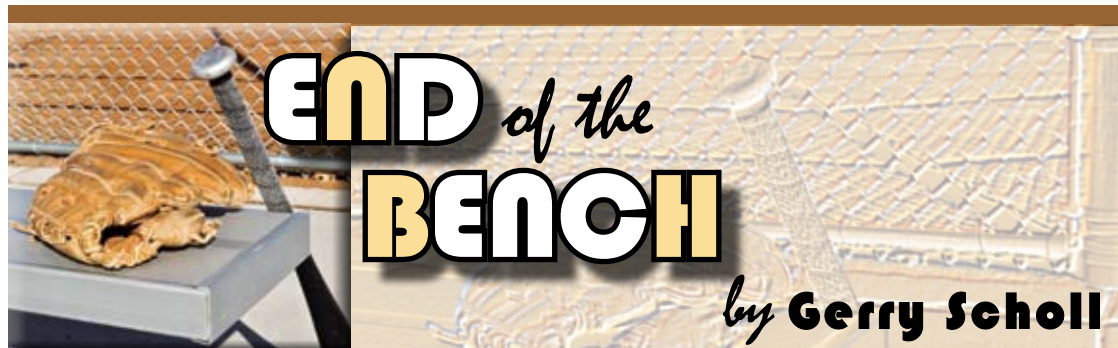
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by **Gerry Scholl**

Too Much Ain't Enough --- Or Is It?

Football, football, football and more football. And more and more football. How much can a person take in?

With the college season in its second week and the NFL season opens added to the agenda, the past weekend was the first of many potential "couch potato" sessions. But who can really get away with that anymore? If you can you must be the exception rather than the rule. Myself, I have to be careful not to use the "I'm workin' here" line too often.

For real football fanatics too much ain't enough. For many of their mates and other family members — enough is enough!

My mate can't seem to take football at all anymore. She's developed an aversion to the violent nature of the game and a no-tolerance attitude toward the incessant preening, posturing and other assorted extraneous behaviors of the players. I take all that stuff in stride in the names of sport, competition, gamesmanship and entertainment.

But her outlook is sure to make my job here a little more difficult. I'll have to pick my spots — a lot of spots — to keep up on all the grand old games on the sly. I'll have to do a lot of recording and catching up later to keep up with football current events when nobody's around to be bothered. (Sound familiar?)

I've been feeling a little down lately — following the San Francisco Giants late-season splash down from their World Series Champions orbit. Losing way too many times to the

likes of the Pirates, Astros, Padres and the despicable Dodgers, while watching the front-running Arizona Diamondbacks win from behind time after time, the hopes of a Giants miracle finish has all but disappeared. They seem to be in that "wait till next year" mode. Just so it isn't "wait fifty-something years."

The start of football season is a welcomed change of direction. Which brings me to the 49ers, who are changing course with new head coach Jim Harbaugh. The Niners got off to a fast start in one sense, when Ted Ginn's change of direction on the first of his two kick returns for touchdowns proved to be the turning point in S.F.'s 33-17 victory at home over the Seattle Seahawks. Had to watch that one, of course.

The 49ers built an early lead behind special teams and strong defense, featuring a revamped secondary (a new foursome compared to last year's opening lineup). When hoping-to-be-born-again quarterback Alex Smith ran for a TD and a 16-0 halftime lead, he received a big bear hug on the sidelines from Harbaugh. I'll bet that's the only hug he's ever gotten in all his years as a 49er. It's a start for Alex.

In perspective, it was a good win over a lousy team. It was just the first step in convincing the fans that the 49ers aren't still one of those lousy teams.

Getting back to the TV schedule, Saturday there were 28 possible choices for viewing in the college listings. It'll be like that every week. That's when the picking and choosing

comes in. I usually eliminate games between "directional" schools — like Eastern Illinois vs. Northwestern (the Wildcats beat the Panthers, 42-21; can you tell me which is which?).

I like to focus on the California teams and the Pac-10 ('er Pac-12). My first preference is Cal's Golden Bears. After opening with a decisive win over Fresno State, Cal went to Colorado and won, 36-33, in overtime. Very exciting. I missed the OT because my recording ran out. Damn. Cal hosts Presbyterian next week. I think I'll watch something else...

I caught a little of Fresno at Nebraska and Utah at USC. With the Trojans on probation their games are going to be missing something, so I gave up on that one. Really sorry I didn't tune in on Michigan's 35-31 thrilling win over Notre Dame. Can't catch them all, and I better not try or there could be trouble.

To be honest, the most exciting thing I watched last weekend was the semi-final classic in U.S. Open Tennis, as top-seed Novak Djokovic overcame two match points for the great Roger Federer to win in five sets.

"You're watching tennis?" she said.

"Yeah. And it's great," I replied.

Nowadays with the revenue bonanza that football on television is, there seems to be a game on almost any day, any time. Careful planning is the key.

Let's see. There's a game on between Wossamotta U. and Sorry State. I better skip that one and do the dishes.



Dr. Bob Graykowski



You may know that chiropractors are specialists at spinal disorders. But did you know that the doctors of chiropractic are expertly trained at addressing conditions affecting the limbs as well?

We at Chiropractic USA, focus on restoring proper alignment to joints — particularly those in the spine. Joints in this critical area are referred to as intervertebral joints.

Like the joints of the spine, joints in the limbs (also known as extremities) can move slightly out of alignment. This is of particular concern for individuals who engage in repetitive movements. For example, people whose work requires repetitive gestures — such as sewing or hammering — frequently suffer from wrist or elbow pain. Individuals whose work requires long hours on their feet — such as restaurant wait staff — often suffer from knee and ankle problems.

