

Carmichael Times



26th Annual
Festa Italiana
Celebrates all
things Italian

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Doing Small
Things with
Great Love

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Volume 31 Issue 29

Serving Carmichael and Sacramento County since 1981

July 20, 2011

“Chozen” Dreams



9-year-old Claire Elizabeth is on her way to fulfilling her dreams. Photo by Julie Parker.

By Julie Parker

When the ten winning movie scripts were selected for Access Sacramento's 12th Annual "A Place Called Sacramento" (PCS), the judges were unaware that one of them was written by nine-year-old Claire Elizabeth. "My mom said, 'Sure, you can enter,' not thinking I was going to get in. And, now, we're in the middle of making a movie!"

Claire became an actress first, when at the age of five made an appearance in the play, *The Mix-up Story of Goldilocks and Little Red*. "I played Mother Red. I tried many different things, like karate, gymnastics. After I was in a bunch

of plays, I saw the movie 'Zoom' and I really liked the little girl in it, and I thought, 'I want to do that.' I thought, 'Well, my mom could get me into plays, so why can't she get me into TV?'"

She did just that, for the local cable access show, *Kids Corporation*. "They were doing a music video for another little girl. The man who created it just really liked me, so I started doing things like that. Then, I got to interview David Cook on there – the singer from *American Idol*. He was in town for the State Fair. I asked him normal questions, like, how old were you when you started singing. He was super nice. I got to interview a Disney animator - Larry Scholl. He worked on

the movies *Tinkerbell*, *Move On*. I learned a lot about drawing from him. He was really creative and he was really nice."

At the Folsom History Museum, she played a historical character for tour groups. "In this one building it had an old washboard and a bucket, a butter churner and coffee grinder. I had to learn all about that."

In Old Sacramento, during *Travel Back in Time Days*, she played the famous Lotta Crabtree, singing such songs as "Molly Malone," "Sweet Betsy From Pike" and "Yankee Doodle." "One lady said 'I remember that song.' She started singing along. It felt really nice. I really love history stuff. It's just

so interesting." (Claire is currently re-visiting her Lotta Crabtree role each weekend in Old Sacramento until Labor Day Weekend, if you'd like to see her in action.)

She appeared in a PSA for Common Sense Media. "It was telling people how you should talk with your kids about how stars make mistakes, that you shouldn't do that, but it's still okay to like them."

Attending meetings of the California Film Foundation and Capitol Film Arts has been educational for her. Her mother Rachel says, "I started taking her to meetings so she could meet the filmmakers." "I learn so much there," Claire responded. "I take notes. They teach you so many interesting things. I really enjoy it."

PCS is a scriptwriting and short film production project for local writers and producers. It challenges local scriptwriters to write ten-minute scripts about the people, places, and events that make our community such a unique place to live. They probably weren't expecting a nine-year-old to enter, let alone win.

Last year, she had a role in a film production for PCS. "I loved it. I realized, 'I want to write a script. I think I should.'" Her mother downloaded scriptwriting software and Claire went for it. "I would try to write little plays in Word, but with this software, you have to write it a certain way. It formats it for you, and the Spell Check really helps."

(In case you were wondering, Claire is homeschooled and the scripts have been included in her writing assignments.)

Claire's movie, *The Chozen* (spelling chosen for available Internet domain address purposes), along with the other nine winners, will be shown at the Crest Theater in October. "The best part of making a movie is watching your characters come to life. It is so cool."

Claire's advice to other kids? "Look at me. You can succeed in any dreams that you have. When I got discouraged on the script, I took a little break for a couple of hours. I knew something good was going to come out of this. It takes a lot of work. Your dream doesn't just fall from the sky. You actually have to work for something that you want. If you really love it, it's not work. If you follow your dreams, you'll have a wonderful life."

You can follow Claire's film project at facebook.com/pages/The-Chozen-a-film-by-Claire-Elizabeth/185186744864422 or thechozenfilm.com.

Dog Day Afternoons Continue at Library



Volunteer handlers and hounds for the Read to Rover program cosy up to library clients. A weekly chance to improve reading skills with a canine audience remains a popular program at the Carmichael Library. Story and photos by Susan Maxwell Skinner.

Carmichael – Each Tuesday, Carmichael Library hosts dozens of under 10-year-olds who wait patiently for an audience with the least critical listener they will ever encounter.

Carmichael is one of Sacramento system libraries that enable children to paractice their skill with dogs. Alternately called "Paws to Read," "Read to Rover" or "Reading with Dogs," these youth programs are also scheduled at Rancho Cordova, Belle Coolidge and Galt Libraries. For four years, the free "Read to Rover" opportunity has drawn children from all over Sacramento to Carmichael. Clients choose their preferred tomes (the community room contains a large selection pooch-related plots) and adorn the carpeted floor with dog and owner teams. Parents stay on hand but are not encouraged to supervise or correct their young readers.

rect their young readers.

Errors do not cause canine eyelids to bat. But under the velvet gaze of therapy trained animals, children learn manners, kindness and patience. Organisers note that kids from dogless homes are first daunted. "They inch closer to the dogs every week," says a program founder. "They gain in confidence each time and their reading improves every week."

Ranging from canine miniatures to Baskerville-sized hounds, the dogs are certified by the Delta Society. Though toothy yawns are unpreventable at times, these mentors must be able to lie still and appear interested. Petting and hugs are encouraged.

To learn about Read to Rover and similar canine opportunities at Sacramento libraries, call (916) 264-2920.

WANTED: Ridiculous Regulations!

Commentary by
Senator Ted Gaines

It's no secret that California is a difficult place to do business. California's regulatory burden is often cited in business literature, by CEOs and think tanks as a major impediment to job growth.

The mountains of ridiculous regulations are a hidden tax on all of us as they are costly, frustrating and a waste of precious time. But complex and unnecessary rules are especially tough on small businesses that are on the front lines of the battle with the bureaucratic language, long wait times and unnecessary hoop-jumping triggered by thousands of rules from multiple levels of government.

That is why, for the past two years, I have introduced legislation that would

require California state government to determine how many regulations it currently imposes and cut them significantly over several years' time and then for every new regulation adopted by an agency, another would have to be cut. Unfortunately, both bills failed in Committee; however, I haven't given up and will continue my crusade to help lighten the regulatory load for California citizens and businesses.

If British Columbia can successfully implement a similar system that is considered a key piece of the province's economic growth – so can California!

I would like to hear from you! Please email me (senator.gaines@senate.ca.gov) any ridiculous, burdensome regulations you've encountered and how they have hindered you from operating in California. I will be soliciting feedback over the next month or so and will publish some of the more egregious examples in my next issue of the *Gaines Gazette*.

How You Can be the Best Parent Possible

From the moment they are born children grow and learn at an extraordinary pace. This makes the first five years of life some of the most important because they are the foundation for all years that follow.

