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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 contributedisvaluedat\$20.6billion, 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.

CaliforniaVolunteers 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 volunteeringleadstheorganization. For more information, please visit 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. 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 n 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.



link to our online edition!

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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. 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, 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, includes directions to the dance as well as information about upcoming events, including seminars, getaways, and parties and cruises.

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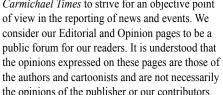
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If you do not have email access, please call us at 916-773-1111.

Carmichael Times

"Written by the people and for the people"

Serving Carmichael and Sacramento County since 1981

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Little Things. Big Potential.

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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

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

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

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

THANK A VETERAN TODAY

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 performanceenhancing 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 9.0game 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 sixgame playoff strips, which provide the best value.

The River Cats "magic number" to clinch their 10th division title in 12 years is 14 ("magic number" refers to the number of River Cats victories needed to clinch the outright division title). The River Cats have won a



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

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.

Why Your Newborn

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.

Needs A Spinal Checkup Eventually, all of the body's organs

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 birthrelated 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 and sixth and tenth leading cause of infant mortality. It is underreported 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.

structures. So – even in life's earliest stages – the importance of the brain and spinal cord is evident.

grow from extensions of these first 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 jointsespecially 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 lithotomic 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.

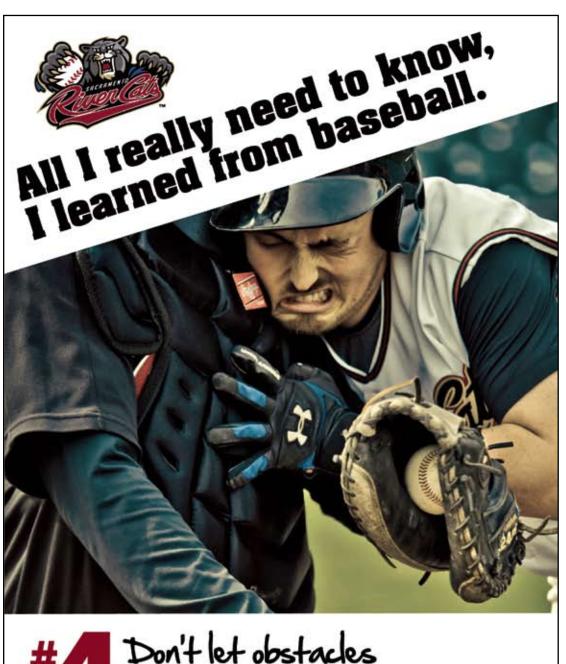
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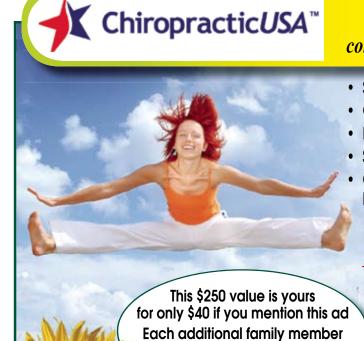




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A Special Article by Tim Riley

NBC TV - Fall Season (Rated PG-13)

Mired in last place among the major television networks, NBC is so eager to get out of its slump that,

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

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-

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 net-

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

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

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

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 fiance's untimely death. When these two overworked public relations executives share an illfated 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.

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Crossword Puzzle on Page 6



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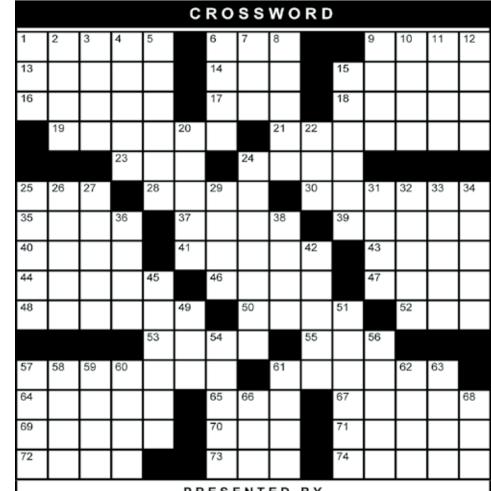


Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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ACROSS