At Chiropractic USA, we understand how everyday activity and trauma disrupts the natural balance of extremity joints — and how to restore them to optimal functioning. Treatment consists of specialized maneuvers developed expressly for each joint's unique structure. These maneuvers are known as **extremity adjustments**. In addition to adjustments, doctors of chiropractic often recommend exercises, nutritional therapy and physiotherapy regimens for patients battling joint discomfort.

Ankle Answers

According to a recent study, adjustments to the ankle encourage speedy healing of sprains. The investigators evaluated 30 patients with subacute and chronic grade I

What is Extremity Adjusting?

and grade II ankle inversion sprains. Half received a placebo treatment (five minutes of ultrasound therapy with the ultrasound turned off). Treatment lasted four weeks and consisted of up to eight visits.

Compared with the placebo group, subjects who underwent adjustments enjoyed more improvement in measures of pain reduction, ankle range of motion and ankle function.

Gnarly Knees

When the knee joint is out of alignment, the kneecap (patella) may be thrown slightly off track during walking and other activities requiring the knee to bend. One study demonstrated that not only can chiropractic adjustments subdue knee pain; they also help restore proper tracking to the kneecap.

Another scientific report reviewed a case of knee pain that afflicted patients for five years. According to the study, chiropractic adjustment of the tibiofibular joint "resulted in immediate and dramatic relief of symptoms."

Elbow Issues

Adjustments appear similarly effective in quelling "tennis elbow" (lateral epicondylitis) researchers report. One scientific case study examined a 45-year-old woman with elbow pain triggered by repetitive work activities. A course of chiropractic adjustments to the elbow joint ended the woman's pain and increased motion to the joint (J Manipulative Physiol Ther 2000)

Shoulder Solutions

Chiropractic care has proven affective for mitigating shoulder pain: even in patients who have had unsuccessful shoulder surgeries. One case study looked at a professional hockey player with pain and instability in his left shoulder. The player had undergone two operations that failed to provide lasting results. In contrast, chiropractic care significantly improved the player's condition. (J Manipulative Physiol Ther 2001)

Wrist Worries

A growing body of research indicates that chiropractic care is a winning solution for wrist pain due to carpal tunnel syndrome (CTS). In one experiment, doctors at North-

western College of Chiropractic in Bloomington, Minnesota, followed 96 individuals with CTS. The patients received either medical or chiropractic intervention. Medical treatment consisted of ibuprofen medication and nighttime wrist supports. Chiropractic care included adjustments to the wrist and spine, ultrasound therapy and nighttime wrist supports.

Findings showed that the drug-free chiropractic approach was as effective as medical treatment, without the potential hazardous side effects of painkillers (J Manipulative Physiol Ther 1998)

It's All Connected

In patients with extremity joint problems, care involves uncovering the underlying causes of the disorder. As holistic care practitioners, doctors of Chiropractic never consider any condition in isolation. Instead, they acknowledge the interconnection of the body's structures and the link between mind, body and spirit.

Because the skeleton works as a unit, problems in limb joints frequently affect the spine and visa versa. That's why chiropractors often examine the spines of patients suffering from extremity disorders for signs of vertebral subluxation.

If you have pain or restricted movement in any extremity, schedule an appointment with your doctor as soon as possible. Ignoring pain or dysfunction is like ignoring your smoke detector. Heed your body's warning system - today - and correct the source of your disorder the natural, drug-free way. Learn more about our community office; find us on Facebook-Chiropractic USA.

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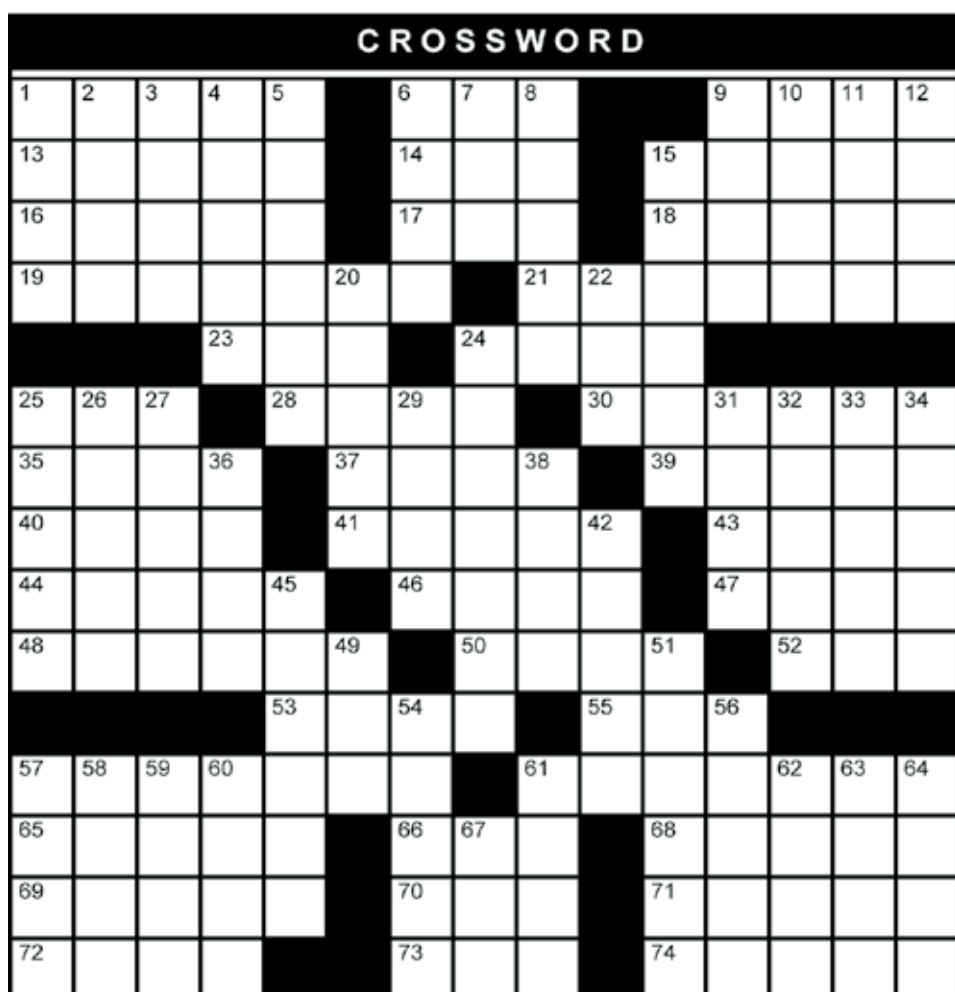
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 - Buddhist doctrine
 - Done before wash?
 - Xanthan ___
 - "Jim Bob and Michelle plus 19 kids
 - Make one a sir, e.g.
 - Embryo cradles
 - Pen ___
 - Slobber
 - Frantic
 - Under the weather
 - Churchill/Roosevelt/ Stalin meeting site
 - Throat-clearing sound
 - Tax helper
 - Sometimes used to describe dragon
- DOWN**
- Block
 - Irish name of Ireland
 - Walk, as through mud
 - Less wild
 - "Lynette and Tom plus 6 kids
 - America's choice
 - Thanksgiving time
 - Medieval oboe
 - Beefcake
 - Fourth largest Great Lake
 - Uncouth person
 - European sea eagles
 - Bowed out, as in cards
 - Idealized image
 - Assistance
 - Plane discomfort
 - "Thomas family friend on 'What's Happening!'"
 - ___ Adler, Sherlock Holmes' romantic interest?
 - Two-fold
 - Mistletoe tradition
 - Puerto ___
 - "Fred or Ethel
 - Popular jewelry stone
 - Enter user name and password
 - Lightning McQueen movie
 - The one with pants on fire
 - Done to printer cartridge
 - Artwork of many pieces
 - Neither here ___ there
 - "Al and Peggy plus kids
 - Gelatin
 - No such thing as this type of victory?
 - Russian governmental agency
 - The Beehive State
 - DNA segment
 - Sinister
 - Singer Fitzgerald
 - Western cord necktie
 - Lesotho money
 - Distinctive elegance

