

# Carmichael Times



Playoff Tickets  
on Sale Now as  
River Cats Battle  
for Division Title

Page 4



Riley Reviews:  
The Upcoming Fall  
Television Season

Page 5

PRESTOPOSTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA  
Change Service Requested

Volume 31 Issue 33

Serving Carmichael and Sacramento County since 1981

August 17, 2011

## Californians Volunteer Over 900 Million Hours in 2010



The value of volunteerism within the State of California for 2010 was estimated at \$20.6 billion.

**Sacramento Region** – During a time of economic recession and high unemployment rates, volunteers continue to provide a powerful economic and social benefit to communities across California. The Corporation for National and Community Service (CNCS) released their annual Volunteering in America Report this week, illustrating that citizens in California volunteered nearly 27 million hours more than the previous year.

In 2010, nearly 7 million Californians performed 964.7 million hours of service through or for a nonprofit or community organization. The amount of hours contributed is valued at \$20.6 billion, using the Independent Sector's annual estimate of the average value of a volunteer hour, which was \$21.36 in 2010. Additionally, 7.4 percent of California residents volunteered informally (working

with neighbors to address or fix a community issue), totaling over 2.1 million individuals.

The volunteer rates increased from 2009 numbers in the San Jose, Riverside and San Francisco Metropolitan Statistical Areas. In addition, over the last four years, the retention rate for volunteers in San Jose and San Francisco has surpassed the national retention rate of 64.5 percent.

**Economic Downturn Drives Demand and Opportunities for Volunteers**

Across California, organizations are serving the state's most vulnerable using fewer resources. Between 2008 and 2010, citizens volunteered in a range of vital areas to bridge the gaps left by budget cuts and unemployment.

- Nearly half of volunteers devoted their time to working with youth through tutoring and teaching (19.3 percent) or the collection and

distribution of food (20.9 percent).

- About one-quarter of volunteers (24.5 percent) participated in fundraising activities or sold items to raise money for an organization.

- Over half of volunteers (approximately 54.6 percent), were born during the Baby Boomer generation.

"The nonprofit sector has experienced a one-two punch – the increase in demand for services and the decrease in donations," said Secretary of Service and Volunteering, Karen Baker. "The renewed interest in volunteers couldn't come at a more critical time. With unemployment up during these tough economic times, volunteering can provide individuals the opportunity to hone skills, learn new skills, make contacts and stay engaged. By becoming a volunteer, you can help yourself while helping others."

Metro areas are ranked yearly on their volunteer rate. These are the rankings in California according to the rates provided by the Volunteering in America Report for 2010. #1 San Francisco at 30.1%, #2 San Jose at 29.8%, #3 San Diego at 23.9%, #4 Sacramento at 22.8%, and #5 Los Angeles at 21.5%.

The Volunteering in America Report is made possible by a partnership between CNCS, the United States Census Bureau and the Bureau of Labor Statistics. Data is collected each year through a supplement to the Current Population Survey (CPS) September Volunteer Supplement. The Volunteer Supplement collects data on the volunteering activities of adults aged 16 and older. Volunteers are considered individuals who performed unpaid volunteer activities through or for an organization at any point during the 12-month period, from September 1 of the prior year through the survey week in September of the survey year.

To view the report in its entirety, please visit: [www.VolunteeringInAmerica.gov](http://www.VolunteeringInAmerica.gov).

*California Volunteers is the state office that manages programs and initiatives to increase the number of Californians involved with service and volunteering. Through its innovative web site, individuals and families can find more than 50,000 volunteer opportunities throughout the state involving the arts, education, animals, disaster preparedness, the environment and other areas of interest. Karen Baker, the nation's first state cabinet secretary of service and volunteering leads the organization. For more information, please visit [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org).*

## CSLB Revokes License of Once-Prominent Area Restaurateur and Developer Settlement requires restitution and repayment by company president

**Sacramento Region** – The Contractors State License Board (CSLB) officially revoked the license of Stonegate Construction, Inc.'s license (#766777) on August 12, 2011. Stonegate Construction President and Responsible Managing Officer Abolghassen "Abe" Alizadeh signed and accepted the terms of a stipulated settlement agreement on August 5, 2011, in response to a CSLB investigation that concluded Alizadeh had diverted construction funds, and failed to pay subcontractors and materials suppliers.

As part of the agreement, Stonegate Construction's license is revoked for at least one year. Before the license can be reinstated, or another license issued to Alizadeh, he must:

- Pay CSLB for the cost of its investigation and enforcement (\$16,386.05);
- File a disciplinary bond valued between \$15,000 and \$125,000 for at least two years; and
- Prove that restitution has been made to subcontractors, or demonstrate that these debts were resolved civilly or successfully discharged in bankruptcy.

CSLB opened its investigation in 2009 after complaints were filed by more than 20 subcontractors and materials suppliers who had not been paid. CSLB partnered with the Franchise Tax Board, Board of Equalization, Employment

Development Department, and Division of Labor Standards Enforcement, to whom Alizadeh also owed millions in unpaid fees and taxes. Alizadeh was arrested in January 2011 on grand theft and other felony charges related to that part of the investigation.

"CSLB hopes this sends a clear message that there will be serious consequences for licensees who do not follow state laws," said CSLB Registrar Steve Sands. "Mr. Alizadeh must be held accountable for these violations of state contracting and other laws before he is ever allowed to contract again."

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on the CSLB website or by calling 800-321-CSLB (2752). You can also sign up for CSLB email alerts at [www.cslb.ca.gov](http://www.cslb.ca.gov). CSLB licenses and regulates California's more than 300,000 contractors, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2010-11, CSLB helped recover nearly \$45 million in ordered restitution for consumers.

Source: V. Stromberg  
CSLB Public Affairs Office

## Arcade Creek Pipe Crossing on Agenda

SASD's Chief Engineer has put the topic of the closure as an informational item on the agenda of the next meeting of the SASD Board of Directors that is scheduled for Wednesday, August 24. Those

meetings are held downtown at the Board of Supervisors' Chambers, 700 H Street, at 9:30 am. The public can attend the meeting and also provide comments to the entire Board of Directors.

## Q-Balls "Cue Off" Night to Remember



**Big stars.** Equally known for his day-gig as a Sacramento trial lawyer, Quincy Brown (center with guitar) anchors his own band. The Q-Balls, including Mike Capelli (left), Bruce Leino, Ted Poppinga and Sean McAuliffe were pronounced a hit at Carmichael Park last Saturday. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

**Carmichael** – Drawing the largest Saturday crowd so far this summer, the Q-Balls band entertained about 2000 concert goers in Carmichael Park last weekend.

The Sacramento-based rock ensemble dished up oldies including favorites from Van Morrison, Bruce Springsteen and the Beach Boys. Dancers and picnickers enjoyed a double-whammy weekend with the music continuing on Sunday's Metro Swing performance.

The free series continues next Sunday with a performance by the 60-piece Capitol Pops concert band. Downbeat is 6:30 p.m.

Remaining 2011 concerts are: Mick Martin and the Blues Rockers; (Saturday) August 27, 7 p.m.

River City Concert Band; August 28, 6:30p.m.

Founders Day (Saturday, September 24) will also offer a daylong program of musical entertainment.

Carmichael Park is at 5750 Grant Ave. Its band shell is near the North Ave end of the reserve.

For information on concerts, call the Carmichael Park District at (916) 485-5322.



**Little star.** Carmichael's concert series is backdrop for many family celebrations. Sarah Bashore (right, with cupcake) has five good reasons to remember the Q-Balls' date. Between sets, she and sisters Audrey (2) and Grace (7) enjoyed a family birthday picnic to mark her fifth birthday. Photo by Susan Maxwell Skinner.



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

# Supervisor Peters Responds to Constituents on Closure of Arcade Creek Pipe Crossing



Response from Supervisor Susan Peters via email to concerned citizens

Thank you for your email about the Arcade Creek sewer pipeline that also functions as an unofficial footbridge. Like you, I was disappointed by the scheduled closure of the crossing when I learned about it in a briefing by the Sacramento Area Sewer District (SASD) recently. In the briefing I learned that this pipeline was constructed in the early 1960's under standards far different than those that exist today

and is now subject to a burdensome regulatory compliance process that poses an extreme challenge to make any improvements. The pipeline belongs to SASD, which is governed by a 10-member Board of Directors independent of Sacramento County. Each member of the Board of Supervisors is a member of SASD's board, and there are also representatives from Citrus Heights, Elk Grove, Sacramento, Rancho Cordova and Folsom.