The first five years are when the most dramatic development in a child's brain occurs. It is the time when bonding with parents and caregivers is critical to a child's health and development because children thrive when they feel secure and their needs are met. Every time you talk, hold, read, play and listen to your child, you are helping his or her brain grow. These early positive experiences make a lifelong positive impact on your child.

In 1998, California voters approved Prop 10, The California Children and Families Act, which added a 50 cent tax on tobacco products to fund programs for children from the prenatal stage through age five. Prop 10 generates hundreds of millions of dollars every year to benefit California's youngest children. To administer and invest these funds locally each county is required to create a First 5 Children and Families Commission. The county commissions ensure that the tobacco tax funds are meeting the needs of the community. Funding for each commission is based on each county's birth rate.

For over a decade, First 5

Sacramento has allocated millions of dollars to local organizations to provide programs and services that help local children. Programs and services focus on making sure children:

- Grow up healthy with regular pediatrician visits and up-to-date immunizations.
- Receive high quality childcare, preschool and early learning opportunities, so children enter kindergarten confident and ready to learn.
- Get a nutritious start with breastfeeding and healthy eating habits.
- Live in loving nurturing supportive families.
- Grow up in strong safe commu-

nities that value young children.

First 5 Sacramento is working to make sure parents and caregivers get the information and support they need. Programs are available to:

- Help parents bond and form healthy attachments with their children.
- Learn more about child development.
- Learn ways to be a child's first and most important teacher.
- Provide support for life's challenges and connect parents to other parents in their community.
- Connect parents to the services they need.

Working together with commu-

nity partners, First 5 Sacramento has made a difference for Sacramento County's children for over a decade. By devoting resources for children during their first five years, the need for other services later in life such as special education, foster care, or treatment for addiction and mental health are lessened. And in return children are healthier, do better in school and are better prepared for life right from the start.

For additional information about First 5 Sacramento call 876-5865 and visit the online Parents Resource Center at www.First5Sacramento.net for tips and resources.

COMMUNITY COFFEE CALENDAR

I am continuing to add them to my calendar, so please check my website, www.senate.ca.gov/GAINES, for up-to-date information.



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



By Sal Arrigo, Jr.

As a skinny Sicilian kid growing up in Brooklyn, NY, the apartment where we lived was always full of life, lived at full volume. Part of the noise came from our stereo, where the music of Sinatra, Martin, Connie Francis and others reverberated. Other times, like on Sundays, the noise came from family that gathered for dinner when my grandmother made ravioli by the hundreds and sauce by the

Italy is Closer Than You Think

gallons to feed the masses of aunts, uncles and cousins that arrived for dinner. Even though those days are gone, I will get a chance to relive part of my childhood at the 26th Annual Festa Italiana on Saturday, August 6, 2011 and Sunday, August 7, 2011.

Come join me at the Croatian Cultural Center at 3730 Auburn Boulevard, 2 blocks east of I-80 and Watt Ave., and enjoy Italian music, culture, food (who doesn't enjoy Italian food?), wine tasting, entertainers and world-class dancers. Italians are all about the family, so bring yours to this long-standing event in our region. If you have never enjoyed the challenge of playing bocce' ball (it is NOT lawn bowling!), you will get a chance to try it out and see some great bocce' masters at work! Experience one of the longest running cultural events

in Sacramento – you can also win a trip to Italy!

Tickets for this event are \$10.00 for adults, FREE for those 15 years or younger. Parking the car is also free! Get your tickets now from the Italian Cultural Center and don't delay! No matter if you're Italian or not, come and enjoy a great day — you won't regret your decision.

The Italian Cultural Center, located in Carmichael, CA, is a treasure chest of all that is Italian. The Center has an array of programs from cooking classes to language classes, and an entire children's program. You can experience all of this by simply contacting the Italian Cultural Center at 916-482-5900 or visit their website at www.italiancenter.net.

Sal Arrigo, Jr. is a regular contributor to the Messenger Publishing Group.

Golf Tournament Supporting At-Risk Youth Needs Golfers and Sponsors

Sacramento Region - Every year in Sacramento County hundreds of students are expelled from school because of involvement in on-campus violence. Many of these instances of violence involve weapons. In order for these students to be readmitted to their schools, especially in cases reaching the court system, they must successfully complete a sanctioned violence prevention program. Project SAVE (Safe Alternatives and Violence Education) is one such program. It is a program that needs the public's help and support.

The 9th Annual Project SAVE Golf Tournament is scheduled for Monday, October 3, 2011 at the Catta Verdera Country Club, in Lincoln. Check-in will begin at 8:00 a.m. and the "shotgun" start will begin at 9:00 a.m. This annual fundraiser is the main source of funding for this model community project that

has been proven to prevent and reduce youth violence and bullying behaviors.

The mission of Project SAVE is to reduce youth violence and weapons possession through strong partnerships with local agencies. The mission emphasizes that weapons possession and violent behavior are unacceptable, especially on school grounds. Since 1998, Project SAVE has served more than 2,500 young people in Sacramento County. Nine out of ten participants remain violence-free after participating in the program.

Project SAVE is a collaborative project involving the County Probation Department, County Sheriff's Office, Sacramento City Police Department, Superior and Municipal Courts, Sacramento County School Districts and community members and is coordinated by the Prevention

and Student Services division of the Sacramento County Office of Education (SCOE).

Entry fees for the October 3, 2011 golf tournament are \$150 per person or \$600 for a foursome. Tournament host, contest sponsor and individual hole sponsor opportunities are also available. Project SAVE is also seeking door prize donations to benefit the program. A short luncheon will be provided at the conclusion of the tournament.

For more information about the Project SAVE golf tournament, or to find out about sponsorship and volunteer opportunities, contact Cheryl Raney at (916) 228-2201 or craney@scoe.net.

Source: Sacramento County Office of Education (SCOE), Tim Herrera, Communications Director.

26th Annual Festa Italiana Celebrates All things Italian in Sacramento

Saturday August 6, 2011 from 11 AM – 10 PM
Sunday, August 7, 2011 from 11 AM – 7 PM

Location:
Croatian Cultural Center
3730 Auburn Blvd.
(2 blocks east of I-80 and Watt Ave.)

More information:
contact the Italian Cultural Center
at 916-482-5900
or visit our website at
www.italiancenter.net

Admission \$10
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Carmichael Times

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What's Up in Carmichael

From the Office of Susan Peters, Supervisor

Musical Fun in Carmichael

Enjoy the summer nights by attending free concerts at Carmichael Park during July and August.

On Saturday, July 30, you can enjoy the music of Because which is a Beatles tribute band complete with a variety of costumes representing their early days through the Sgt. Peppers years concluding with the era of Abbey Road. Saturday, August 13, features the Q-Balls, a classic rock band playing songs from the 60's to the 80's. The final Saturday performance will be on August 27 showcasing Mick Martin and the Blues Rockers.

Concerts are being held every Sunday at the park with a different group through August 28. A variety of music will be offered including

swing, Dixieland jazz, classic rock and dance band tunes.

