

Carmichael Times



Carmichael Presbyterian
Preschool to celebrate
25th Anniversary

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Volume 31 Issue 31

Serving Carmichael and Sacramento County since 1981

August 3, 2011

Everybody Wins!



Carmichael Chamber members and guests enjoy another great comeback by the River Cats at Raley Field.

Story and photo by
Paul V. Scholl

The Carmichael Chamber of Commerce Board of Directors entertained guests and sponsors on August 1st at Raley Field for another exciting River Cats game. The Skybox, compliments of the Sacramento River Cats, was awarded to Carmichael for winning the competition this year

between many local chambers, selling the most tickets for a single game. On "Carmichael Night" the combined efforts of the Chamber of Commerce, Carmichael Recreation and Park District, Mission Oaks Recreation and Park District and the Carmichael Kiwanis sold 250 tickets to spirited locals.

"We want to thank all those who have supported us throughout the year. This is our way of showing

our gratitude for all of our sponsors, contributors and our many community volunteers" said Linda Melody, Chamber Executive Consultant, on behalf of the sponsoring organizations.

This just shows that when good people come together in the spirit of the town they love, everybody wins. The goal for next year is to sell 500 tickets for Carmichael's Night at Raley Field.

The thirty-two "rowdy" locals

were given a special treat at the end of the game when Josh Donaldson of the River Cats homered in the bottom of the ninth inning with one runner on to win it over the Colorado Springs Sky Sox. "It's at the wall, It's gone! The River Cats Win it!" was the radio call from announcer Johnny Doskow.

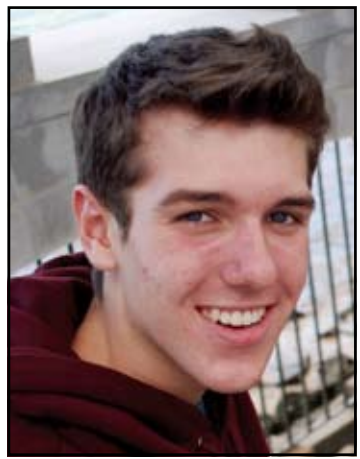
You've just gotta' love baseball, and you've gotta' love Carmichael!

Jesuit High School Senior Earns Top Score on ACT

Sacramento – Drew Robinett, son of Gary and Kelly Robinett and a rising senior at Jesuit High School, earned a top composite score of 36 on a recent ACT test. Nationally, while the actual number of students earning a composite score of 36 varies from year to year, roughly one-tenth of one percent receive a top score. Among test takers in the high school graduating class of 2010 (the most recent year for which information was available), only 588 of nearly 1.6 million students earned a composite score of 36, and only 54 of the 90,371 test takers in California achieved that composite score.

The ACT consists of tests in English, mathematics, reading and science. Each test is scored on a scale of 1-36, and a student's composite score is the average of the four test scores. Ellen Gemma, Assistant Principal for Curriculum and Assessment at Jesuit High School said, "Drew is an amazing student and young man who can do it all – and with humility and good humor. He excels in everything he does, and he is a delight to know."

This past year, Drew has been actively involved in Drama, Science Olympiad, Liturgy Planning Committee, California Scholarship Federation, the Plunge, and the Jesuit Chamber Choir where he performed on the stage of Carnegie Hall in April.



Drew Robinett

He is volunteering this summer as a camp counselor at Camp ReCreation, a residential summer camp program for persons with developmental disabilities.

Drew hopes to study literature or humanities in college next fall. He will begin the college application process this October.

Jesuit High School of Sacramento is a Roman Catholic college preparatory dedicated to forming competent young men into conscientious leaders in compassionate service to others for the greater glory of God. Members of any faith or religion are welcome. For more information visit: www.jhsac.org.

Source: Jordan Blair,
Director of Communications

Aerospace Museum Holds Open Cockpit Evening



Come and enjoy an interactive opportunity to learn about aircraft with names like Voodoo, Warhog, Albatross, Boxcar, Dagger or Grasshopper.