The determination that the pipeline should no longer be used as a pedestrian crossing was done in conjunction with Arcade Creek Recreation and Park District (ACRPD) and American River College, and was presented at the June ACRPD meeting. The administration of both entities have agreed upon the upcoming closure. The decision to close the crossing is based on public safety concerns -- both pedestrian and integrity of the pipeline. As you can imagine, the use of the pipeline as a walkway poses tremendous liability issues and to comply with 2011 accessibility and design requirements poses

an expensive challenge. Any improvement would be subject to review by the U.S. Army Corps of Engineers and other regulators making an immediate remedy impossible. The pipeline also is subject to debris accumulation that provides stress to the structure during high water times with potential for real environmental damage.

In recognition of the community's concern, I have persuaded SASD to host a community information meeting next week on Thursday, August 18, at 5:30. It will be at the Carmichael Elks Lodge on 5631 Cypress Avenue. SASD representatives will be in attendance to answer your questions and explain the rationale for the pending closure. Please help me try to get the word out about this meeting to your neighbors and other interested residents. SASD has assured me that they will attempt to reach residents who have contacted the sewer district via email and telephone. I realize this is short notice for the meeting, but I wanted to notify you about this development.

In addition, I have convinced

SASD's Chief Engineer to put the topic of the closure as an informational item on the agenda of the next meeting of the SASD Board of Directors that is scheduled for Wednesday, August 24. Those meetings are held downtown at the Board of Supervisors' Chambers, 700 H Street, at 9:30 am. The public can attend that meeting and also provide comments to the entire Board of Directors.

I realize this is a difficult situation involving an unofficial crossing that has existed for many years. Unfortunately, as SASD has discovered, what once was an innocent unofficial crossing constructed in a simpler time has evolved into a risk management liability issue and no immediate potential remedy seems possible due to the current regulatory compliance process.

I hope you can attend next week's community information meeting and you are welcome also to come to the SASD's board meeting later in the month.

Susan Peters  
Supervisor, Third District

# Pirate Dance for Singles

August 20th in Carmichael

Christian Singles Network will present a Singles Dance with a "Pirate" theme Saturday, August 20 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

The evening features refreshments, dance lessons in Salsa by Dancing Dave from 7-8 PM. all included in the ticket price and DJ dance music of all types from 8-11:30 by DJ Gene Lane. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music.

Dress is casual or optional costume. About 1/3 will usually dress with the theme -- there will be a costume contest for those interested in winning a prize. The ticket price of \$15 pre-sale or \$20 at the door includes hors d'oeuvres, non-alcohol beverages and the dance lesson. Volunteers attend free. Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or

at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Christian Singles Network celebrates its 19th Anniversary this year. CSN is Sacramento's oldest and largest Christian Singles group, holding weekly events, with dances every month. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome. CSN dances draw singles from Sacramento, the foothills, and beyond to Reno and the Bay Area.

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

To Advertise 733-1111

## Senior Homecare By Angels

Select Your Caregiver.

Experienced Caregiver Thoroughly Screened.  
Providing Peace of Mind to thousands across America each and every day!

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Schedule an appointment now for a FREE In-Home Assessment

\$40 Off hourly service      \$200 off live-in service  
Offer applies after first 30 days of service.

**916-971-9333**

www.visitingangels.com/sacramento1

Each Visiting Angels agency is independently owned and operated.

## Your resource for all things dog-related!

*Because of Dogs* recognizes each dog is an individual! I specialize in offering personalized services for your special pet.

### TRAINING

*Because of Dogs* can help you with your dog's training needs during private sessions in your home or in the park. Or join us for fun, ongoing small-group classes. I use treats, toys and praise, so learning good behavior is a positive experience for your dog.

### BOARDING

Limited to only three guest dogs! Your pet will receive personal attention in my home and enjoy romping in a spacious, shady yard! Plan ahead as space is very limited for family-style boarding.

### GROOMING

*Because of Dogs* offers a quiet, relaxing environment to make sure your dog's "spa" experience is as stress-free as possible -- and only one dog at a time. Owners are welcome to stay and observe the grooming process. Call in advance for reservations!

**Because of Dogs**  
Canine Care and Owner Education

TRAINING • BOARDING • GROOMING

**www.becauseofdogs.com 916-488-7819**  
Bonded and insured, located in Carmichael  
Member of Association of Pet Dog Trainers and other related organizations

## SKEWERS AMERICAN GRILL NOW OPEN

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

We Make Everything "FRESH FROM THE START"

Enjoy Our Patio Dining

**FREE MEAL**  
Purchase a salad or specialty dish, get the second one FREE, equal or lesser value  
Please present coupon. Not valid during Happy Hour. Expires 8/31/11.

**7336 Fair Oaks Blvd. (Habibi Cafe) Carmichael, CA 95608**  
**916-979-9400**

# Carmichael Times

"Written by the people and for the people"  
Serving Carmichael and Sacramento County since 1981

**Publisher, Paul V. Scholl**

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted.

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto:Publisher@CarmichaelTimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Carmichael Times is a member of Messenger Publishing Group

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo Ken Pogue • Max H. Peters • Lisa Taylor

Graphics & Layout: Banerjee Designs • Stump Removal Graphics

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker • Andrew DeFazio • Eric Marks Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson Gabriel Scholl

Distribution Assistant: Nicholson & Olsen CPA

Accounting: RJ at the sitebarn.com • JWS Promotions • Mikahn Design

Web Master: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire

News Services: North American Precip Syndicate • Blue Ridge Press • ARA Content California News Service • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

# Little Things. Big Potential.

Little things like pre-cooling your home and setting your thermostat a few degrees higher from 4:00 p.m. to 7:00 p.m. can make a big difference in our environment and still keep your home comfortable. Use less electricity overall and you can save money, too.



For more tips, visit [savewithsmud.org](http://savewithsmud.org) or follow us on

## Body Healing Center

Massage for Men and Women

**Grand Opening Special!**

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

**916-944-8777**

**7735 Fair Oaks Blvd.  
Carmichael, CA 95608**

Appointments or Walk-ins Welcome (Near Lido Cafe)

### WINDSOR EL CAMINO Care Center

CARMICHAEL, CA

Finest 24-hour Skilled Nursing Care 7 Days a Week

Tel: (916) 482-0465

2540 Carmichael Way, Carmichael  
[WindsorCares.com](http://WindsorCares.com)

- ◆ Comprehensive Rehabilitation Services
- ◆ Personal Touch Services
- ◆ Restaurant Style Dining
- ◆ Social Services for Resident & Family
- ◆ Health Services Available

Providing superior people delivering highly sophisticated skilled nursing and rehabilitation care in the best possible environment.

## essential. irresistible.

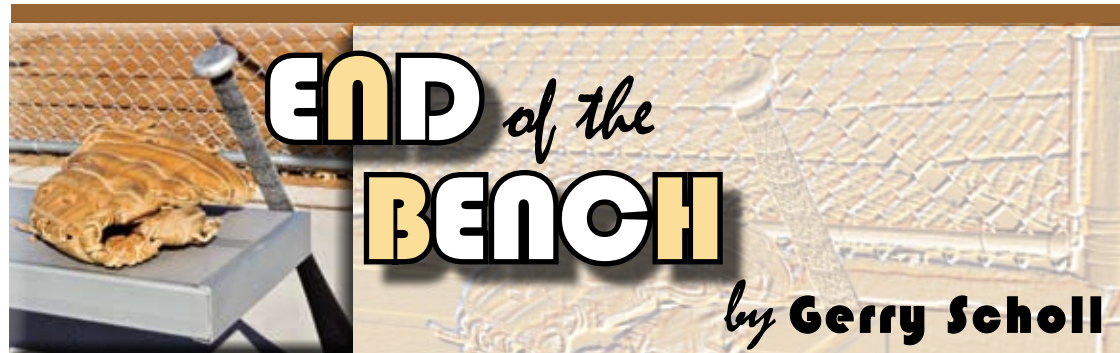
A convenient mix of specialty stores, services and eateries.



- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>Ace One Hour Photo</li> <li>Alterations To Go</li> <li>Bank of the West</li> <li>Bath &amp; Body Works</li> <li>Bento Box</li> <li>Boudin Bakery</li> <li>Briar Patch</li> <li>Brown House</li> <li>Chipotle</li> <li>Cold Stone Creamery</li> <li>Cookie Connection</li> <li>Draper's &amp; Damon's</li> <li>European Wax Center</li> <li>GNC</li> <li>Grateful Bread</li> <li>Hair Forte</li> <li>Jack's Urban Eats</li> <li>Jamba Juice</li> <li>Loehmann's</li> <li>Massage Envy</li> </ul> | <ul style="list-style-type: none"> <li>Metro PCS</li> <li>Noah's Bagels</li> <li>Noodles &amp; Company</li> <li>OneMain Financial</li> <li>Pendleton Woolen Mills</li> <li>Pet Food Express</li> <li>Pinkberry</li> <li>Radio Shack</li> <li>Raymond's Cleaners</li> <li>Save Mart</li> <li>Scott's Seafood Grill &amp; Bar</li> <li>Sequels Consignment Boutique</li> <li>Site For Sore Eyes</li> <li>SportClips</li> <li>Thai House Restaurant</li> <li>The UPS Store</li> <li>Ultimate Nails</li> <li>Wild Birds Unlimited</li> </ul> |
|--|--|

Loehmann's Plaza

The right place. Anytime.



# END of the BENCH

by **Gerry Scholl**

## Welcome to The Hall

The wildly flamboyant Dennis Rodman was inducted into the Basketball Hall of Fame last week. That proves that just about any kind of character can reach a Hall of Fame if his/her performance on the court, diamond, field, etc. deems it is warranted.

Rodman was one of the most dominating rebounding and defensive forces of all time in the NBA and a key ingredient on five championship teams. His notoriety and popularity, however, really exploded as a result of his many auxiliary antics on and off the floor — many of them amusing, some shameful.

A recent column in the Sacramento Bee promoted Vlade Divac as a worthy candidate for The Hall. Divac had a long career with solid numbers, highlighted by his seasons with the Sacramento Kings. He also was a great pioneer of the game with regard to its international influence. If you have seen ESPN's documentary segment on its "30 for 30" series titled "Once Brothers," with Divac as the central figure, you might agree he deserves a spot in Springfield, Mass., along with Rodman, the Golden State Warriors' Chris Mullin and the rest of the new inductees. Divac belongs there as a player with a different kind of character.

Hall of Fame selections always create a great debate: Who is worthy, who is not and what criteria should be judged?

I usually trust my initial reaction to each nominee — is it a clear-cut yes or no? I rarely disagree with

those who are chosen; I'm too soft. If someone is a "maybe," I'll look closer at the stats.

In the NFL, Deion Sanders, Marshall Faulk, Shannon Sharpe and Richard Dent were all sure things to be enshrined in Canton, Ohio. Chris Hanburger and Les Richter I didn't know much about, though it's said Richter was known for his "clothesline" tackling (there's character). Included was Ed Sabol, founder of NFL Films. If you have seen much of that work (52 Emmys), you know he belongs.

I have a hard time saying "No" on the basis of bad behavior or such, if the nominee is deserving due to performance. If you are one of the best in the game, you belong.

That it took Bert Blyleven so long to get into the Baseball Hall of Fame really surprised me. Did the voters resent him promoting himself for induction? Shouldn't matter. My reaction his first year of eligibility was — "In!" The guy was a horse for 22 seasons, with a 287-250 record, 242 complete games (remember complete games?), 3,701 strikeouts, 60 shutouts (ninth all time), a 3.31 ERA and a classic nasty curveball. Longevity should count for a lot. If he had pitched for more dominant teams, or in New York, he would have gotten in much sooner.

Take a guy like Barry Larkin — a "maybe." A look at his stats over 19 years as the Cincinnati Reds shortstop and you wonder, "Why isn't he in?"

Roberto Alomar was rightfully voted into Cooperstown; a great

all-around offensive player and an amazing defensive second baseman for 17 years. Following him around, however, will be the infamous "spitting on an umpire incident."

I think the shameful moments Hall of Famers have brought upon themselves should accompany them. For example: How can you keep Barry Bonds out of The Hall? You can't. But at the bottom of his plaque it should read: "A key figure in The Steroid Era. His career statistics may be distorted due to performance-enhancing drugs." Rodman's should say: "Wore a wedding dress to promote his book; had a fling with Madonna."

Perhaps the three Halls are just missing the boat on a possible additional source of tremendous revenue. Each of them should build a Hall of Shame annex right across the street. I'm sure there would be no problem finding many worthy candidates. There certainly would be quite a number eligible for both Fame and Shame. The most prominent of those, for sure, would be Pete Rose.

The all-time hits king, despite being banned from baseball for betting on his own teams' games, really should be in there based on performance — with a little note at the base of his bust.

I've envisioned a little future cartoon about Rose: He's passed on and is standing at the pearly gates. St. Peter says, "I've told you, Pete, over and over and over, you are NOT getting in!" To which Rose replies, "You wanna bet?"

# Playoff Tickets on Sale as River Cats Battle for Division Title

Sacramento Region — Playoff tickets are now on sale for the Sacramento River Cats, who currently hold a 9.0-game lead over the Las Vegas 51s in the Pacific Coast League South Division. With 22 games remaining in the regular season, fans should secure their Pacific Coast League playoff tickets early. Tickets are now on sale at the Raley Field Ticket Office, www.rivercats.com/playoffs and www.ticketmaster.com. Individual game tickets are available as well as full six-game playoff strips, which provide the best value.



remarkable four PCL Championships (2003, 2004, 2007 and 2008) and two Triple-A Championships (2007 and 2008) in the franchise's first 11 seasons.

Should the River Cats qualify for postseason play, the team will host games 3, 4 and 5 (Sept. 9, 10 and 11) of the five-game Pacific Conference Championship Series at Raley Field (Games 4 and 5 if necessary). Games 1 and 2 would be played on the road.

If the season ended today, the River Cats' first-round opponent would be the rival Reno Aces (Triple-A affiliate of the Arizona Diamondbacks), who own a 5.5-game lead in the North Division.

If the River Cats advance to the PCL Championship Series (also a best-of-five format) they would again host games 3, 4 and 5 (Sept. 16, 17 and 18) at Raley Field (Games 4 and 5 if necessary). Games 1 and 2 would be played on the road. If the River Cats were to win this series and be crowned Pacific Coast League Champions, they would then play the International League Champion in the Triple-A Baseball National Championship Game in Albuquerque, NM, on Tuesday, September 20.

## Why Your Newborn Needs A Spinal Checkup



Dr. Bob Graykowski



*As the mother of a newborn, you have a million and one questions: Do all babies cry instantly or just mine? Is my baby simply active or hyperactive? And what about my baby's sleepless nights?*

*Although restlessness among newborns is often disregarded as "normal," research shows that these symptoms may relate to an underlying spinal condition triggered by birth-related trauma.*

### Birth Trauma: Under Recognized Epidemic

Chiropractic care during pregnancy decreases a mother's low back pain and reduces labor time by 50 to 60 percent. Specific chiropractic adjustments keep the pelvis in proper alignment, making delivery quicker.

"The birth process, even under natural and controlled conditions, is potentially traumatic to a baby's spine," explains infant health expert Abraham Towbin M.D.

Birth trauma is estimated to be between sixth and tenth leading cause of infant mortality. It is under-reported and often misdiagnosed.

An assembly of researchers reviewed available birth-trauma studies in the early 1990's for quality and validity. They concluded that birth trauma remains under-publicized and, therefore, under-treated.

### The Occipital Bones

To understand what occurs during the birth process, it's important to first consider the development of the fetus. The first visible structure in the growing embryo is the notochord, which becomes the brain and spinal cord. To protect this vital formation the spine emerges around the notochord.

Eventually, all of the body's organs grow from extensions of these first structures. So — even in life's earliest stages — the importance of the brain and spinal cord is evident.

The bone at the base of the skull, through which the spinal cord exits and travels down the spine, consists of four separate pieces called occipital bones. At birth, these portions are separate and moveable — connected by a tough, protective layer of connective tissue.

### The Normal Birth Process

During the normal birth process, the baby's head passes through the mother's bony pelvis. In order to navigate through this area, the infant's head must undergo a series of specific movements.

An average of 40 to 70 pounds of force is exerted on a newborn's head and neck during delivery. This strains the spinal joints in the upper neck — called upper cervical joints — especially the joint between the baby's head and neck. One study suggests a correlation between instability of that particular joint and Sudden Infant Death Syndrome (SIDS). These findings corroborated the findings of other researchers who suggested that this joint's instability might be a factor in other conditions as well.