For Solution See Page 7



Riley Reviews

EPIDEMIC FEAR GOES VIRAL IN THE THRILLING "CONTAGION"

around the country.

Kate Winslet's Dr. Erin Mears is dispatched to Minneapolis to investigate the mysterious death of Beth Emhoff, the apparent first victim.

On the other side of the world, the World Health Organization dispatches Dr. Orantes (Marion Cotillard) to Hong Kong, which is suspected as the point of origin for the fast-spreading toxic disease.

Back in the States, Dr. Cheever is put in the unenviable position of dealing with news media reports which call into question his integrity after it is learned that he advised his wife (Sanaa Lathan) to get out of Chicago before it is quarantined.

Adding to the public turmoil is the involvement of a popular but annoying blogger named Alan Krumwiede (Jude Law) who stokes fear and confusion with his unfounded conspiracy theories.

Is the rabble-rousing Alan serving a public purpose to alert everyone to the immediate dangers or are his motives steeped in opportunity to cash in for a big payday? It figures that he's based in San Francisco.

As panic takes hold, the inevitable chaos and mayhem follows. Looting and vandalism occur in markets and convenience stores. Riots break out when the government runs short on medical supplies. The nightmarish scenario seems all so plausible.

Director Steven Soderbergh does an excellent job of building tension with the lingering sense of trepidation that grips the public and medical community.

Matt Damon plays a masterful role as the persevering, resolute symbol of the common man trying to make sense of the world shattering and crumbling all around him.

As a matter of fact, CDC director Dr. Cheever and his staff are also doing their level best to race to find a cure amidst the usual bureaucratic bickering.

"Contagion" plays out a rather plausible scenario for a global pandemic, even if all of its parts are not entirely convincing. Moreover, it entertains as an unsettling medical thriller.

When somebody starts coughing in a nearby row at the theatre, you may find it sensible to think about moving away to a safe distance.

Yes, "Contagion" should engender panic, fear and loathing, and even hypochondria. In recent memory, we have SARS, the swine flu and bird flu to thank for that.

DVD RELEASE UPDATE

Since we are on the topic of thrillers this week, it is an opportune time to note that the action-packed "Hanna" has been released on DVD and Blu-ray.

Saoirse Ronan stars as Hanna, a 16-year old girl raised in the desolate, icy wilds of Finland by her ex-CIA agent father Erik (Eric Bana) and trained to become the perfect assassin.

Every moment of Hanna's childhood and adolescence has been spent building up the strength, stamina and survival instincts she needs to prepare for the day she must strike out on her own.

That day has now come; armed with the skills her father has imparted to her and the mantra "adapt or die," Hanna must cross Europe and face her family's longtime enemy, lethal intelligence operative Marissa Wiegler (Cate Blanchett).

Both the DVD and Blu-ray feature an alternate ending and deleted scenes, along with commentary from director Joe Wright.

Naturally, the Blu-ray edition has more bonus features, including a look at the Chemical Brothers' creative process of writing and scoring all of the music in the film.

In the spirit of Alan Krumwiede, let me just say there is a conspiracy to put the better bonus features on the Blu-ray editions, so that you'll buy the more expensive product.