Sacramento Region – The Aerospace Museum of California (AMC) has announced Open Cockpit Evening on Friday, August 5 from 4:00-8:00pm. Admission is \$5.00 and children under the age of 5 are free! Children of all ages can explore, climb into, or imagine what it would be like to soar through the skies in several of the many aircraft on the ramp. Guests will experience historic planes and displays representing over eight decades of aviation history, as well as a chance to view thrilling jets like a US Navy Blue Angels' fighter, A-10 Thunderbolt, or a famous 'Top Gun' F-14 Tomcat just like the movie.

The Museum is part of Blue Star Museums, which honors active duty service members this summer. All active duty service members with ID can bring up to 5 family members into the Museum for free. Museum admission purchased earlier in the day is valid for evening return.

Find out more at www.aerospaceca.org. The museum is

located at 3200 Freedom Park Drive McClellan, CA 95652.

The AMC is a non-profit foundation dedicated to inspirational and educational programs, honoring the rich military and aviation history of the greater Sacramento region, and highlighting the impact and innovation of the Museum's many community partners. For more information visit www.aerospaceca.org or join us on Facebook <https://www.facebook.com/AerospaceMuseumCA>.

Zumbody for Zumba?



Hot ticket. Instructor Ruthie Oggins leads students in her salsa-inspired exercise class at Mission Oaks Community Center. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Minutes into class, the teacher and her acolytes are already glowing. Nobody's complaining. Smiles and hand-clapping suggest that exercise can be fun; undulating hips insinuate that it might even be sexy.

Now in a third year, the Mission Oaks Community Center class is called Zumba, — Colombian slang for 'fast.' Fast music pumps from the sound system. Fast feet beat meringue rhythms on the floor. Hearts pump fast.

Zumba is an international aerobic craze that surpasses coffee as Colombia's most stimulating export. Noting that students range from 20 to 80 years old, instructor Ruthie Oggins extols the exercise for its low-impact benefits. "Anyone can do it," she grins. "It throws you a learning curve. Some women hesitate at first about the hip movement — it's on the spicy side — but that's exactly what works your core muscle groups. You can burn between 500 to 1000 calories in a one hour class."

Teaching Zumba several times

daily — in classes at California Fitness gyms all over Sacramento — obliges the 46-year-old mom to eat like a horse. For a fitness guru, Oggins is curvy and easy-going. "It's like a party in a classroom," she says. "The more you let loose, the more comfortable it gets." A cross between Jane Fonda and 'Dancing with the Stars,' the discipline emerged by accident in the 1990s. Having forgotten his aerobics music, a fitness teacher called Beto Perez faced urban Colombian students without a beat. He grabbed a few salsa tapes

and quickly improvised a class that combined exercise and nightclub moves. The students went crazy.

Perez's novel workout got a big break ten years ago in Miami. A multi-million dollar Zumba industry soon hit the gymnasium circuit and the creator has since meringued his way to the bank. Spinoffs — CDs, books, clothing, shoes, towels and a video game — bear the patented logo. Gyms in six continents offer the workout with licensed teachers like Ruthie Oggins, who studied from the creator "Beto is cute, funny and down to earth," she approves. "He always has time talk to his students. The Zumba lifestyle is to live life to the fullest. Beto embodies that."

Career dancer Oggins has a BA in dance choreography and performance. She has studied and taught ballet, tap and jazz. What's the appeal of Zumba? "Everything," says. "I love the music, the movement and the interaction. Most of all, I love seeing smiles on faces."

Oggins' Zumba classes are at 7 p.m. Mondays. An additional Zumba class is on Wednesdays. The cost is \$30 per month. To learn about Mission Oaks Community Center courses, call (916) 972-0336.

CarmichaelTimes.com



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

Carmichael Presbyterian Preschool 25th Anniversary Reunion Celebration



There will be lots of opportunities to have fun at the Reunion Celebration - come and have a great time!