All Carmichael concerts start at 6:30 p.m. The summer concert series is being sponsored by both the Carmichael and Mission Oaks Recreation and Park Districts. The Saturday night concerts are being sponsored by Lawnman Landscape. Carmichael Re-creation and Park District has a list of the bands available online. And remember the best way to enjoy any of these outdoor concerts is to bring a picnic, blanket and lawn chairs.

Carmichael Movie Night

Carmichael is the place to be to enjoy free outdoor family oriented movie Friday night. The show starts when the sun sets (approximately 9:30 p.m.) so plan to grab a blanket, a few lawn chairs and expect to

have a lot of fun.

The movie will be on Friday, July 22, at Carmichael Park, 5750 Grant Avenue, and features the animated film "Despicable Me." The film is about a criminal mastermind who uses a trio of orphan girls as pawns for a grand scheme but their love profoundly changes him for the better.

The film is being sponsored by the Carmichael Recreation and Park District, the Mission Oaks Recreation and Park District as well as the Cypress Avenue Baptist Church, which will provide free popcorn and shaved ice.



Dr. Bob Graykowski



Bicycling – whether it be on the open road, a stationary bike, or in spinning classes – is a phenomenal way to get into shape and stay that way. Unfortunately, the sport may also up the risk of a myriad of injuries. That's why professional cyclists turn to chiropractic care to ward off cycling-related injuries, and maximize performance. You don't have to be Lance Armstrong to reap the cycling-friendly advantages of chiropractic care. Recreational cyclists also benefit from chiropractic's unique approach to preventing sports-related injuries. At Chiropractic USA, we encourage patients to review safety information and learn how chiropractic can help thwart – and even prevent – bicycling injuries.

Neck and Back Pain

Bicycling-related neck and back pain is sparked by a cyclist's body position while riding, which typically involves overextension of the neck coupled with a hunched lower back. Both of these postures may result in misalignment of the spinal bones (vertebrae), in turn spawning a common condition known as vertebral subluxation. Vertebral subluxations can spark carpal tunnel syndrome, a disorder that is exacerbated by gripping handlebars for extended periods of time.

We at Chiropractic USA recommend the following prevention strategies:

- Stretching exercises
- Shortening the handlebar reach or adding forearm rests
- Adjusting the tip of the saddle angle slightly upward (10-15 degrees)
- Regularly changing hand and arm position on the handlebars

How to Prevent Cycling Injuries

- Keeping elbows slightly flexed while riding

Hip and Knee Pain

Cycling-related knee pain is commonly incited by incorrect foot position, which may result from positioning the saddle too far forward or too low. Research reveals that correction of the bicycle set-up, strengthening and stretching adjacent muscles – including the hamstrings can prevent cumulative stress injuries.

Ulnar Neuropathy

If you are the kind of cyclist who rolls down the road with a death-grip on the handlebars, we at Chiropractic USA urge you to loosen up! Distance cycling may promote physiologic changes in the deep branch of the ulnar nerve, consequently provoking symptoms associated with wrist pain, carpal tunnel syndrome and other disorders.

Experts suggest a proper fit to your bike would have handlebars at least one to two inches below the top of the saddle (up to four inches for tall cyclists). The distance between handlebars should be the shoulder width of the rider; the exception being mountain bicyclists, where this distance should be slightly wider. Wearing cycling gloves can also provide padding to help prevent nerve compression and protect hands from "road rash."

Focus on Fit

One size does not fit all when it comes to bicycles. Frame size, saddle position, reach distance to the handlebars and handlebar height must all be considered. The proper clearance between the frame and crotch (while standing astride the frame of the bicycle) should be one to two inches for sports/touring bicycles and three to six inches for mountain bikes.

Fancy Feet

While cycling, always keep feet in a neutral position – no pointing upwards or downwards. Make sure the ball of the foot rests over the axis of the pedal.

Know the Facts

When it comes to bike injuries, mountain-bike enthusiasts have the highest risk of factors. There is a threefold increase in the incidence of mountain biking injuries over the last

10-years. Orthopedic injuries were most common (46.5 percent) – such as contusions, sprains and fractures to the hand, wrist, lower arm, shoulder, ankle and lower leg – followed by those to the head and spine.

On the other end of the spectrum are non-traumatic injuries (unrelated to accidents) including repetitive damage to the knees, neck, shoulders and hands for road cyclists. Doctors of Chiropractic also see considerable muscle, nerve and spine damage among patients who ride bikes without proper alignment.

Be Proactive

- Maintain regular tune-up schedule for your bicycle.
- Choose a padded seat and padded biking shorts.
- Opt for traffic-free bike paths whenever possible.
- Leave headsets at home when biking on the road to remain aware of possible dangers.
- Get a spinal check up before beginning your cycling routine

The Chiropractic Approach to Preventing Sports Injuries

The chiropractic approach to preventing sports injuries aims to eliminate possible risk factors before the onset of pain. When an injury does occur chiropractic care allows cyclists to get back in peddling shape swiftly.

Want to learn more about how chiropractic can help keep you in top cycling form? Schedule an appointment today for a chiropractic cycling evaluation. Learn more about our community office; find us on Facebook-Chiropractic USA.

Creating a healthy community

Dr Bob Graykowski
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Monthly Workshops Eating for Energy

Please call for a reservation. Support is encouraged...Bring a friend or family member!
Workshop is at 6:00 – 7:00pm.
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Carmichael Recreation and Park District is announcing these upcoming events

Movies in the Park!

Friday, July 22 at Carmichael Park
Despicable Me

All FREE and movies start at dark.
Approximately 9:30pm
Bring your chairs and blankets!



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.

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.

Schedule

Sunday, July 24	Gold Rush Brigade—Dixieland Jazz Band
Saturday, July 30	Because—A Beatles Tribute Band* — Beatles Songs
Sunday, July 31	The Newz Makers—Classic Rock/R&B
Sunday, August 7	John Skinner Band—Dance Band
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



Every Sunday at Carmichael Park
8AM-1PM

5750 Grant Avenue,
Carmichael, CA 95608

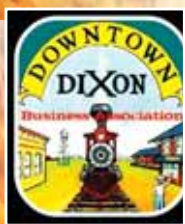
Entrance on Grant Avenue off Fair Oaks Blvd.



For more information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

Grillin' & Chillin' 2

Pork Rib and Chili Cook-Off and Car Show in Downtown Dixon



An Old-fashioned Street Fair



"Whiskey Dawn," & "48 Straight," & other local bands will be performing throughout the day.



The public is invited to judge the chili contest!



Lots of BBQ for the whole family!



Car Show will have over 100 cars and trucks.

- Artisans & crafters booths.
- Rides on the 'Silverville Express'.
- Get up close with some pigs and other farm animals in the petting corral.
- There will be a Monster Truck on display as well as the US Army Simulator.
- Watermelon-eating contest!