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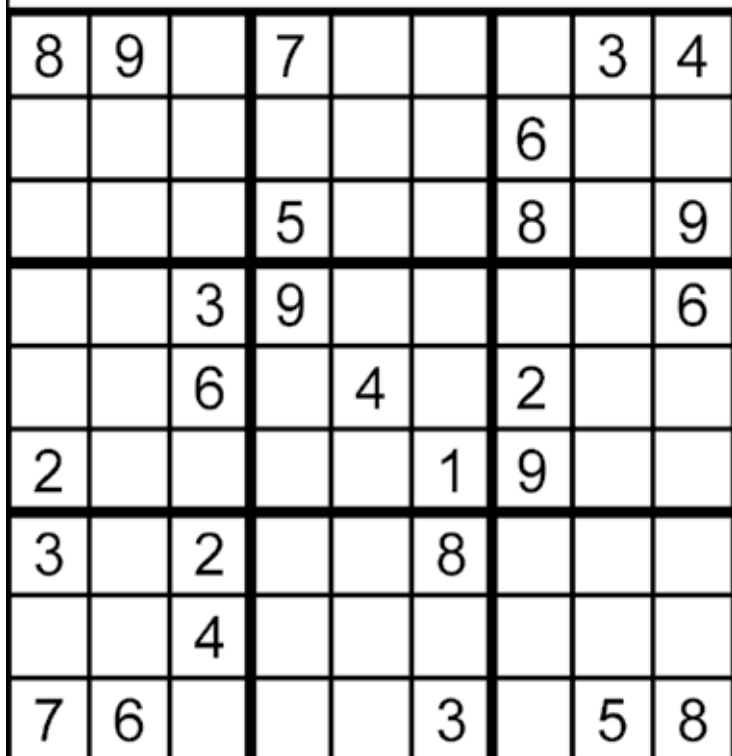
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Come back every week for Sudoku!

For Solution See Page 6.

Miss / Teen Citrus Heights Scholarship Pageant

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

Defensive Driving Class for Military Retirees/Spouses

Our next defensive driving class will be held on 11 and 12 Oct 2011. Location is the Aerospace Museum of CA, 3200 Freedom Park Drive, McClellan Park. Classes start promptly at 0930 thru 1330 hrs each day.

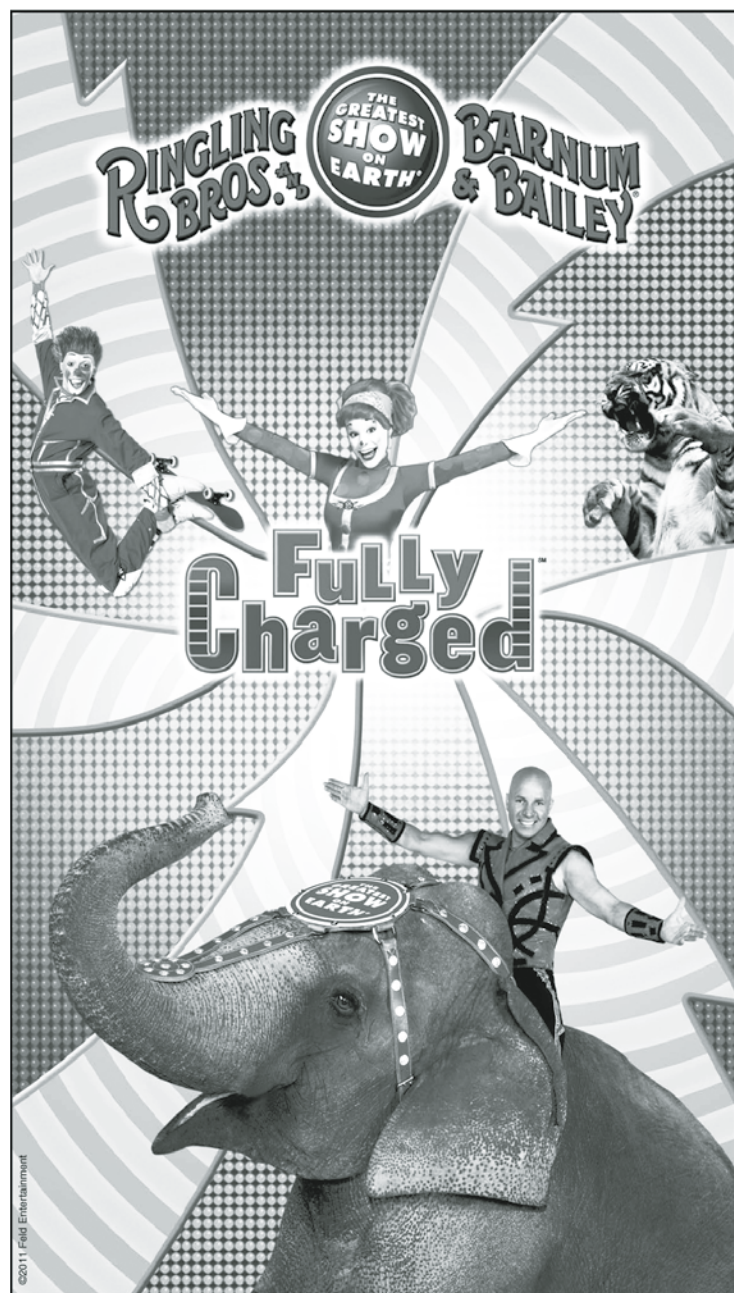
If you want to sign up, please come to our Office in the VA Clinic

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

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SEPT. 15 - 18



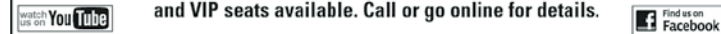
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Additional fees may apply. Limited Circus Celebrity, Front Row and VIP seats available. Call or go online for details.



The Older Women's League (OWL)

and Gray Panthers of Sacramento

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

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

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

Sheriff Community Meeting Schedule

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.

Moving Stinks!

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

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

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

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

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

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

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

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

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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.

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

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Sudoku Puzzle on Page 5

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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. GERM 10804 9-14-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #34-2011-00099536 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).