Carmichael - Carmichael Presbyterian Preschool will hold a 25th Anniversary Reunion Celebration on Saturday, September 24 at Carmichael Presbyterian Church from 1 to 5 p.m. in McMillen Hall. Invitations will be mailed to all alumni in the month of August. This celebratory event will feature face painting & balloon twisting performance artists from Happily

Ever After, story-telling, crafts for young children, refreshments, and plentiful opportunities to reconnect and reminisce with early childhood friends and teachers. Information is available online at www.CarmichaelPresbyterianPreschool.com, by emailing director@CarmichaelPresbyterianPreschool.com or by calling (916) 486-9189.

Carmichael Presbyterian Preschool (CPP) was founded in 1986 as a mission of Carmichael Presbyterian Church to provide quality early childhood education in a Christian environment. Licensed to serve over 70 families, CPP enjoys a respected reputation in our community. The school is located at 5645 Marconi Avenue, Carmichael.

Supervisor Susan Peters Announces Summer "Office Hours"

Carmichael - County Supervisor Susan Peters will be holding summer "Office Hours" in August at two locations prior to free evening concerts starting at Carmichael Park on Sunday, August 7, and later at Arden Park on Saturday, August 20. Peters will set up a table at both events an hour before each concert is scheduled to begin for residents who wish to drop by and discuss with her items of interest. No appointment is necessary with visits to be handled on a "first come basis."



Supervisor Susan Peters

"Establishing 'Office Hours' provides the opportunity to mix business with pleasure," says Peters. "I'll be available to talk about county matters as people arrive with their blankets, lawn chairs and picnic baskets to get ready to enjoy the free concerts being sponsored by the recreation and park districts serving Carmichael and Arden Park."

The Carmichael Park "Office Hours" will start at 5:30 p.m. and conclude prior to the performance of the John Skinner Band that begins at 6:30 p.m., Sunday, August 7. This free concert is being sponsored by the Carmichael Recreation and Park District. For more information

about this summer concert series, call the Carmichael Recreation and Park District at 485-5322 or visit carmichaelpark.com.

The Arden Park "Office Hours" will start at 6 p.m. and conclude prior to the performance of the band Inspector "71" that begins at 7 p.m., Saturday, August 20. This free concert is being sponsored by the Arden Park Recreation and Park District. For more information about this summer concert series, call the Arden Park Recreation and Park District at 483-6069 or visit arppd.org.

Peters kicked off her 2011 "Office Hours" tour in March at the Gibbons Park Spring Craft Faire followed by an appearance at the April Carmichael Egg Hunt. The annual program provides a casual venue for residents to meet with her to talk about issues as opposed to making an appointment downtown at the County Administration Center.

Root Cellar Workshop

On Wednesday, August 17, Root Cellar Sacramento Genealogical Society workshop will present an Overview of the American Genealogical Biographical Index by Glenda Lloyd plus a review of homework posted on blog <http://rootcellarramblings.blogspot.com>.

Free, all are welcome. 1 pm-3 pm at the Clubhouse, Country Squire Estates, 5720 Oak Hill Drive, Sacramento. Contact: John Jay (916) 331-0963.

Wednesday, August 24, Reunion Special Interest Group sponsored by Root Cellar Sacramento

Genealogical Society will brainstorm solutions to users' problems and questions. Free, all are welcome. 10:30 am- 12:30 pm at the Family History Center, 2745 Eastern Ave, Sacramento. Contact Ron Setzer, PreservesEditor@macnexus.org.

Letter to the Editor

Don't Sign Those Petitions? Why Not!

By Dianne Foster

Radio ads are being broadcast all over the state warning voters "not to sign petitions because it exposes the signer to Identity Theft." Wrong! The sponsor calls itself "Californians Against Identity Theft," having no legitimate website that can be found.

What a coincidence! Currently a petition is circulating, if passed by voters, prevents the unions (for nearly 4 decades now) from involuntarily removing a portion of the workers paycheck and using

it for politics—calling it dues. Example, the state teachers union (CTA) takes nearly \$800 a year from teacher paychecks, and nearly half of that goes for politics. Over 90% is donated to the Democrat party. Therefore, Democrat candidates are always well funded (on the backs of hard working people) and have been the majority Party in California for four decades. And we know where that got us - a sinking economy.