July 23, 2011 10am-10pm

DixonRibCookOff.com

Downtown Dixon, Hwy. 113 Off I-80



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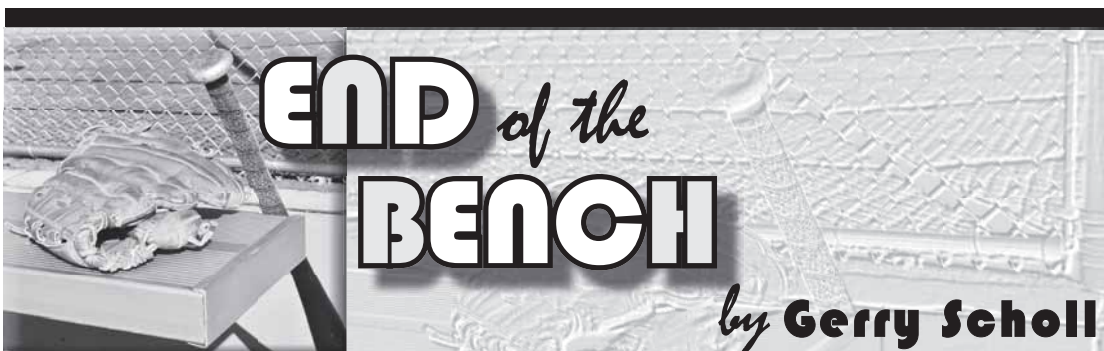
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END of the BENCH

by **Gerry Scholl**

Tennis, anyone?

That age-old question prompted me to answer, "Why not?" when I had the opportunity last Friday to head out to Capitals Stadium at Sunrise Mall, Sacramento, for some World Team Tennis.

First time for everything. I had never witnessed pro players in live action before. I'd classify myself as a "casual fan" of the game. In the '70's and '80's I followed it more closely. I'll typically check in on Wimbledon and a few other key matches from time to time.

The weather was quite pleasant as I entered the venue for the matchup between your Sacramento Capitals and The Newport Beach Breakers. I looked down to the press table courtside and quickly decided, "No way am I sitting there! My vertigo will make me nuts before the warm ups are over!" So I found a seat up high among several of the regulars.

It's a pretty nice setting actually, despite sitting in a shopping mall parking lot. You could look out over the rim of the stadium to view the Sierra foothills and the valley summer sky at dusk — nice. Don't mind the top floor of Macy's hovering to the right.

The pre-match chatter among the regulars centered around their disappointment that Mardy Fish, the top-ranked U.S. men's singles player, would not appear for the Caps as he nursed an injury. WTT

is a little something on the side for the marquee players. Unfortunately, the too loud P.A. announcements and music not conducive to meeting and greeting your neighbors drowned the chances of conversation.

There was a bit of a hush, however, when the Caps' Dusan Vemic changed shirts on the sidelines after warm ups. I used to look like that (not really). I did think I was an okay player for a hack — way, way back — peaking around 27. My best was the time the wife and I and another couple spent a weekend at a Lake County cabin and played some tennis. We played under assumed names. It was Chris Evert-Jimmy Connors vs. Evonne Goolagong and me, Ilie Nastase. They called me "Nasty" because I was the kind of player who would make drop shots against a pregnant woman.

My talents faded quickly with age. The game was too hard on the shoulders, hips, knees, feet and that nagging old groin injury. I conceded it was a young man's game.

At Sunrise, play was a little sloppy early on, though Sacramento dominated men's singles (Vemic d. Lester Cook) and women's doubles (Vania King-Yasmin Schnack d. Anne Keotharong-Marie-Eve Pelletier) to build a 10-4 lead. The WTT innovative format was interesting and effective and kept things moving along smoothly.

About this time the summer breeze was really cooling things down and I realized I was underdressed. There were a lot of uncomfortable people in shorts and T-shirts. When the action was slow it helped to play Name That Tune with the short music bursts over the P.A. between points (I did very well).

Fortunately, the match heated up as The Breakers rallied to win men's doubles (Cook-Travis Rettenmaier d. Vemic-Mark Knowles) and women's singles (Keothavong d. King) with some very impressive play.

The last match, mixed doubles (Knowles-King vs. Rettenmaier-Pelletier), was the highlight of the night. The "Go, Caps!" chant finally caught on with the approximately 2,000 fans on hand. The teams eventually were deadlocked, 18-18, leading to a deciding 9-point tiebreaker.

Knowles, almost 40, defied the "young man's game" theory at crunch time. Currently ranked No. 30 in doubles and with over 700 doubles victories, among them three Grand Slam titles and a mixed doubles title at Wimbledon, it was Knowles who decided things with an overhead smash for match point. And the fans went wild!

All in all, it was a pretty, pretty, pretty good time out. Check it out this week! But, one bit of advice: Bring a jacket!

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Crossword Puzzle on Page 6

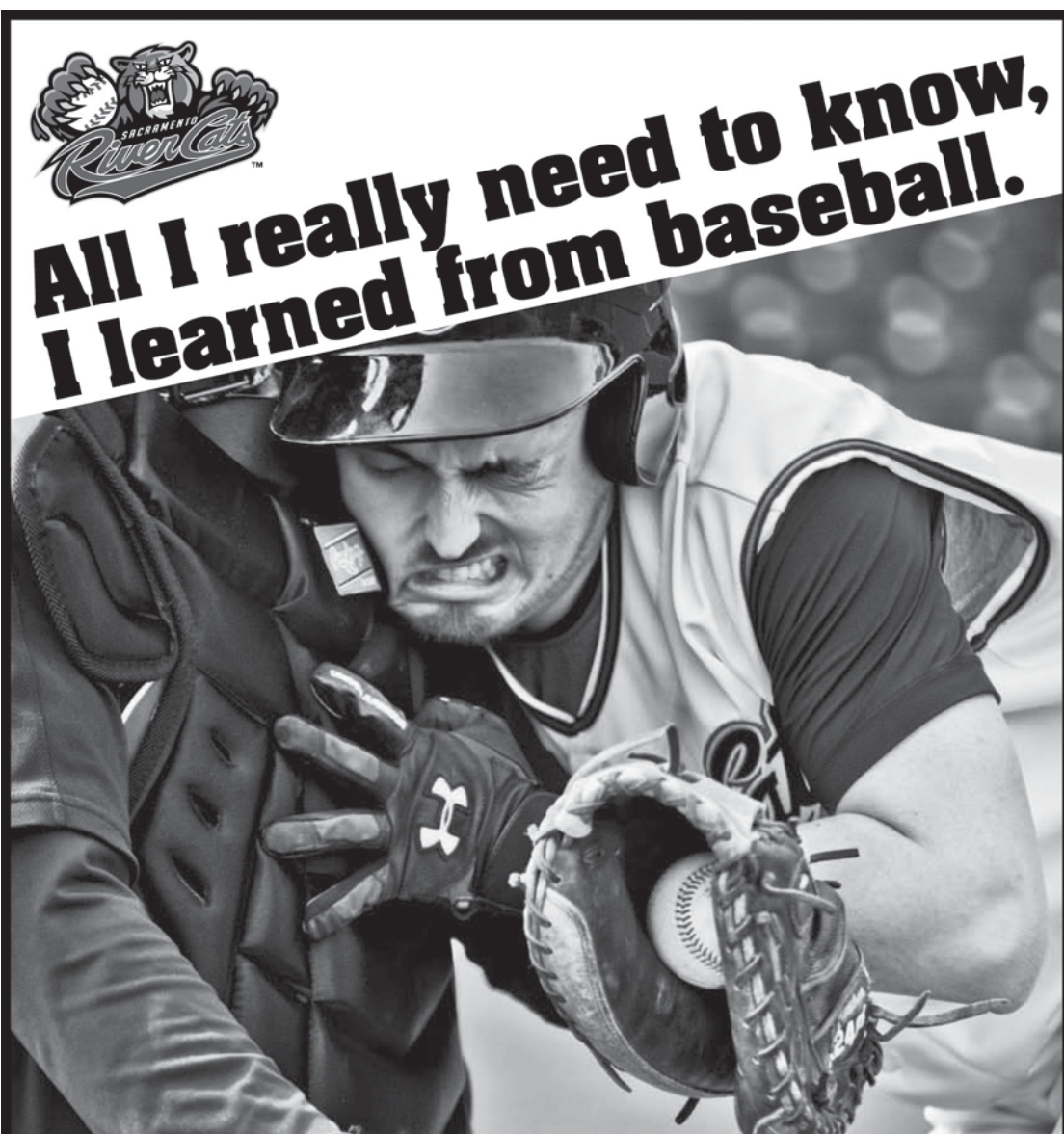
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All I really need to know, I learned from baseball.