CA 95608; 916-481-5599. Dated: April 18, 2011. Publish August 24, 31, September 7, 14, 2011. DOUGLA 10804 9-14-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF DEBORAH JONELLE BRUNS ESTATE NO. 34-2011-00108956 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be interested in the will or estate, or both of DEBORAH JONELLE BRUNS:

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 that 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, Sacramento, CA 95826 on September 22, 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00109693 WHEREAS, Michael Anthony McCormick has filed a petition with this court for a decree changing name of Michael Anthony McCormick to Michael Anthony Cochran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on November 18, 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. 24, 2011. Kevin R. Culhane Judge of the Superior Court Publish August 31, September 7, 14, 21, 2011. COCHRA 10805 9-21-11

FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF ERIE NOTICE OF TERMINATION OF PARENTAL RIGHTS DOCKET # B-5384-11 In the Matter of the Commitment of Guardianship and Custody pursuant to Section 384-b of the Social Services Law of Ashley Toney, DOB: 11/9/94; a Child Under the Age of Eighteen Years Allegedly to be Permanently Neglected by: Respondent: Aquarius Toney. TO: John Cameron, P.O. Box 415, Sacramento, CA 95812. PLEASE TAKE NOTICE that the petition affecting the above-named child's legal relationship to their parent has been presented to the Family Court of the State of New York, Erie County, and that a hearing on the petition will be held on October 26, 2011 at 9:00 o'clock in the forenoon of that day in Part 13, at Family Court, 1 Niagara Plaza, Buffalo, New York, at which time you will have an opportunity to be heard. PLEASE TAKE NOTICE that your failure to appear shall constitute a denial of your interest in the above-named child, which may result, without further notice, in the transfer or commitment of the child's care, custody, guardianship, or in the child's adoption in the above-named proceeding or any subsequent proceeding in which such care, custody, guardianship, or adoption may be at issue. PLEASE TAKE NOTICE that you have the right to be represented by a lawyer and if the Court finds that you are unable to pay for a lawyer, you have the right to have a lawyer assigned by the Court. Emil J. Cappelli, Senior Counsel, Attorney for Petitioner, Erie County Department of Social Services, Office of Council, 95 Franklin St., Room 746, Buffalo, NY 14202. Dated: Aug. 30, 2011. PUBLISH September 14, 2011. ERIECO 10902 9-14-11

FICTITIOUS BUSINESS NAME STATEMENT #1107072. Tola Shololan, 5637 Chris Ann Ct., Sacramento, CA 95841 is doing business under the Fictitious Business Name "North East News" at 1124 Del Paso Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Aug. 16, 2011. Publish September 14, 21, 28, October 5, 2011. NORTH 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1107211. Christinen Shores-Hague, 5708 Ravenswood Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "You Sew Girl Creations" at 5708 Ravenswood Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 22, 2011. Publish September 14, 21, 28, October 5, 2011. YOUSEW 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1106899. Isaiaa Ortega, 8223 Bruns Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Eagle General Home Repair" at 8223 Bruns Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Aug. 10, 2011.

Publish September 14, 21, 28, October 5, 2011. EAGLEG 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1107183. MCS Preschool, Inc., 395 Perry St., Jackson, CA 95642 is doing business under the Fictitious Business Name "Montessori Children's School" at 325 Engle Road #170, Carmichael, CA 95608.

Filed with the Clerk of Sacramento County on Aug. 19, 2011. Publish September 14, 21, 28, October 5, 2011. MONTES 10902 10-5-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110382 WHEREAS, Jennifer Lee Waldon has filed a petition with this court for a decree changing name of Jennifer Lee Waldon to Jennifer Lea Barna. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on December 9, 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: September 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 14, 21, 28, October 5, 2011. BARNA 10902 10-5-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110040 WHEREAS, Darton Robinson has filed a petition with this court for a decree changing name of Darton Lamont Robinson to Amurray Hotep Ali Bey. IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on December 2, 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. 31, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 14, 21, 28, October 5, 2011. BEY 10902 10-5-11

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Arts, Entertainment and Other Fun Things to do!

Supervisor Susan Peters Sponsors Two Family Concerts

Two "Concert in the Park" events will be held in the Foothill Farms area -- Saturday, September 17, at Pioneer Park and Saturday, October 1, at Foothill Community Park. Both outdoor celebrations are open to the public and being co-sponsored by Sacramento County Supervisor Susan Peters and the Sunrise Recreation and Park District with corporate support from Mercy San Juan Medical Center, McClellan Business Park, and SMUD.

John Skinner's Fabulous Band will be the featured entertainment at both venues playing a variety of easy listening music oriented for the entire family.

The September 17 event will be at Pioneer Park, 5100 Verner Avenue, and is near Pioneer School, in Old Foothill Farms. The fun begins at 3 p.m. with the concert from 4 to 6 p.m.

The October 1 celebration will be an encore performance of the Skinner Band at Foothill Community Park, 5510 Diablo Drive, in Foothill Farms. The fun that day begins at 1 p.m. with the music playing from 2 to 4 p.m.

"The Foothill Farms area has a strong sense of community and holds a special place in my heart because it is the part of Sacramento County where I was raised," says

Peters. "To assist in maintaining that neighborhood spirit, I am pleased two 'Concert in the Park' events will be held this fall that are oriented for the entire family to enjoy along with activities for all generations."

"Everyone is welcome and the best way to enjoy the day is to bring a picnic, blanket and lawn chairs for a relaxing time in the late afternoon concluding in the evening's early hours."

Both events will feature children's activities, information booths and refreshments for sale. More information can be obtained from the Sunrise Recreation and Park District by calling (916) 725-1585.