- 1. Lessen the intensity of, as in fear
- 6. Player in St. Louis Type of mistakes to be
- avoided 13. On a dashboard
- 14. Winter glider 15. Knight's protection
- 16. Mode of communication
- 17. Soccer mom's ride 18. African equine
- 19. *Phys. ed. movement
- 21. *Colorful staple for kids, pl.
- 23. Immeasurable period
- 24. One of three square 25. Tax helper
- 28. Skilled in deception 30. Popular pie filling in
- 35. Not easy
- _ and turn"
- 39. Administer
- 40. Copycat
- 41. "Revolutionary Road" novelist Richard 43. Describes duckling

- before it became swan 44. Pl. of #3 Down 46. Bog down 47. *Thrown during gym or
- recess
 - 48. North American
 - evergreen 50. The only thing to fear?
- 52. Tommy of "Motley Crue" 53. The hunted
- 55. La Cosa Nostra, e.g.
 - 57. *Occasionally subbed
 - 61. Greek monsters of nine heads
 - 64. Greeting
 - 65. Olympic chant
 - 67. One born to Japanese
 - immigrants 69. Donor's bequest
 - 70. Buddy
 - 71. Authoritative
 - proclamation
 - 72. Seacrest or Phillippe
 - 73. *Pencil number 74. "The Second Coming"

- **CLUES**
- 1. *It helps determine grade
 - level
 - 2. Sight aid
 - Hawaiian feast Nimble
 - 5. *School buses have this in
 - common
 - 6. Please get back to me 7. Theodor Geisel, ___ Dr.
 - 8. People who are direct don't

11. Period before noon

22. Lil Wayne's genre

25. *Soft white calcite

27. Relating to an area

31. *Group of one sort or

29. Type of rich soil

32. Relating to alga

20. Oneness

24. Bewilder

another

12. Women's undergarments

15. Popular flowering shrub

_ New Guinea

- Melon in "Back to School" 54. Combust or break out words 9. Squirrel's nest
- 56. Here she comes? 10. Rounded protuberance

34. Manner

38 Withered

from a car

to "we"

band

36. *Played in a marching

42. Morally degraded

45. One way to steal gas

49. "Is" is to "she" as ____ is

51. *He played Thornton

- 57. God of thunder
- 58. Spooky
- 59. Aquarium scum
- 60. Kin group 61. Light above a saint
- 62. World's largest continent
- 63. Dissenting clique
- 66. 2004 horror movie 68. "___ now or never"

For Solution See Page 5



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FICTITIOUS BUSINESS NAME STATEMENT #1104602 P.R. Stewart, 6735 Skylane Dr., Citrus CA 95621 is business under the Fictitious Business Name "Stewart Design Company" at 6735 Skylane Dr. Citrus Heights, CA 95621.Filed with the Clerk of Sacramento County on May 19, 2011. Publish July 27, August 3, 10, 17, **STEWAR**

FICTITIOUS BUSINESS NAME STATEMENT #1105948. Language World Services. Inc. 7220 Fair Oaks Blvd., Carmichael. CA 95608 is doing business under the Fictitious Business Name "Staff World Services, Inc. " at 7220 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 7, 2011. Publish July 27, August 3, 10, 17, **STAFFW** 10704 8-17-11

NOTICE OF DECLARATION

OF LAND PATENT Lot 5 of Lee Tract, according to the official plat thereof, filed in the office of the Recorder of Sacramento County, California, on February 28, 1955 in Book 39 of Maps, Map No. 30.

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

FICTITIOUS BUSINESS NAME STATEMENT #1106411. Charles Taylor, 4834 Arboleda Dr., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Applied Python Technologies" at 4834 Arboleda Dr., Fair Oaks, CA 95628. Filed with the Clerk of

Sacramento County on July 25, 2011. Publish August 3, 10, 17, 24, 2011. APPLIE 10801 8-24-11

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

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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00107013

WHEREAS, Sofia Daniela Barrett has filed a petition with this court for a decree changing name of Sofia Daniela Barrett to Sofia Daniela Barrett-Ibarria. IT IS ORDERED that all persons interested in the above entitled matter appear before this

court at 1:30 p.m. on Sept. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week

for four consecutive weeks prior

to the date set for hearing on the

petition. Dated: July 18, 2011.

Kevin R. Culhane Judge of the Superior Court Publish August 3, 10, 17, 24, 2011.