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

		S	M	T	W	T	F	S	
JULY 14-17		HOME GAMES						7:05	7:05
vs FRESNO GRIZZLIES		AFFILIATE OF SAN FRANCISCO GIANTS						TUC	TUC
3	6:35	4	5	6	7	8	9		
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		ALL-STAR BREAK			FRES	FRES	FRES		
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JULY 22-25		HOME GAMES						7:05	7:05
vs RENO ACES		AFFILIATE OF ARIZONA DIAMONDBACKS						RENO	RENO
24	1:05	25	7:05	26	27	28	29	30	
31	1:05	COL						COL	

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CLUES

- | | | | |
|---|---|---|--|
| <p>ACROSS</p> <p>1. Hoarders action
6. *Curiosity's victim
9. Relative speed of change
13. "Remorse" trip
14. "___ in wait"
15. Taste, e.g.
16. Type of duck
17. Freddy Krueger street
18. Arab country
19. "Back to this board"
21. Prince alternative, Mark Twain
23. Downhill equipment
24. Boxer Oscar De La
25. Masseuse's office
28. Jane Austen classic
30. To-do list entry
35. SAT, e.g.
37. Be sick
39. With great enthusiasm
40. "___ does it"
41. Indolence, abbr.
43. Hawkeye State
44. Tastes like lemon</p> | <p>46. Ancient Greece's columned walkway
47. Actress Barrymore
48. Roundabout way
50. Oldsmobile founder
52. "This is well if it ends well"
53. Point
55. ___ Angeles
57. *One's not recommended for storing all eggs
60. "This can't change it's spots"
64. Poet Alighieri
65. "___ day now"
67. Ann Curry's show
68. Eight performers
69. James Bond creator Fleming
70. Same as hoist
71. *On your shoulder
72. Bear's hibernation place</p> | <p>DOWN</p> <p>1. Wine and cheese descriptor
2. Wilderness preservationist John ___ (1838-1914)
3. Verdi's opera
4. Large amounts
5. * Do it while the iron is hot
6. Horsefly
7. Be ill
8. Time in Italian
9. "___ the benefits"
10. "Up the ___"
11. One of Romanov's dynasty
12. Poetic "ever"
15. "Back to this first one"
20. Nimbus, pl.
22. ___ aye Captain!
24. Not a convertible
25. Lieu
26. V-sign
27. Balance sheet entry
29. *Whose best friend?
31. SWAT attack, e.g.
32. Greek bazaar</p> | <p>33. Handrail post
34. Southern accent, e.g.
36. Novice
38. *One who parts easily with money
42. Big Dipper shape
45. *A drop in this
49. Street in Paris
51. Comfort
54. Characterized by dignity and propriety
56. *A silver one denotes wealth
57. Composer Johann Sebastian
58. Unfavorable prefix
59. One stair
60. Country singer-songwriter Loretta
61. Miners' passage
62. Tear down
63. One who dyes
64. John Henry "___" Holiday
66. National Academy of Engineering</p> |
|---|---|---|--|

For Solution See Page 5

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2								9
	8		2		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.
Come back every week for Sudoku! For Solution See Page 8.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2011-001

WHEREAS, Basil Zaid has filed a petition with this court for a decree changing name of Basil Zaid to Damon Douglas Jennings.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Aug. 26 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: June 20, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish June 29, July 6, 13, 20, 2011.
JENNIN 10605 7-20-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2011-0015785

WHEREAS, Joaquin Guillermo Viramontes has filed a petition with this court for a decree changing name of Joaquin Guillermo Viramontes to Krishna Kantha Viramontes.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 2, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 23, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish July 6, 13, 20, 27, 2011.
VILLAM 10701 7-27-11

FICTITIOUS BUSINESS NAME STATEMENT #1105376. Kathleen G. Newton, 761 Cortlandt Dr., Sacramento, CA 95864 IS doing business under the Fictitious

Business Name "Northwest Media Consultants" at 761 Cortlandt Dr., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on June 16, 2011. Publish July 13, 20, 27, August 3, 2011.

NORTHW 10702 8-3-11

FICTITIOUS BUSINESS NAME STATEMENT #1105475. Skyjack Equipment Services Inc. (Delaware), 1600 Town Commons Dr. #103, Howell, MI 48855 is doing business under the Fictitious Business Name "Skyjack Financial Services" at 7700 College Town Dr. #20, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 20, 2011. Publish July 13, 20, 27, August 3, 2011.