### Modern Birth Methods

Modern methods of birth — such as laboring while lying on the back (the lithotomy position) without the advantage of gravity, use of an epidural that numbs a mother's urge to push and induced births using the drug pitocin — increase the likelihood that instruments will be used: including the vacuum extractor and forceps.

Instruments allow the physician to pull harder on the head of the child to extract the infant. This force can be upwards of 90 to 140 pounds. At the very least, the use of forceps significantly increases the risk of vertebral Subluxation in the spine of the neck.

For all reasons listed above — and more — it's vital to counteract birth trauma early on. Ideally, a doctor of chiropractic should evaluate a new baby within hours of its birth. Left unchecked, vertebral Subluxations

create interference in the normal balance of the body. When this happens, the problem exists not only at the point of injury but also elsewhere in the spine as the rest of the body compensates. This sets up a destructive spinal pattern that may haunt the baby throughout his or her life.

Doctors of chiropractic correct vertebral Subluxations with safe and effective maneuvers called chiropractic adjustments. Extremely low-force, specially-designed techniques are used with newborns. Most parents are surprised by how exceedingly gentle these techniques are. On average, the pressure required for a newborn adjustment amounts to just a few ounces or pounds of force — compared to the 40 to 70 pounds exerted during the birth process.

### A Tight Fit

When it's all said and done, being born is hard work! In many ways, it's like being shot out of a cannon. Fortunately, our memories don't recall the pushing, shoving, twisting and turning. Our bodies do, however, "remember" the trauma of the birth process.

*Giving your child the gift of life doesn't end with the birth process. After your little traveler has completed his or her journey into the new world, call today and make an appointment for an infant check up. It's one of the best birthday gifts you can give your child. Learn more about our community office; find us on Facebook-Chiropractic USA.*

*Creating a healthy community*

Dr Bob Graykowski  
Chiropractic-usa.com  
(916) 973-1661

**Monthly Workshops**  
9/13/11  
**Sugar Free Families**  
**LAST ADVANCED HEALTH WORKSHOP FOR THE YEAR!!**  
*Please call for a reservation. Support is encouraged...Bring a friend or family member!*  
Workshop is at 6:00 – 7:00pm.  
Advanced Workshops are 6:00 – 7:30.  
Reservations can be phoned at 916-973-1661 or faxed to 916-973-8273



**All I really need to know, I learned from baseball.**

**#4** Don't let obstacles get in the way.

**TICKETS START AT JUST \$7!**

Tickets are available at the Raley Field Ticket Office or ticketmaster.com.

S	M	T	W	T	F	S
<b>AUG/SEPT</b>						
					<b>HOME GAMES</b>	
1 7:05	2 7:05	3	4	5	6	
	COL	COL				
7	8	9	10	11	12 7:05	13 7:05
					RR	RR
14 1:05	15 7:05	16 7:05	17 12:05	18 7:05	19 7:05	20
	RR	RR	ALB	ALB	ALB	ALB
21	22	23	24	25	26	27
28	29 7:05	30 7:05	31 12:05	1 7:05		
	LV	LV	LV	LV		

**ONLY 1 MONTH OF BASEBALL LEFT!**

For the complete game schedule and promotions visit rivercats.com. Tickets available at the Raley Field Ticket Office or ticketmaster.com. Call 916.371.HITS (4487) for information on season tickets, suites, and hospitality areas.

**ChiropracticUSA™**

*"Creating radiant health in our community since 1985"*

- Spinal correction specialist
- Custom exercise instruction
- Family wellness plans
- Sports injury specialist
- Carmichael chamber business person of the year 1995.

**Gift of Life Wellness Check-up**  
Consultation, Complete Spinal Examination and X-rays (if needed)

This \$250 value is yours for only \$40 if you mention this ad  
Each additional family member only \$20  
Offer Expires Friday

Dr. Bob Graykowski • 5909 Stanley Avenue, Suite A  
Carmichael, CA 95608 • (916) 973-1661  
Chiropractic-usa.com  
Join our Facebook Fan Page - Chiropractic USA



# Riley Reviews

THE SPIRIT OF "MAD MEN" MAY LIFT NBC TV NETWORK THIS FALL

come next month, it rolls the dice with a primetime soap opera inspired by Hugh Hefner's Chicago nightclub venture of the early 1960s.

You've probably already heard about "The Playboy Club," a controversial entry in the fall programming sweepstakes that trades on a renowned sexy brand.

The NBC affiliate in Salt Lake City refuses to air the new series. And it probably won't get much traction

in the Amish country of western Pennsylvania.

Gloria Steinem and Gloria Allred are not expected viewers for "The Playboy Club," though the feminist writer Steinem once went undercover as a Bunny for an expose.

Out of prurient interest and a measure of curiosity, adult men may tune in to watch, but are likely to slip away once they realize the drama should be titled "Desperate Bunnies."

Like the new drama "Pan Am" on ABC, "The Playboy Club" hopes to cash in on the popularity of "Mad Men," if only because of the swinging early Sixties vibe. The NBC show even has a main character that looks vaguely like Don Draper.

This is the time of the year for the summer edition of the biannual TV critics press tour, where lowly

scribes get the lowdown on the new fall season.

Unlike last January, this time around NBC trotted out its newest Chairman of Entertainment, Bob Greenblatt, who told the assembled critics that he's "very excited and bullish" about the fall season.

What else can you expect him to say? A network executive is like a politician trying to reassure doubtful constituents that he can deliver on a wide range of goals difficult, if not impossible, to achieve.

But then, for the sake of having something decent to watch on a dateless Friday night, you hope that Mr. Greenblatt's optimism is well-founded.

During the question and answer period, of course, critics asked about "The Playboy Club" and whether

the network was trying to tap into the "Mad Men" craze, even though in reality the hit cable show doesn't draw the kind of big audience a network needs.

Greenblatt described "The Playboy Club" as a "much more energized soap opera," a genre that works well on network TV. Additionally, he claimed this show would not "feel like 'Mad Men' when you ultimately see it."

Since Hugh Hefner is not going to send me a club membership any time soon, let's focus on to the rest of the fall schedule, which includes two additional new dramas and three new comedies.

Moving on to the next drama, "Grimm" is inspired by the classic Grimm Fairy Tales, a Friday night entry for shut-ins and members of the

lonely hearts club.

Portland homicide Detective Nick Burkhardt (David Giuntoli) discovers he is descended from an elite line of criminal profilers known as "Grimms," charged with keeping balance between humanity and the mythological creatures of the world.

As he tries to hide the dangers of his newfound calling from his fiancée (Bitsie Tulloch) and his partner (Russell Hornsby), Detective Burkhardt becomes ever more entrenched in the ancient rivalries and alliances of the Grimm world.

"Prime Suspect" is a fitting title for a crime drama that takes a probing look inside a New York City homicide department.

The series stars Maria Bello as tough-as-nails NYPD homicide Detective Jane Timoney, an outsider who has just transferred to a new squad where her new colleagues already dislike her.

Though confident and focused, Jane is also rude, abrupt and occasionally reckless. She has her vices and rumors of a questionable past follow her everywhere.

At the end of the day, Jane is an instinctively brilliant cop who can't be distracted from the only important thing: the prime suspect.

In the Thursday night comedy rotation, NBC adds "Whitney," a look at modern love in a comedy series about Whitney (Whitney Cummings) and Alex (Chris D'Elia), a happily unmarried couple.

Together for three years, the duo is no rush to get hitched, but attending one too many weddings and listening to their opinionated friends causes the couple to grapple with relationship issues.

NBC also seems to be carving out a comedy block on Wednesday nights, adding to two new comedies to precede "Harry's Law."

"Up All Night," which is up first, has an impressive creative team with links to "30 Rock," "Parks and Recreation," and "Saturday Night Live."

Christina Applegate takes another turn at comedy in the role of Reagan Brinkley, a loving wife, successful career woman, life of the party and, most recently, mom.

Determined not to compromise her career or cool reputation to the clichés of motherhood, Reagan adjusts to life with a baby and returns to work with the support of her stay-at-home husband, Chris (Will Arnett).

Dealing with sleep deprivation may be the reason for the show's title, but Reagan has bigger problems in handling the endless needs of her ambitious boss (Maya Rudolph).

The second mid-week comedy show is "Free Agents," a romantic comedy that explores the trials and tribulations of finding love and companionship the second time around.