10801 SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-0017071 WHEREAS, Gaoli Kha has filed a petition with this court for a decree changing name of Gaoli Kha to Lily entitled matter appear before this

IT IS ORDERED that all persons interested in the above court at 1:30 p.m. on Sept. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 18, 2011. Kevin R. Culhane

Judge of the Superior Court Publish August 3, 10, 17, 24, 2011. 10801

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00107227

WHEREAS, Francis Andrew Zuppan has filed a petition with this court for a decree changing name of Francis Andrew Zuppan Frank Andrew Zuppan.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 7, 2011 in Dept. 16. located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 21, 2011.

Kevin R. Culhane Judge of the Superior Court Publish August 10, 17, 24, 31, **ZUPPAN** 10802

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-00108119 WHEREAS, Shawn Jonathan Sharp has filed a petition with this court for a decree changing name of Rachel Lynn Marquez Xander Rhys Marquez.

IT IS ORDERED that all persons interested in the above matter appear before this court at 1:30 p.m. on Oct. 14, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 2, 2011. Kevin R. Culhane

Judge of the Superior Court Publish August 10, 17, 24, 31, SHARP 10802 8-31-11

FICTITIOUS BUSINESS NAME STATEMENT#1106204.TimLynch, 6045 Sunglow Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "NorCal Internet Marketing" at 6045 Sunglow Ct., Carmichael, CA 95608, Filed with the Clerk of Sacramento County on July 18, 2011. Publish August 17, 24, 31, September 7, 2011. 10803

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108608 WHEREAS, Rafael Alberto Maza-Emma Justo has filed a petition

with this court for a decree changing

name of Adriel Alberto Justo Maza to Adriel Alberto Maza Justo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21 in Dept. 16, located at 720 Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change

of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: August 8, 2011. Kevin R. Culhane

Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. MAZAEM 10803

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108630

WHEREAS, Nicholas Fargo has filed a petition with this court for a decree changing name of Nicholas Fargo to Nicholas Ouellet. IT IS ORDERED that all persons interested in the above

entitled matter appear before this

court at 1:30 p.m. on October 21, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento CA 95814 and show cause, if any, why the petition for change 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

Kevin R. Culhane Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. 10803

week for four consecutive weeks

prior to the date set for hearing on

the petition, Dated: Aug. 9, 2011.

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108648

WHEREAS, Raphael Donde Meisevitch has filed a petition with this court for a decree changing name of Raphael Donde Meisevitch to Raphael Donde

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED

that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper General Circulation, printed Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 9, 2011. Publish August 17, 24, 31, September 7, 2011. 10803 DONDE

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00108517

WHEREAS, Julio Rosales has filed a petition with this court for a decree changing name of Grace Kelley to Mia Nevaeh Rosales. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Oct. 21,

2011 in Dept. 16, located at 720

9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper General Circulation printed in Sacramento County, once a week for four consecutive weeks

Judge of the Superior Court Publish August 17, 24, 31, September 7, 2011. ROSALES 10803

prior to the date set for hearing on

the petition. Dated: Aug. 8, 2011.

Kevin R. Culhane

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00106535

WHEREAS, James Paul Tinsley has filed a petition with this court for a decree changing name of James Paul Tinsley to James Paul Jamison. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 1:30 p.m. on September 16 2011 in Dept. 16, located at 720

9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 7, 2011. Kevin R. Culhane Judge of the Superior Court

Publish August 17, 24, 31, September 7, 2011. JAMISON



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Home Remodeling



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

POPPOFF!

with Mary Jane Popp

falling short of expectations? 4) The Debate Champion: Does everything for him have to be an

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

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

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. Happy Hunting!!!

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



www.shawarmacafeandgrill.com 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

MATHER AIRPORT . SEPTEMBER 10-11, 2011

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Exhibition Schedule

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

October 4-29, 2011

"Bold Expressions", NCA Open Show

Magnum Opus "Go With the Flow", WASH 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.



"Man with Reflectors", pastel by Kit Austin

A juried art show of the

regions finest artists showing their finest original art, sculptors, photography, painting , all mediums. Jurored by Kylee Denning, Curator of Collections at Stockton's Haggin Museum. Cash and merchandise awards. Special Second Saturday Reception August

and refreshments.

to An Epic Journey at

and Paula Lloyd in "Where Are We Now" This is the first of a series of shows with these four. The watercolor, and sculpture.

13 from 5:30-8:30p.m.

New Show In Gallery 3

Mendy Bates, Marie Dixon, Sheila Jacobs,

oil by Sheila Jacobs

show features many of their current artworks in oil, pastel, The artists are be 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

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Carmichael Times Page 10 August 17, 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



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.