SKYJAC 10702 8-3-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2011-00105863

WHEREAS, Marcia Brady-Johnson has filed a petition with this court for a decree changing name of Marcia Brady-Johnson to Marcia Beilly Brady.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 2, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 24, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish July 13, 20, 27, August 3, 2011.
BRADY 10702 8-3-11

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern:
Gurcharan Singh Atwal and Surinder Singh Sajjan are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 4141 Manzanita Ave., Carmichael, CA 95608 with 41-On-Sale Beer and Wine-Eating Place license. Filed: June 21, 2011. Publish July 20, 27, August 3, 2011.
MOUNTA 10703 8-3-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2011-00106838

WHEREAS, Susan Esther Smith has filed a petition with this court for a decree changing name of Susan Esther Smith to Susan Esther Schroeder.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 23, 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 13, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish July 20, 27, August 3, 10, 2011.
SCHROE 10703 8-10-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARILYN KAY ENGLISH
ESTATE NO. 34-2011-00106728

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Marilyn Kay English, aka Marilyn K. English, and Marilyn English: A petition has been filed by Katherine C. Smith in the Superior Court of California, County of Sacramento, requesting that Katherine C. Smith be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and

shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on August 17, 2011 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Gordon G. Bones, Bones Law Firm, 4811 Chippendale Dr. #307, Sacramento, CA 95841; 916-965-6647. Publish July 20, 27, August 3, 2011.
BONES 10703 8-3-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF EDGAR EVERETT SAVAGE, JR.
ESTATE NO. 34-2011-00106726

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Edgar Everett Savage, Jr.:

A petition has been filed by James F. Savage in the Superior Court of California, County of Sacramento, requesting that James F. Savage be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted

unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on August 17, 2011 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Gordon G. Bones, Bones Law Firm, 4811 Chippendale Dr. #307, Sacramento, CA 95841; 916-965-6647. Publish July 20, 27, August 3, 2011.
BONES 10703 8-3-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF WESLEY W. NELL
ESTATE NO. 34-2011-00103325

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Wesley W. Nell:

A petition has been filed by Robert A. DeGuzman (Amended Petition for Probate) in the Superior Court of California, County of Sacramento, requesting that Robert A. DeGuzman be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for

many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on August 17, 2011 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Gordon G. Bones, Bones Law Firm, 4811 Chippendale

Dr. #307, Sacramento, CA 95841; 916-965-6647. Publish July 20, 27, August 3, 2011.
BONES 10703 8-3-11

NOTICE OF DEFAULT AND ELECTION TO SELL UNDER DEED OF TRUST

NOTICE IS HERBY GIVEN: HERITAGE INSTITUTE FOR FAMILY ADVOCACY is either the original trustee, the duly appointed substituted trustee, or acting as agent for the trustee or beneficiary, Under a Deed of Trust dated December 24, 2008, executed by: DESMONT D. REYNOSO, AN UNMARRIED MAN, As Trustor, WHOSE ADDRESS IS 2789 Land Park Drive, Sacramento, CA 95818, to secure certain obligations in favor of RON DOSTER, Beneficiary.

Recorded as document 0005807543 on March 26, 2009 in book 20090326, page 1160 official records in the office of the County Recorder of SACRAMENTO County, California, describing land therein as: Lot 612, as shown on the "Plat of Swanston Park, Unit No. 2", filed in the Office of the County Recorder of Sacramento County, California in Book 19 of Maps, Map No. 24, APN: 012-0073-012.

Said obligations including a promissory note for the principal sum of \$38,500.00, that a breach of, and default in, the obligations for which such Deed of Trust is security has occurred in that payment has not been made of any amount. Failure to pay the principal, interest, taxes, insurance; plus late charges; together with all subsequent sums advanced by beneficiary in the enforcement hereof, pursuant

to the terms and conditions of said deed of trust by July 1, 2011.

That by reason thereof the beneficiary under such Deed of Trust has deposited with said trustee such Deed of Trust and all documents evidencing obligations secured thereby and has declared and does hereby declare all sums secured thereby immediately due and payable and has elected and does hereby elect to cause the trust property to be sold to satisfy the obligations secured thereby.

CONDITION OF SALE: The successful bidder will be required to pay county documentary transfer tax, any city tax and any other applicable taxes or fees (including, but not limited to, the fee for recording Preliminary Change of Ownership report) to the auctioneer at the time of the sale.

If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Dated: June 30, 2011. By: Sara Wheeler-Valine Heritage Institute For Family Advocacy. Publish July 20, 27, August 3, 10, 2011.

DOSTER 10703 8-10-11

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3	9	5	1	2	4	8	7	6
1	7	6	9	8	5	3	4	2
6	4	1	8	5	9	7	2	3
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Doing Small Things With Great Love



By Pastor Dr. Ronald Harden

In these challenging times, we often focus on what is wrong with society rather than when we get it right. The challenges are so great—the economy, keeping our homes from succumbing to the toxic residential market, protecting our children and loved ones from the threat of war, determining the affordability and value of higher education—that it's a wonder we are able to make any decisions at all!

Mitch Albom offered some important advice once, upon gaining wisdom after experiencing a valuable lesson about life, love and generosity. He said, "The way

you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning." This concept resonates today more than at any other time and personally speaks to me on an EPIC level! Our small but growing college had been patiently waiting to make the leap to finding a larger, permanent home. We struggled with our search—our timing for construction and financing was a little out of sync with the current economic picture. But we kept our eye on the prize and continued moving forward, knowing that we were making an investment in the lives of future students destined to become remarkable faith-based leaders worldwide.

Late last year, we began an ambitious multi-million dollar fundraising campaign for our new campus home—reaching out to our educational partners, vendors, alumni and community supporters. We found a new location, and with the help of hundreds of small donations, we have relocated to our new college campus. Slowly, we are beginning the build out of our facility to create an educational environment that is designed to meet the needs of our growing student population.

Despite all of the obstacles we faced a year ago when we began

our journey, we continued to devote ourselves to the lives of our students and how they will be able to favorably impact the world as counselors, pastors and leaders of community organizations throughout the world. We had faith that we would persevere and are grateful for the generosity of our devoted family and friends who are helping us to achieve our goals. We are taking very small but important steps in the right direction.

No journey is without its difficulties and struggles. That is what makes us stronger and more conscious of the failure and magnificence of man. So my message to you is to look beyond your personal space and ask how you can help your neighbor, your community, your school, your church, to achieve its goals. We can all make a difference, even in these very challenging economic and societal times, by doing small things for others with a great deal of love. It's amazing how terrific you will feel because of it.

Dr. Ronald Harden is President and CEO of Epic Bible College, located at 4330 Auburn Blvd. in Sacramento, www.EPIC.edu., one of the region's Top 25 colleges and universities and among the Top 10 U.S. faith-based colleges in the U.S.

Ballgowns Needed for Formerly Homeless Women to Wear at Annual Gala

Women's Empowerment's annual fundraiser will benefit homeless women and children

Sacramento Region - Women's Empowerment is seeking used prom dresses, bridesmaid dresses or other formal gowns for formerly homeless women to wear at this year's Celebration of Independence Gala. Plus-sized gowns are especially needed. Dresses can be delivered to Women's Empowerment, 1400 North C Street, Sacramento, Monday, Wednesday, Thursday and Friday, 8:30 a.m.-4:30 p.m. Hours on Tuesday are 8:30 a.m.-2:30 p.m. Dresses are needed by Aug. 1 to allow time for alterations.

"This is a chance for women in the community to let their old dresses take on new life as they strengthen a formerly homeless woman's independence and self-esteem," said Lisa Culp, Women's Empowerment executive director.