Hank Azaria's Alex is newly divorced, missing his kids and trying to keep himself together. His co-worker Helen (Kathryn Hahn) thinks she has it together but drinks too much in order to cope with her fiancé's untimely death.

When these two overworked public relations executives share an ill-fated night of passion, they are forced to cope with the awkward aftermath.

Meanwhile, NBC Chairman Greenblatt must be hoping that his passion for his fall lineup is not ill-fated.

**RINGLING BROS. BARNUM & BAILEY**  
**THE GREATEST SHOW ON EARTH**  
**Fully Charged**

**KIDS' TICKETS \$10!**  
Limit four (4) kids' tickets per one (1) adult ticket purchased. Excludes Circus Celebrity™. Front Row and VIP seats. No double discounts. Additional fees may apply.

**SEPT. 15 - 18** **POWER BALANCE PAVILION**

Thu. SEPT. 15 ★ 7:00 PM	Fri. SEPT. 16	Sat. SEPT. 17	Sun. SEPT. 18
<b>OPENING NIGHT</b>	11:00 AM	3:00 PM	1:00 PM
<b>TICKETS HALF-PRICE!*</b>	7:00 PM	7:00 PM	5:00 PM

\*Excludes VIP, Front Row and Circus Celebrity seats. No double discounts. Additional fees may apply.

Buy tickets at [Ringling.com](http://Ringling.com), [ticketmaster.com](http://ticketmaster.com) Retail Locations, Power Balance Pavilion Box Office or call 1-800-745-3000

Regular Ticket Prices:  
 \$14 • \$17 • \$23 • \$38 VIP • \$60 Front Row • \$90 Circus Celebrity  
Additional fees may apply. Limited Circus Celebrity, Front Row and VIP seats available. Call or go online for details.

**RAS Offers Open MRI in Sacramento**

Only RAS offers a full continuum of imaging services including Open MRI for those patients who are claustrophobic, anxious, or too large to undergo an MRI exam in a "closed" environment.

**Rely on RAS for All Your Imaging Needs**

**RAS** Capitol Imaging  
 3161 L Street  
 Sacramento, CA 95816  
**(916) 453-9999**

Accredited by ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE

**R Thrift Shop**

*We sell pre-owned furniture, large appliances, toys, linens, collectible items, sporting goods, housewares and clothing for men, women and children. We have anything you need and if we don't we will find it for you.*

*R Thrift Shop offers seniors a fifteen percent discount every day, and a portion of the store's proceeds is dedicated to the Carmichael Park and Recreation District. Once a month we sponsor a child in a sport of their choice by paying for enrollment fees and uniform costs. Donations to the store can be made daily and pick-up service is available by request.*

**6634 Fair Oaks Blvd • Carmichael, CA 95608**  
**Store: 916-973-8081 • Cell 916-915-7166**  
**Store Hours: 9am-7pm Daily**

**Sudoku Puzzle on Page 6**

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

*Enjoy Sudoku Every Week!*

**Crossword Puzzle on Page 6**

A	L	L	A	Y	R	A	M	D	U	M	B	
G	A	U	G	E	S	K	I	A	R	M	O	R
E	M	A	I	L	V	A	N	Z	E	B	R	A
P	U	L	L	U	P	C	R	A	Y	O	N	S
E	O	N	M	E	A	L						
C	P	A	W	I	L	P	E	C	A	N	S	
H	A	R	D	T	O	S	S	A	L	L	O	T
A	P	E	R	Y	A	T	E	S	U	G	L	Y
L	U	A	U	S	M	I	R	E	B	A	L	L
K	A	L	M	I	A	F	E	A	R	L	E	E
P	R	E	Y	M	O	B						
T	E	A	C	H	E	R	H	Y	D	R	A	S
H	E	L	L	O	U	S	A	N	I	S	E	I
O	R	G	A	N	P	A	L	E	D	I	C	T
R	Y	A	N	T	W	O	Y	E	A	T	S	

**DELIVERY ROUTES AVAILABLE**

**CALL 773-1111**

**A-TEK GLASS CENTER**

Your One Stop Local Glass Shop

Serving Carmichael Community for 17 Years

**AUTO □ HOME □ BUSINESS**

Free Windshield Chip Repair with Insurance Coverage

- ▲ Auto Glass
- ▲ Windshields
- ▲ Power Windows
- ▲ Truck Slider
- ▲ Sunroofs
- ▲ Single & Dual Pane Glass
- ▲ Store Front Windows
- ▲ Mirror & Screen
- ▲ Glass Shelves
- ▲ Table tops

Fast, Professional Glass Repair • Direct Approved Insurance Billing

**Call 7 Days a Week • 481-9966**  
 Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou

# Arcade Creek

Recreation and Park District

## Dog Training – Beginning and Advanced

This course is designed to help you learn to communicate with your dog. Traditional exercises include: Heel, Sit, Down, Stay and Come when called plus help with a variety of dog behaviour problems. Dogs must be at least 4 months old and have up to date vaccinations. Dog Guardians must be at least 14 years\* No Classes on Major Monday Holidays, they will roll over to the next following Monday.

## Margie Herzog Community Center

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

District office - 4855 Hamilton St., Sacramento, CA 95841  
Website: [www.acrpd.com](http://www.acrpd.com) • Phone: 916-482-8377

**BAUERFINANCIAL Inc., Coral Gables, Florida**  
**EXCEPTIONAL PERFORMANCE AWARD**



**EL DORADO SAVINGS BANK**  
**PLACERVILLE, CALIFORNIA**

For continuously earning a five-star SUPERIOR rating for 72 consecutive quarters.  
This award recognizes the highest level of performance. Congratulations!

Awarded June 2011  
Rated five-stars since December 1993

*Paul A. Bauer*  
Paul A. Bauer, Founder



**EL DORADO SAVINGS BANK**

Serving our local communities for over 53 years

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

Member  
**FDIC**

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



Fair Oaks Theatre Festival & American River College Present

**The Great American TRAILER Park MUSICAL**

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

916.966.3683 • [www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)  
Veteran's Memorial Amphitheatre 7991 California Ave., Fair Oaks Village

## STATEPOINT CROSSWORD • THEME: BACK TO SCHOOL

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19				20			21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
					53		54			55		56		
57	58	59	60					61				62	63	
64							65	66			67			68
69							70				71			
72							73				74			

PRESENTED BY



© StatePoint Media

### CLUES

- ACROSS**
- Lessen the intensity of, as in fear
  - Player in St. Louis
  - \*Type of mistakes to be avoided
  - On a dashboard
  - Winter glider
  - Knight's protection
  - Mode of communication
  - Soccer mom's ride
  - African equine
  - \*Phys. ed. movement
  - \*Colorful staple for kids, pl.
  - Immeasurable period
  - One of three square
  - Tax helper
  - Skilled in deception
  - Popular pie filling in South
  - Not easy
  - \*"and turn"
  - Administer
  - Copycat
  - "Revolutionary Road" novelist Richard
  - Describes duckling
  - before it became swan
  - Pl. of #3 Down
  - Bog down
  - \*Thrown during gym or recess
  - North American evergreen
  - The only thing to fear?
  - Tommy of "Motel Crue"
  - The hunted
  - La Cosa Nostra, e.g.
  - \*Occasionally subbed for
  - Greek monsters of nine heads
  - Greeting
  - Olympic chant
  - One born to Japanese immigrants
  - Donor's bequest
  - Buddy
  - Authoritative proclamation
  - Seacrest or Phillippe
  - "Pencil number"
  - "The Second Coming" poet
- DOWN**
- \*It helps determine grade level
  - Sight aid
  - Hawaiian feast
  - Nimble
  - \*School buses have this in common
  - Please get back to me
  - Theodor Geisel, \_\_\_ Dr. Seuss
  - People who are direct don't \_\_\_ words
  - Squirrel's nest
  - Rounded protuberance
  - Period before noon
  - Women's undergarments
  - Popular flowering shrub
  - Oneness
  - Lil Wayne's genre
  - Bewilder
  - \*Soft white calcite
  - \_\_\_ New Guinea
  - Relating to an area
  - Type of rich soil
  - \*Group of one sort or another
  - Relating to alga
  - \_\_\_prosequi
  - Manner
  - \*Played in a marching band
  - Withered
  - Morally degraded
  - One way to steal gas from a car
  - "is" is to "she" as \_\_\_ is to "we"
  - \*He played Thornton Melon in "Back to School"
  - Combust or break out
  - Here she comes?
  - God of thunder
  - Spooky
  - Aquarium scum
  - Kin group
  - Light above a saint
  - World's largest continent
  - Dissenting clique
  - 2004 horror movie
  - "\_\_\_ now or never"

For Solution See Page 5

### SUDOKU

PRESENTED BY



**VolunteerMatch.org**  
Where volunteering begins.

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

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.