Angel Project: A Nifty Classic Car Show



In an earlier event, Jan Strickland shows off one of the many fine classic cars in attendance, a 1947 Ford Coupe, owned by Ron Bella-Via of Roseville. The classic car owners helped to hundreds of toys for local families. Photo by Paul V. Scholl.

Carmichael - Bev's Angel Project annual Nifty 50's Classic Car Show is Saturday, Sept. 24, 2011, in the Beverly's Fabrics parking lot at the corner of Marconi & Fair Oaks Blvd., 9:00 a.m. to 3:00 p.m. Entry fee is a new unwrapped toy(s).

They have raffle prizes, baskets raffle, free coffee/donuts/hot dog lunch for participants, people's choice award, and live rock and roll music provided by Todd Morgan and the Emblems from Noon to 2:00 p.m. This is their kickoff to their gift collecting for the holiday season.

Angel Project serves over 2,500 children and families providing them with homemade blankets and quilts, stuffed animals, wrapped toys, gloves, hats, stuffed stockings and more. Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, CPS, Alta Regional Center, Sema Village and so much more.

If you would like to support our project and donate toys or other items we need, please call 402-7202 or email to topcdrvr1@comcast.net.

ALS Association Continues Its Fight Against Lou Gehrig's Disease

Sacramento-The ALS Association will be hosting the 11th Annual Walk to Defeat ALS on Saturday, October 1, 2011 at Raley Field, West Sacramento. Registration kicks off at 9:00 am, with the Walk officially getting underway at 11:00 am. Face painters, clowns, and vendors will be entertaining the crowd in the morning. This event is free to the community and includes a complimentary continental breakfast.

ALS, Amyotrophic Lateral Sclerosis, also known as, "Lou Gehrig's Disease" is a progressive degenerative disorder of the upper and lower motor neurons. With ALS, the motor neurons degenerate or die, causing the muscles to gradually weaken and atrophy resulting in partial paralysis; however, people

with ALS can still see, hear, smell and feel. ALS is a terminal disease; once diagnosed the average lifespan is 2-5 years.

At this time, there is no cure or effective treatment for ALS, and although the cause is not completely understood, recent research has brought a wealth of new scientific understanding regarding the physiology of the disease. The recent findings and identification of a new genetic link involved in the processing of accumulated proteins is offering hope to the 30,000 Americans at the mercy of ALS.

The mission of The Greater Sacramento Chapter is to lead the fight to cure and treat ALS through global cutting-edge research, and to empower people with Lou Gehrig's

Disease and their families to live fuller lives by providing them with compassionate care and support.

We implement our mission by focusing on global research, public policy and holistically supporting the needs of patients battling ALS with wrap around care in 24 Northern California counties. The goal of The Walk to Defeat ALS is to raise awareness, funds, provide education and critical resources to its patients, caregivers and the community. We need your help to spread awareness.

Please visit our web site at www.alsac.org for more information on ALS. For more information on the Walk to Defeat ALS visit www.walktodefataals.org.

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Exhibition Schedule

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

Sacramento Fine Arts Center presents **15th Annual Ars Gratia Artis**

Attention Art Buyers!

The Most Exciting Art Event in Town

Ars Gratia Artis is an opportunity for anyone to purchase a painting they can love for an extremely reasonable price, and support a worthy organization at the same time. This event has been going on in Sacramento more than a dozen years. An element of chance makes this truly an exciting event, and yet satisfying as no other event can be, as every single ticket purchaser walks away with a piece of art! So it truly is a win-win for everyone involved.

The artists get to support the Center that they love, while encouraging brand new art collectors to buy their very first piece of art. Please help get the word out about this amazing event. Help us make money for the Center by packing the room with enthusiastic people who would love to support the Sacramento Fine Arts Center, because they do events like this! See our website for more information.

Works Already Donated



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Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org



Carmichael Recreation and Park District is announcing these upcoming events

Carmichael's Founders Day Celebration

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

102 YEARS!
FREE ADMISSION!

A wide range of local vendors:

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

New This Year: Old-fashioned Country Fair

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

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

KIDS HANG OUT!

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



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.



JOIN THE FUN!

NEW FALL CLASSES STARTING:

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

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- Netherlands, Belgium, and Paris**
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- Canadian Rockies, Glacier National Park**
 July 28-August 4, 2012 • \$2,999 pp double
- Washington, D.C.**
 Oct 10-16, 2012 • \$2,329 pp double
 Book a Trip Early and save \$100!

Monthly newsletter available online and at the community center for additional classes and events.



For more information call (916) 972-0336 or go to www.morpd.com.

Afternoon Preschool 2011-12

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



DJ DANCE

Fridays, 7-10pm * \$5/person
6-7pm Potluck Dinner * \$2/person

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm
 Registration Hours:
 8:30am-4pm Monday-Friday

www.morpd.com

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Carmichael Chamber of Commerce

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.

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

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



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

September Spa Savings

One Hour Swedish Massage
\$59 (reg. \$80)

Exclusive Facial
\$69 (reg. \$95)

Monday, Tuesday, Wednesday and Thursdays

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Good thru September 2011
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Good for Carmichael location only



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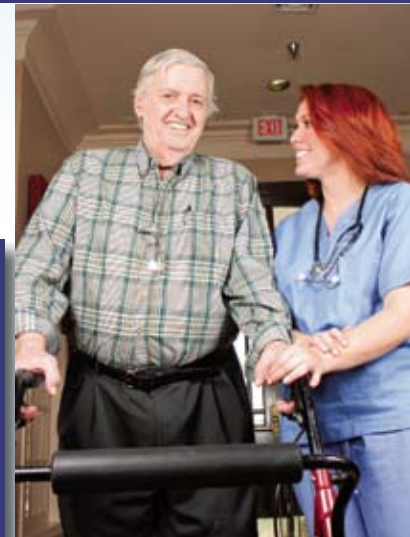
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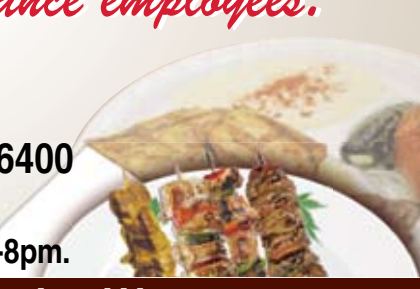