The 10th Anniversary Celebration



of Independence Gala will take place 5:30-9 p.m., Sept. 22, at The Grand, 1215 J Street, Sacramento, and will feature a formal dinner, live and silent auctions, live music, and presentations from the graduates and

local community leaders. Tickets are \$75 each. For tickets or sponsorship opportunities, call (916) 669-2307.

Women's Empowerment is the only job-readiness program exclusively serving homeless women in the greater Sacramento region. The 2009 Nonprofit of the Year has graduated 798 homeless women and their more than 900 children, with 93 percent of them finding permanent housing and 74 percent finding jobs or enrolling in school, despite the current economy. This unique program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures.

For more information, visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications

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www.shawarmacafeandgrill.com

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

2011 Children's Summer Art Classes For All Local Young Artists

Begins June 20 - July 29, 2011

Learn basic techniques in Fine Arts & Sculpting:
Drawing, painting, collage, pastels, printmaking and sculpting.

Grades 1-6 Fine Arts classes: Mon, Tues, Wed, Thurs, Fri. 9:30 - 11:30 am.
Two groups: Grades 1 - 3 & Grades 4 - 6
Tuition \$ 65.00 per week. A different class each week - no repeats!

This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.

Exhibition Schedule

July 12-August 5, 2011	Quilters Pride
August 9-September 3, 2011	Magnum Opus
September 6-October 1, 2011	"Go With the Flow", WASH Open Show
October 4-29, 2011	"Bold Expressions", NCA Open Show
November 1-19, 2011	Annual Photography Show
November 22-December 3, 2011	Ars Gratia Artis
December 9-11, 2011	Holiday Craft Fair

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

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Carmichael
Chamber of Commerce

Free Advertising for Members

You're missing out on an opportunity for FREE advertising if you don't bring in a stack of your business cards to the Chamber office. Walk-ins regularly stop buy and pick up business cards for our Chamber members. Don't miss this opportunity to get your business name in the hands of potential customers. Call Linda at 916-481-1002 to drop them by the office.

Carmichael Chamber Monthly Luncheon

On the 4th Tuesday of each month, the Carmichael Chamber holds a luncheon where members can network, hear from a guest speaker and learn what's happening in the Carmichael Chamber and the community in general. \$15 for members • \$20 for non-members • Guests are always welcome

Upcoming Events

Carmichael Chamber Luncheon

Tue, Jul 26, 2011 from 11:30am - 1:00pm
@ Cypress Avenue Baptist Church

Speaker is Kurt Henke the new Fire Chief for Sacramento Metro Fire District. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes! Register by Thursday, July 21. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door.

Carmichael Chamber Mixer

Wed, Aug 10, 2011 from 5:30pm - 7:30pm
@ The Atrium of Carmichael

Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards.

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

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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**Saturday
July 30th
2011**

**Tickets
\$20**

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fairoakstheatrefestival.com

Program information available at
916.966.3683

Tickets may also be purchased in the Village at American River Bank, Oaks Hardware, Hart Collection, Bella Fiore Florist and the Recreation and Park District office.

Proceeds from the concert go to the Fair Oaks Theatre Festival, a non-profit summer theatre company, and the New Christy Minstrels Foundation providing music education, concerts and music to schools throughout the country. Both organizations are Charitable/Education entities under Federal law.

TRAVEL SHOW
Wednesday, July 27, 10am
New Trips for 2012-2013

MISSION OAKS COMMUNITY CENTER

Extended Tours

- *British Landscapes*
October 6-15, 2011 • \$3,549 pp double
- *Branson Musical Holiday*
December 1-5, 2011 • \$1,749 pp double
- *Italian Vistas*
March 12-24, 2012 • \$4029 pp double

Luxury Motorcoach

- *Charm of Venice/Lake Merritt*
Thursday, August 11, 2011 • \$145/person
- *Wings over Wine Country Air Show*
Saturday • August 20, 2011 • \$179/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.

NEW Summer Dance Night!
Wednesdays: 7-9:30pm • June-September • \$7/person
Swing to Rock to Country
THE SENSIBLE SOUNDS DANCE BAND

Summer Preschool 2011
Register Online@morpd.com
(Ages 3-5) Child must be 3 by June 1.
Monday, Wednesday, & Friday 9am-noon.
Session: August 8-26
With parent participation: \$90 • Without participation: \$120

MISSION OAKS RECREATION & PARK DISTRICT
Office Hours: 8 am-5 pm
Registration Hours:
8:30am-4pm Monday-Friday
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
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Dishwashers	- \$30 - \$50
Room Air Conditioners	- \$50
Refrigerator Recycling	- \$35
Home Performance Program	- \$1,500 - \$9,000
Lighting	- in-store discounts

For maximum energy efficiency in your home, take advantage of SMUD's Home Performance Program. Through a comprehensive assessment of your home's energy systems, you'll learn precisely where your home is leaking energy and how to save. You can qualify for up to \$9,000 in energy efficiency rebates, plus financing and tax incentive options are available. Get your energy assessment today for only \$99. Offer expires 3/31/12.