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



**TEXAS**

**20 ACRE**  
**Ranch Foreclosures**

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

Take Over Payments! **ONLY \$99/mo.**

Near Booming El Paso, TX. Owner Financing, No Credit Checks, Money Back Guarantee. Free Color Brochure!

**1-800-843-7537**

**Urgent news for people who took**  
**FOSAMAX**

Use of the osteoporosis drug Fosamax may lead to femur (thigh bone) fractures. If you suffered a femur fracture after taking Fosamax, call us now at 1-800-THE-EAGLE about monetary compensation. There are no fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.

**GOLDBERG & OSBORNE**  
**1-800-THE-EAGLE**  
**(1-800-843-3245)**  
[www.1800theeagle.com](http://www.1800theeagle.com)

Open 7 days a week

DRIVERS/CDL TRAINING

**CAREER CENTRAL!**

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

Unbeatable Career Opportunities  
Trainee • Company Driver

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

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

**CENTRAL**  
REFRIGERATED SERVICE, INC.

[centraltruckdrivingjobs.com](http://centraltruckdrivingjobs.com) 877-369-7126

**CUSTOMER SNAPS AT CLERK**

BEXAR COUNTY – Finding that the grocery store was out of THERA-GESIC® Pain Cream, Tom W. snapped ("like a terrier") at the drug department clerk. After promises to have it back in stock the next day, Tom W. regained his composure and apologized for the incident. When asked to explain his dog-like behavior, he painlessly replied, "None of your dang business!"

**THERA-GESIC®**  
Go Painlessly.

**Urgent news for DIABETICS with**  
**BLADDER CANCER**

The diabetes drug, ACTOS, has been linked to an increased risk of bladder cancer. If you or a loved one has been diagnosed with bladder cancer after taking ACTOS, ACTOplus met., ACTOplus MET. XR or duetact., call us now at 1-800-THE-EAGLE about monetary compensation. No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.

**GOLDBERG & OSBORNE**  
**1-800-THE-EAGLE**  
**(1-800-843-3245)**  
[www.1800theeagle.com](http://www.1800theeagle.com)

Open 7 days a week

Adoption

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

Adult / Elder Care

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

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

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

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

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

Antiques

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

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

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

Attention!

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

Auction

ADVERTISE YOUR AUCTION in 240 California newspapers for one low cost of \$550...

Auto Donation

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

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

A-1 DONATE YOUR CAR! Breast Cancer Research Foundation! Most highly rated breast cancer charity...

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

DONATE YOUR CAR...To The Cancer Fund of America. Help Those Suffering With Cancer Today...

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

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

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons. National Animal Welfare Foundation...

Business Opportunities

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

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate?

Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount.

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts.

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

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

Business Services

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

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

Business Services

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

Cash for Houses

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

Compost for Sale

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

Computers

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

Computer Care Complete PC Care and Maintenance. Installs, upgrades, virus removal, wireless.

Construction

KMS Construction Residential & Light Commercial Construction. kmsconstruction.net

Accelerated Construction - New Construction or Repair. Handyman Clean-up.

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

All Types of Construction- kitchen & bath remodels, new construction, roofing, decks.

TRI US CONSTRUCTION Build new homes, additions and remodeling.

Affordable sliding scale counseling. Licensed staff. Cash only. Children, couples, families.

Real solutions to your problems and issues. lifedivisorforeveryone.com

Day Care

Peña Family Daycare-Small in home family care. Clean and Safe environment.

Infant Openings Now First week free! Lic # SAC53133 FCOH

Drywall

Repair, remodel from simple to impossible, all textures. Residential, small commercial.

Elder Care PROVIDING PERSONAL CARE w/ love and dignity. Rooms available.

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter. 30 years experience. Old panel repairs/ upgrades.

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575

Electronics

\*FACTORY DIRECT SATELLITE TV! Why pay retail when you can buy at factory DIRECT pricing!

DISH NETWORK lowest nationwide price \$19.99 a month. FREE 30 Movie channels.

Fencing Cal State Fence and Construction Since 1986 Quality, Trustworthy.

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate?

Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post.

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts.

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

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

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

OWE IRS TAX RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help You Settle Your Over-due Taxes!

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

FEDERAL POSTAL JOBS! Earn \$12 - \$48 per hour / No

For Rent

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

Office Space For Rent 800 Sq.Ft. Great location for small business office - No retail.

55+ Community Now Renting 1bd Micro/frig/stove/patios. \$575 a month, free RFA passes.

Foster Care

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

Furniture

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

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

Garage Sales Online

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

Gardeners

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

Handyman

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

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

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

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

Plumbing Services Specialty Plumbing-Remodels, Repipes, Water, Sewer, Gas Lines,

Health/Misc.

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

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

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

Canada Drug Center is your choice for safe and affordable medications.

Diabetes/Cholesterol/Weight Loss Natural Product for Cholesterol, Blood Sugar and Weight.

Local STD/HIV Testing Did you know you have an STD and show no symptoms?

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

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

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

Help Wanted - Drivers NEED 13 GOOD DRIVERS. Top 5% Pay & 401K.

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

Help Wanted - Sales OVER 18? A can't miss limited opportunity to travel with a successful business group.

Help Wanted - Heating & Air AC Repair Low Prices 487-4609

Help Wanted SPCA Thrift Shop Helpless animals need your donations.

Experience Full Benefits / Paid Training 1-866-477-4953, Ext. 131 NOW HIRING!

\$5978 Weekly Mailing Postcards! \*\*GUARANTEED LEGIT WORK\*\*

GET PAID \$5 to \$75 For Just Filling Out Simple Online Surveys From Home.

ATTENTION: FREE ASSEMBLY JOBS STARTED GUIDE + FREE EASY HOMEMAILER PROGRAM.

MAKE \$1,000 WEEKLY PAID IN ADVANCE! Mailing Our Brochures From Home.

\$250+ PER DAY AT HOME TYPING ADS For Companies - up to \$100 per Transaction - 100% Legit Online Job - Easy Work PT/FT

REBATE PROCESSOR JOBS. Make Real Money From Home Today! \$10,857.76 In 13 Days

\*\* ABLE TO TRAVEL \*\* Hiring 10 people, Free to travel all states, resort areas/NO experience necessary.

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

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

Tupperware Please call for a Free Catalog. Chris Krmar 916-483-1671

Miscellaneous Items for Sale VONAGE Unlimited Calls in U.S. & 60 Countries!

Memoir Foam Therapeutic Nucleo Vasc Mattresses Wholesale!

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

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

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming.

Legal Services Need Attorney? Have legal situation? Looking for extra money?

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

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

Medical Supplies / Equipment Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care.

Miscellaneous SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing.

Miscellaneous Notary Services Certified Loan Signer Paralegal Services Powers of Attorney.

Miscellaneous Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details.

Painting All Pro Painting Res/Com. Quality work free est. send disc lic 914715 Ph 607-0523

Personal Mature Lady seeking friendship of a mature gentleman in his seventies.

Personal CASH PAID for unexpired, sealed DIABETIC TEST STRIPS

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

Personal DONATE A CAR - Help Disabled Kids. Free Next Day Pick-Up - Receive 3 Free Vacation Certificates.

Personal \*REDUCE YOUR SATELLITE or CABLE BILL! Confused by all these other ads, buy DIRECT at FACTORY DIRECT Pricing.

Personal CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not!

Housecleaners

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

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

Housecleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com.

House Painting

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

Household Help

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915

Land for Sale/ Out of State

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

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

Miscellaneous Items for Sale VONAGE Unlimited Calls in U.S. & 60 Countries!

Memoir Foam Therapeutic Nucleo Vasc Mattresses Wholesale!

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

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

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming.

Legal Services Need Attorney? Have legal situation? Looking for extra money?

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

Massage

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

Medical Supplies / Equipment Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care.

Miscellaneous SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing.

Miscellaneous Notary Services Certified Loan Signer Paralegal Services Powers of Attorney.

Miscellaneous Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details.

Painting All Pro Painting Res/Com. Quality work free est. send disc lic 914715 Ph 607-0523

Personal Mature Lady seeking friendship of a mature gentleman in his seventies.