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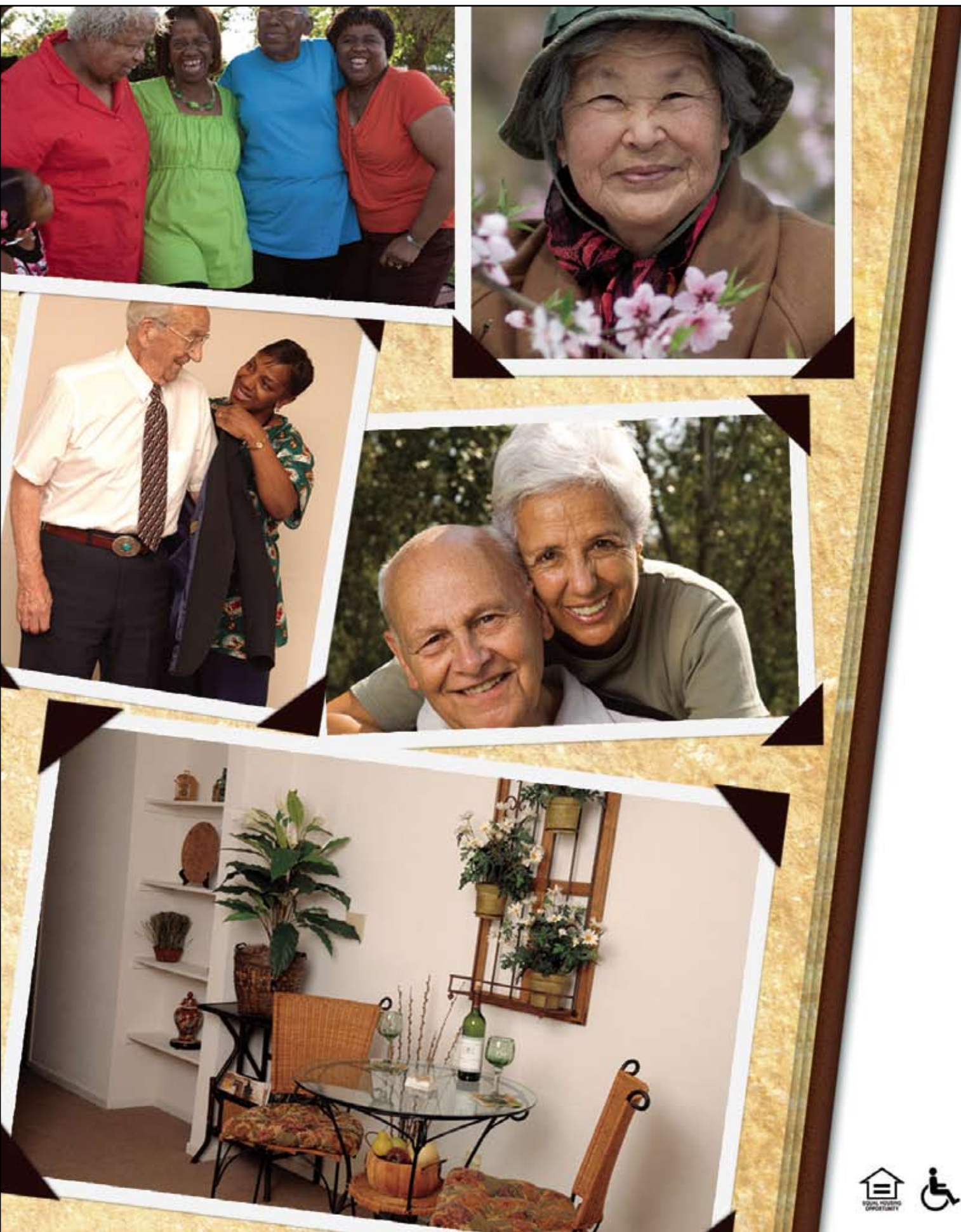
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Protect Your Financial Future

Saturday, September 24th 1pm-3pm
At the Sylvan Oaks Library Community Room

MEET THE AUTHOR

If you or someone you know can't afford their mortgage, has a default letter coming or is facing foreclosure, act now to empower yourself with knowledge in battling the banks to save your financial future.

THIS EVENT IS FREE

Join Messenger Publishing and Tim Kovar, real estate broker and expert author of Kovar's Corner, the Q&A resource column for families facing foreclosure, as seen in the Carmichael Times, American River Messenger,

Orangevale Sun and the Placer Sentinel. Mr. Kovar will share 'inside' information, negotiating strategy, important financial facts and empower families in their fight to keep their homes, avoid financial disaster and bankruptcy.

Fair Oaks Presbyterian Church Grief Recovery Workshop

Grief is real and powerful. It has a devastating impact on our ability to function. Even Jesus wasn't exempt when he lost his friend, Lazarus. "Jesus wept." (John 11:35).

But there is help and hope. If you are ready to move beyond the death of someone you love, this workshop is for you.

Topics include: *What Is Normal Grief?*, *Staying Healthy, Family Dynamics, Being Alone, Returning to the Mainstream, Spiritual*

Concerns, Church and Community Resources. Class is closed after the first session. To register, contact Mary Rigney at (916) 967-4784, ext. 876. Website: www.fopc.org

Tuesdays, through October 18, 2011, from 7-9 PM. Free to the public.