Saturday, August 13 Sunday, August 14 Sunday, August 21

Metro Swing-Dance Band 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

Schedule

Q-Balls*-Classic Rock-60s to 80's

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.

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 meet-

ing 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 nonmember price of \$20 at the door. On-line pre-registration will close on Sunday night.

tp://www.enutshells.net/profiles/Clusters/ Carmichael/Chamber/carmichael chamber monthly luncheon_3766.htm

Contact: Linda Melody Phone: 916-481-1002 Email: linda@carmichalechamber.com

Save The Date

Friday, September 23rd, 2011 5:00pm-8:00pm

Annual BBO, 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

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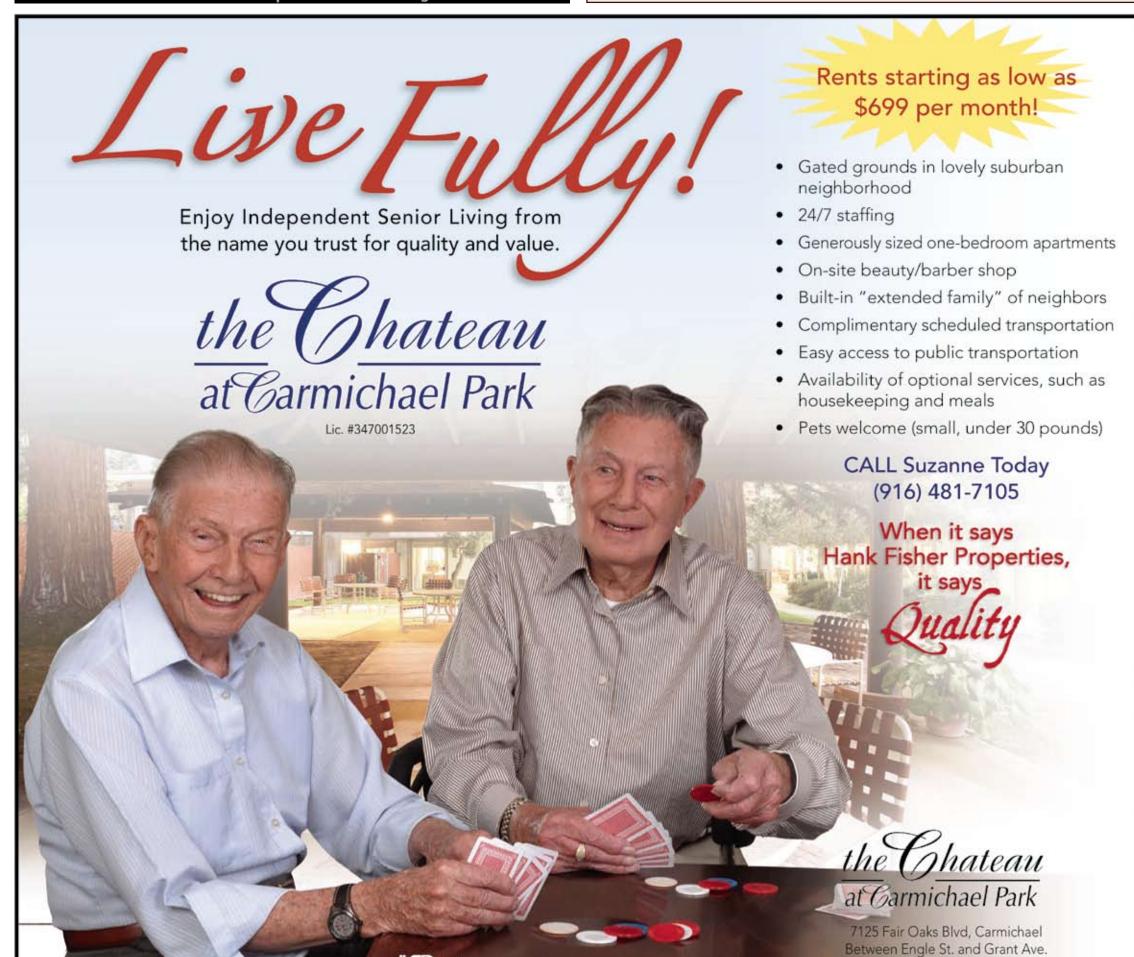
Join the Fun! New Fall Classes Starting:

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

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Carmichael Times Page 12 August 17, 2011



Expanding our LTE mobile broadband network across more of California.



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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.

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