Personal CASH PAID for unexpired, sealed DIABETIC TEST STRIPS

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

Personal DONATE A CAR - Help Disabled Kids. Free Next Day Pick-Up - Receive 3 Free Vacation Certificates.

Personal \*REDUCE YOUR SATELLITE or CABLE BILL! Confused by all these other ads, buy DIRECT at FACTORY DIRECT Pricing.

Personal CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not!

Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960

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

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

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

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

GET YOUR DEGREE ONLINE \*Medical, \*Business, \*Paralegal, \*Accounting, \*Criminal Justice.

Miscellaneous Items for Sale VONAGE Unlimited Calls in U.S. & 60 Countries!

Memoir Foam Therapeutic Nucleo Vasc Mattresses Wholesale!

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

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

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming.

Legal Services Need Attorney? Have legal situation? Looking for extra money?

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

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

Medical Supplies / Equipment Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care.

Miscellaneous SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing.

Miscellaneous Notary Services Certified Loan Signer Paralegal Services Powers of Attorney.

Miscellaneous Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details.

Painting All Pro Painting Res/Com. Quality work free est. send disc lic 914715 Ph 607-0523

Personal Mature Lady seeking friendship of a mature gentleman in his seventies.

Personal CASH PAID for unexpired, sealed DIABETIC TEST STRIPS

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

Personal DONATE A CAR - Help Disabled Kids. Free Next Day Pick-Up - Receive 3 Free Vacation Certificates.

Personal \*REDUCE YOUR SATELLITE or CABLE BILL! Confused by all these other ads, buy DIRECT at FACTORY DIRECT Pricing.

Personal CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not!

Pets

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment.

Annie's Pet Sitting Services Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952

Piano Lessons

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights.

North Carolina Mountains E-Z Finish Log Cabin Shell with Acreage. E-Z Bank Financing Available.

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

Real Estate Auction 236 Willis Avenue, Rio Linda 3BR 2BA 1,008sf/+ 3065 Hawaii Court, West Sacramento

Tupperware Please call for a Free Catalog. Chris Krmar 916-483-1671

Miscellaneous Items for Sale VONAGE Unlimited Calls in U.S. & 60 Countries!

Memoir Foam Therapeutic Nucleo Vasc Mattresses Wholesale!

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

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

Tail Weed Cutting Low Rates 916-524-7477

Full Yard Maintenance, one time clean-ups & tree trimming.

Legal Services Need Attorney? Have legal situation? Looking for extra money?

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

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

Medical Supplies / Equipment Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care.

Miscellaneous SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing.

Miscellaneous Notary Services Certified Loan Signer Paralegal Services Powers of Attorney.

Miscellaneous Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details.

Painting All Pro Painting Res/Com. Quality work free est. send disc lic 914715 Ph 607-0523

Personal Mature Lady seeking friendship of a mature gentleman in his seventies.

Personal CASH PAID for unexpired, sealed DIABETIC TEST STRIPS

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

Personal DONATE A CAR - Help Disabled Kids. Free Next Day Pick-Up - Receive 3 Free Vacation Certificates.

Personal \*REDUCE YOUR SATELLITE or CABLE BILL! Confused by all these other ads, buy DIRECT at FACTORY DIRECT Pricing.

Personal CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not!

Timeshares

Ask yourself, what is your TIMESHARE worth? We will find a buyer/renter for CASH NO GIMMICKS JUST RESULTS!







# POPOFF!

with Mary Jane Popp

falling short of expectations?

4) **The Debate Champion:** Does everything for him have to be an argument?

5) **The Man in Control:** Does he have you under his thumb?

6) **Mt. Inattentive:** Is he a space cadet, or just a bad listener?

7) **Is he a mama's boy:** Can you break the spell his mother has over him?

8) **Mr. Noncommittal:** Will he ever be ready for an exclusive relationship?

9) **Mr. Wannabe:** Is this man's importance genuine or trumped up?

10) **The Mooch:** Is he taking advantage of your generosity?

Did you know you have rights, ladies? Nicholas has put together "The First Date Bill of Rights" for you. Read and take heed.

**Reliable:** Did he call you when he stated he would?

**Accessible:** Did he provide you with his cell phone number and e-mail address in case you need to reach him about an unexpected change in plans?

**Approachable:** Did he welcome you to contact him at any time?

**Conscientious:** Is the planned activity both convenient and enjoyable?

**Accommodating:** Did he suggest and book a suitable place to meet?

**Thorough:** Were you impressed with the arrangements that were made?

**Polite:** Did he show good manners?

**Connectable:** Was it easy to talk, or did making conversation feel like "pulling teeth"?

**Attentive:** Did he listen to what you told him or hinted about your personal preferences?

**Generous:** Did he reserve a table at a restaurant suitable for intimate dialogue, and did he tip appropriately?

**Comfortable:** Did you leave with the feeling that you would enjoy spending time together in the future?

**Chemistry:** Are you physically attracted to your date?

**Integrity:** Did he seem honest?

**Safety:** Did you feel secure throughout the evening?

You will learn many tips in this book from the Dating Litmus Test and the Hot Prospect Background Check to the Top Twenty Relationship Deal Breakers. And not to worry, if it doesn't seem right, Nicholas has a specific section on Getting Rid of Mr. Wrong in Ten Easy Steps. If you'd like to check out more information, you can log on to [www.ditchingmr-wrong.com](http://www.ditchingmr-wrong.com).

Happy Hunting!!!

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

## DITCHING MR WRONG !!!

Buh-Bye Mr. Wrong!!! Hello Mr. Right!!! Women search for years looking for the right guy, meanwhile wasting biological clock-ticking time on the worst possible mates. Nicholas Aretakis says give Mr. Wrong the boot, and you'll be free to find Mr. Right. Researcher and dater himself, Nicholas put together a definitive look at who Mr. Wrong is in his book "Ditching Mr. Wrong" How to end a bad relationship and find Mr. Right!

The book has lots of quizzes, exercises, and checklists to help the single woman get on the right track. One of the interesting sections profiles twenty common male personalities, and provides sage advice at the end of each profile whether a candidate is worth pursuing or should be ditched.

Here's a sampling:

1) **The Mystery Man:** Does his behavior raise more questions than answers?

2) **Mr. Rush Job:** Is his interest in you solely physical?

3) **The Underachiever:** Is he always



**NOW OPEN!**

*15% off on wednesdays for senior citizens, military, police, fire fighters, and ambulance employees.*

6047 Unit B Madison Ave  
Carmichael, CA 95608

Phone: (916) 331-6200 • Fax: (916) 331-6400

Monday - Thursday 10am-10pm  
Friday-Saturday 10am-11 pm and Sunday 10am-8pm.

[www.shawarmacafeandgrill.com](http://www.shawarmacafeandgrill.com)



## EXPLOSIVE EXCITEMENT

...that will leave you begging for more!

The California Capital Airshow will entertain, mesmerize, and educate fans of all ages with jets, aerobatics, warbirds, vintage aircraft and so much more!  
For Tickets, VIP Access, Sponsorship and Volunteer Opportunities visit our website [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com)

**SIXTH ANNUAL CALIFORNIA CAPITAL AIRSHOW**  
MATHER AIRPORT • SEPTEMBER 10-11, 2011

HONORING OUR PAST - INSPIRING THE FUTURE

**Exclusive Extras!!**

**Royal Caribbean INTERNATIONAL**

**Cruise with Radio/TV Host Mary Jane Popp**  
March 3-10, 2012  
7-Night Western Caribbean Cruise  
from New Orleans to Cozumel - Cayman Islands - Jamaica

From **\$599\***  
pp/dbl \*cruise only  
Add \$76 tax

Call **CRUISES ETCETRA 916-721-9202**  
6921 Greenback Lane, Citrus Heights, CA

**Limited Space!! Call Today!!**

## SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

### Exhibition Schedule

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

**Magnum Opus XXII**  
Sacramento Fine Arts Center's Annual Open Show,  
August 9-September 3, 2011.

**New Show In Gallery 3**  
Mendy Bates, Marie Dixon, Sheila Jacobs, and Paula Lloyd in "Where Are We Now"

*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.*

*This is the first of a series of shows with these four. The show features many of their current artworks in oil, pastel, watercolor, and sculpture. The artists are kicking off their Artist in Residence at the Sacramento Fine Arts Center with this show. The artists will be celebrating Second Saturday with a joint reception with Magnum Opus on August 13 from 5:30-8:30p.m.*

**5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713**  
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.  
[www.sacfinearts.org](http://www.sacfinearts.org)

**All Roads Lead to An Epic Journey at**

**STIMULATE Your Mind**

**DEVELOP Your Spirituality**

**FIND Your Passion**

**EpIC BIBLE COLLEGE**

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

- Ministry • Education
- Music • Counseling • and more!