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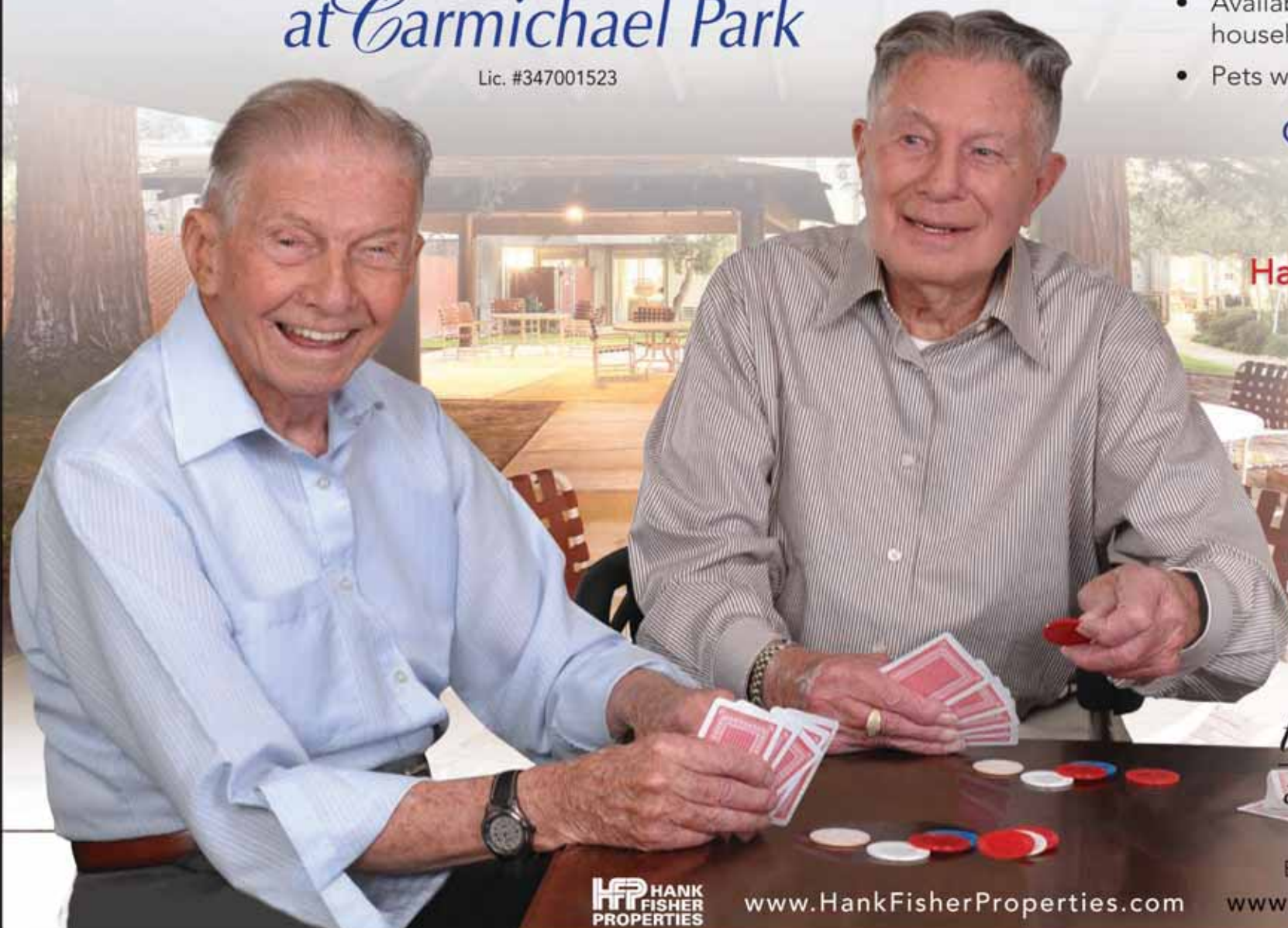
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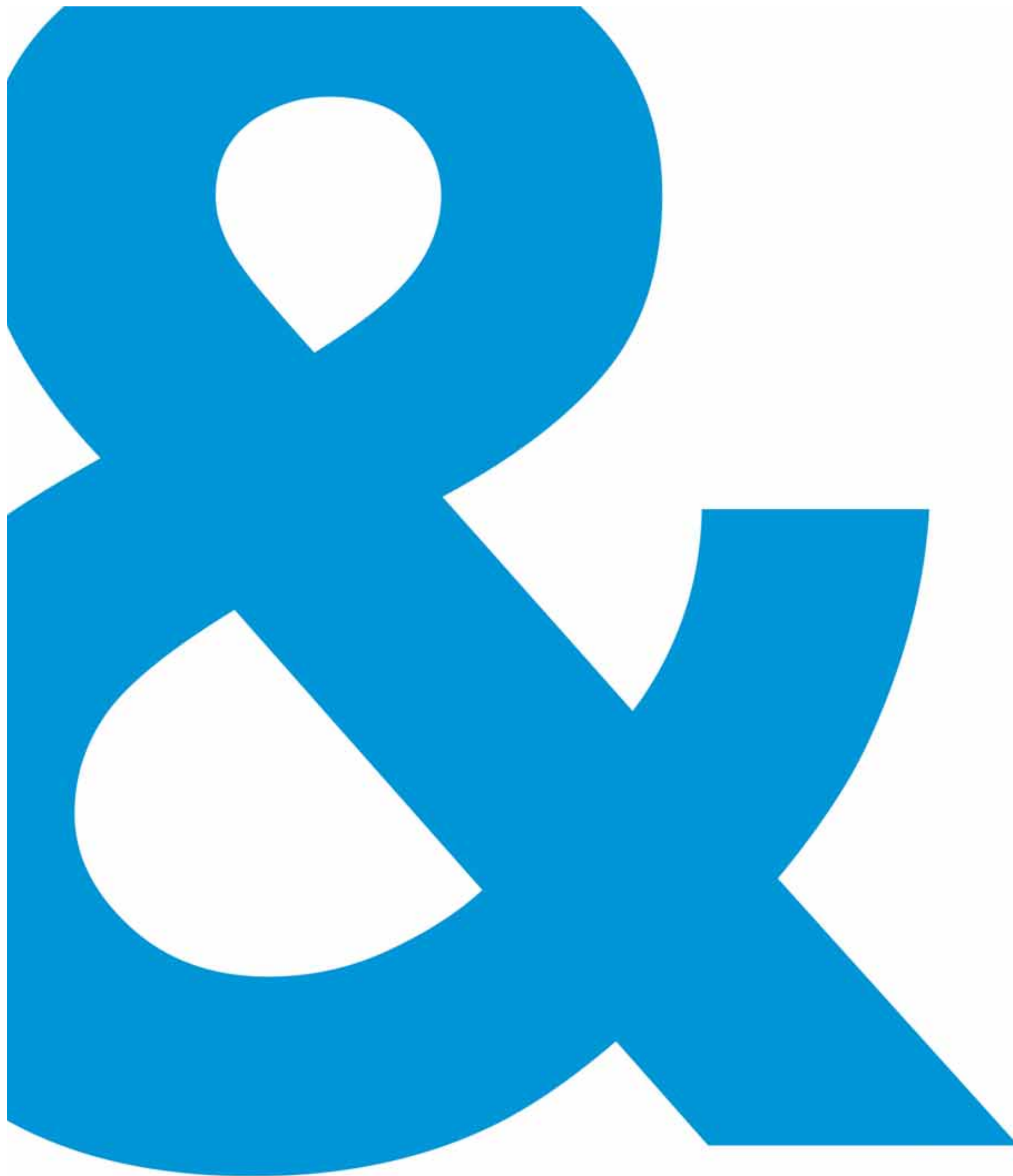
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AT&T customers, including those who join us from T-Mobile, will see significant service improvements from the merger. The addition of T-Mobile's spectrum resources and thousands of cell sites will quickly increase capacity and coverage, resulting in better call reliability and data speeds.

Mobile data traffic on AT&T's network has grown 8,000% over the last four years. With tablets, cloud computing, and a new generation of bandwidth-hungry devices on the horizon, demand is expected to increase an additional 8-10 times by 2015.

Integrating T-Mobile's network resources, while continuing AT&T's network investment, is the surest, fastest, and most efficient way to meet this challenge.

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Through the integration with AT&T, T-Mobile customers can continue to enjoy innovative technologies, devices, and services for many years to come. They will have the freedom to keep their existing pricing plans and phones, and will benefit in the future with expanded capabilities.

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LTE technology is a super-fast way to connect to the Internet. The combination of AT&T and T-Mobile will allow AT&T to expand its LTE wireless broadband network to cover over 98% of California residents. That means one million more people in California, many in small towns and rural areas, will get access to LTE due to the merger.

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