Fair Oaks Presbyterian Church Wells Chapel, 11427 Fair Oaks Blvd, Fair Oaks, CA 95628.

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

Coors LIGHT Entertainment Stage Presents: Mick Martin & The Blues Rockers - 4:30pm Tailgate Party

Saturday, October 1 vs. Omaha Nighthawks - 4pm

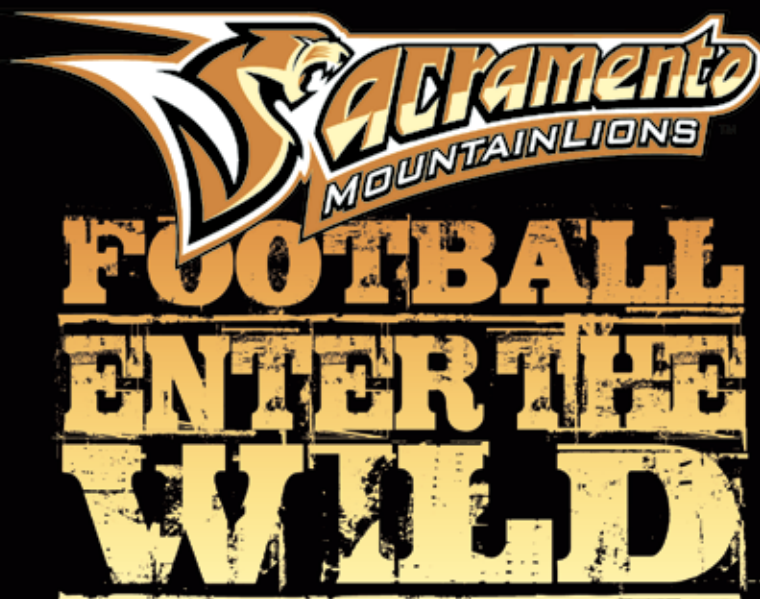
Coors LIGHT Entertainment Stage Presents: Walking Spanish - 1pm Tailgate Party

Saturday, October 15 vs. Virginia Destroyers - 4pm

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

Tailgate Party starts 3 hours prior to kickoff! An amazing Fan Fest before each game to enhance the tailgating atmosphere, live music, bounce houses, fire dancers, mascots, and so much more!

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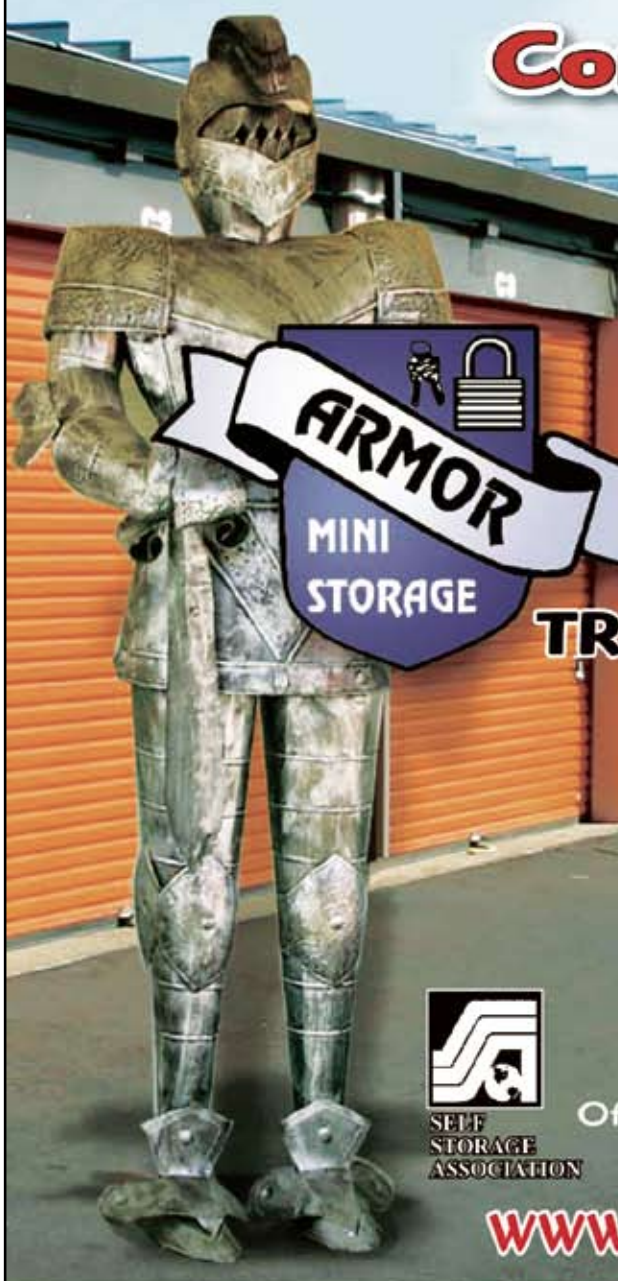


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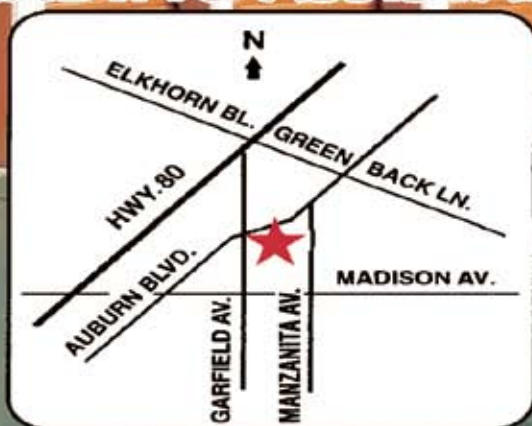
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