**Visit Our New Campus!**

Expanded and Flexible Schedules  
Financial Aid  
One-On-One Academic Advising  
Associate and Bachelor Degree Programs

4330 Auburn Blvd.  
Sacramento, CA 95841  
(916) 348-4689

[www.EPIC.edu](http://www.EPIC.edu)

**FALL QUARTER CLASSES BEGIN IN AUGUST 2011**



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

**DISC GOLF COURSE at Carmichael Park**

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

**Help SAVE the La Sierra Skate Park!**

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



**Carmichael's Founders Day Celebration**  
**Saturday, September 24 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! Concerts start at 6:30pm unless noted.

**Schedule**

Saturday, August 13	Q-Balls*-Classic Rock-60s to 80's
Sunday, August 14	Metro Swing-Dance Band
Sunday, August 21	Capitol Pops Concert Band-50 piece Concert Band
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

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

Welcome to the Carmichael Chamber's new Business Buzz e-Blast program to provide messages from members to members. Let us know what you think and if you would like to send an e-Blast for your business.

**Upcoming Events**

**Carmichael Chamber Luncheon**  
 Tues, Aug 23, 2011 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church.  
 Speaker is Congressman Dan Lungren. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes!  
 Register by Thursday, Aug. 18. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. On-line pre-registration will close on Sunday night.  
 More Info: [tp://www.enutshells.net/profiles/Clusters/Carmichael/Chamber/carmichael\\_chamber\\_monthly\\_luncheon\\_3766.htm](http://tp://www.enutshells.net/profiles/Clusters/Carmichael/Chamber/carmichael_chamber_monthly_luncheon_3766.htm)  
 Contact: Linda Melody Phone: 916-481-1002 Email: [linda@carmichaelchamber.com](mailto:linda@carmichaelchamber.com)

**Save The Date**  
 Friday, September 23rd, 2011 5:00pm-8:00pm  
**Annual BBQ, Beer, and Boogie and Silent Auction featuring Rotary Rooters**  
 Hosted by Carmichael Oaks and Kiwanis Club of Carmichael (NEW location St John's Catholic Church, 5751 Locust Ave., Carmichael, CA. to benefit Alzheimer's Association Walk to End Alzheimer's 2011



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



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

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

**Monday, Tuesday, Wednesday and Thursdays**

**Hoshall's SALON & SPA**  
 hair face body

Good thru August 2011.  
 Not valid with any other offer.  
 Good for Carmichael location only.

*law office of*  
**KRISTY HERNANDEZ**

**Experiencing a hardship?  
 Afraid of losing your home?**

We offer assistance to clients as part of our Homeowner Retention Program! Find out how we can help save your home from foreclosure through Bankruptcy, Loan Modification or Debt Settlement.

*We have a 78% success rate on all loan modifications. We have an A rating with the BBB for our loan modification services. We can bring properties closer to value by removing 2nd mortgages off of property. We can stop foreclosure sales by negotiating with bank or by bankruptcy.*

Don't short sale your property or foreclose without learning if loan modification is an option for you!  
 We offer our clients a **One Hour Consultation FREE!**  
 We track our success rate! Come into our office and see the list of modifications we have successfully obtained with your particular lender.



**Kristy Hernandez**  
 Managing Attorney  
 Sacramento and Bay Area  
[www.khlawoffices.com](http://www.khlawoffices.com)

- ☛ Loan Modification
- ☛ Bankruptcy
- ☛ Tax Settlement

- ☛ Debt Settlement
- ☛ Uncontested Divorce
- ☛ Credit Repair

7777 Greenback Lane, Suite 212  
 Citrus Heights, CA 95610  
 Phone: 916.728.1500

37600 Central Court, Suite 201  
 Newark, CA 94560  
 Phone: 510.456.7400

[www.khlawoffices.com](http://www.khlawoffices.com)

# Dental Resources at your Finger Tips!



Looking for a children's dentist?  
 Questions about fluoride?

Visit First 5 Sacramento's dental website at:  
**[www.First5SacDental.org](http://www.First5SacDental.org)**  
*Featuring children and parent dental resources, videos and great oral health tips.*



**THE ESKATON EXPERIENCE**

*in your place or ours*



Eskaton Village Carmichael

# Longevity rules.

Welcome to the new aging experience. The independence you want and the support you need. Eskaton offers you a complete and affordable range of premier community living and home-based services to help you grow older in good health, safety and comfort. Welcome home ... to Eskaton.



866-ESKATON | [www.eskaton.org](http://www.eskaton.org)

## DJ DANCE

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

**MISSION OAKS COMMUNITY CENTER**

**Extended Tours**

- *Netherlands, Belgium, and Paris*  
May 7-17, 2012 • \$4,249 pp double
- *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!

**Luxury Motorcoach**

- *Red Hawk & Apple Hill*  
Tuesday, September 13, 2011 • \$39/person
- *Picasso & CA Academy of Sciences*  
Thursday, September 15, 2011 • \$90/person
- *2012 Rose Parade*  
December 30 - January 3 • \$1450/pp double  
Show, parade, tours, museums, and more!

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](http://www.morpd.com).

### Afternoon Preschool 2011-12

**Register Online@morpd.com**  
**Tues/Thurs. 12:30 - 3pm • 3 - 4yrs ♦ Mon./Wed./Friday 1 - 4pm • 4 - 5yrs**  
*For more info call 916-972-0336*

### 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 10:30-12:30pm, \$30/6wk session**

**MISSION OAKS RECREATION & PARK DISTRICT**  
**Office Hours: 8 am-5 pm**  
**Registration Hours: 8:30am-4pm Monday-Friday**  
[www.morpd.com](http://www.morpd.com)

**DISTRICT OFFICE**  
 (916) 488-2810 • Fax (916) 488-4349  
 3344 Mission Ave., Carmichael CA 95608  
**MISSION OAKS COMMUNITY CENTER**  
 (916) 972-0336 • Fax (916) 972-7371  
 4701 Gibbons Dr., Carmichael CA 95608  
**SWANSTON COMMUNITY CENTER**  
 (916) 333-6464 • Fax (916) 488-4349  
 2350 Northrop Ave., Carmichael CA 95825

# Live Fully!

Enjoy Independent Senior Living from the name you trust for quality and value.

## the Chateau at Carmichael Park

Lic. #347001523

Rents starting as low as \$699 per month!

- Gated grounds in lovely suburban neighborhood
- 24/7 staffing
- Generously sized one-bedroom apartments
- On-site beauty/barber shop
- Built-in "extended family" of neighbors
- Complimentary scheduled transportation
- Easy access to public transportation
- Availability of optional services, such as housekeeping and meals
- Pets welcome (small, under 30 pounds)

**CALL Suzanne Today**  
**(916) 481-7105**

When it says  
**Hank Fisher Properties,**  
 it says  
Quality



## the Chateau at Carmichael Park

7125 Fair Oaks Blvd, Carmichael  
 Between Engle St. and Grant Ave.



[www.HankFisherProperties.com](http://www.HankFisherProperties.com)

[www.chateaucarmichaelpark.com](http://www.chateaucarmichaelpark.com)

**EDUCATION:**

Super-fast LTE technology will connect California students to a world of interactive learning.



## Expanding our LTE mobile broadband network across more of California.



**PUBLIC SAFETY:**  
LTE will provide a more advanced wireless network for California first responders.



**ECONOMY:**  
Expanding high-speed wireless Internet across California will create jobs, fuel economic growth, and spur innovation.



**HEALTHCARE:**  
LTE will connect California families to doctors and specialists across the state and around the world.

Mobile broadband is taking another major step forward.

The network technology is called LTE (Long Term Evolution), and it's more than just another update. It's a whole new way to get online — a super-fast wireless connection to the Internet.

The planned combination of AT&T and T-Mobile will allow us to expand our advanced network to cover an additional 30,000 square miles in California — delivering a new choice for broadband Internet access.

Our customers will get a stronger network. California will get cutting-edge wireless technology. And one million more California residents will get a new choice for mobile broadband and all the benefits it brings.

### We can't wait to see what you do with it.



[MobilizeEverything.com](http://MobilizeEverything.com)