Masking themselves behind a phony prop, three points can be made. The union leaders are extremely dishonest, desperate, and

they cannot argue on the merits of why they should be allowed to use (without permission) a portion of their member's hard earned money to fund the liberal agenda.

All indications point to SEIU funding this phony advertisement, pretending to be something they are not, in an effort to scare people from signing petitions. Don't be fooled by their dishonesty. The information required on initiatives is no more than what can be found in a phone book.

If you want to sign the petition, contact your local Tea Party.

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Publisher, Paul V. Scholl

Carmichael Times

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 Sunday, August 7, 2011 from 11 AM – 7 PM

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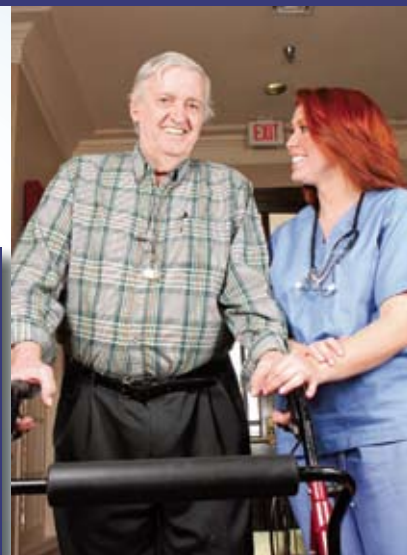
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Dr. Bob Graykowski



With a new school year about to get underway, Backpack Safety America™/International along with Chiropractic USA is reminding parents and school administrators that wearing backpacks improperly, or too heavy, can put children at risk for painful back and neck problems and structural damage that can lead to long term health problems.

"There is growing evidence that backpacks may be a threat to spinal development." Some 11,900 emergency room visits in 2009 were related to backpack injuries, according to U.S. Consumer Product Safety Commission. These numbers do not include student's who went to doctors of chiropractic or other healthcare providers. Another recent study of backpacks carrying Pre-K through 9th graders showed that unhealthy changes in posture are magnified if the backpack weighs more than 10-15 percent of the body weight.

Our office at Chiropractic USA joins thousands of healthcare professionals and educators throughout North

Will Your Child's Backpack Make the Grade?

America and around the world in helping school-age children use their backpacks safely and properly. We recommend following the safety tips from Backpack Safety America™:

Make the shoulder snug, but not too tight. When your backpack has a waist strap, use it to stabilize the load.

These additional tips can help prevent injury or accident:

- ❖ **Choose right:** Choose a backpack designed for safety and comfort, with padding in the back and shoulders. A backpack should have a strap around the waist for extra support. Look for pockets and compartments inside the backpack to more evenly distribute the weight across the back. Look for a backpack with straps on the sides or bottom to compress the contents, so that items are as close to back as possible. Look for a backpack with reflective strips for increased visibility at night.
- ❖ **Pack right:** The maximum weight of the loaded backpack should not exceed 15 percent of your body weight. Pack only what you need for the day. Carry a book or two by hand to relieve the load if necessary. If the backpack forces the wearer to lean forward to carry, it's overloaded.
- ❖ **Lift Right:** Use these steps for proper lifting to prevent injury:
 1. Face the pack
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 3. Using both hands, check the weight of the pack
 4. Lift with your legs
 5. Apply one shoulder strap at a time
 6. Avoid slinging the pack quickly over one shoulder.
- ❖ **Wear it right:** Use both shoulder straps at all times to avoid unnecessary pressure to one side of your body.

❖ Keep backpacks off the floors and clear of walkways. Prevent possibility of someone tripping over your backpack. Do not swing your backpack. It could hurt you and it is dangerous to those around you.

❖ Make sure that pens, pencils and other sharp objects are stored in a safe spot so they don't poke through and injure you or someone else.

For more information on backpack safety America and how you can bring a program to your school or school district. Learn more about our community office; find us on Facebook-Chiropractic USA.

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Looking for something exciting for your kids to do this summer? We have the camps for you!

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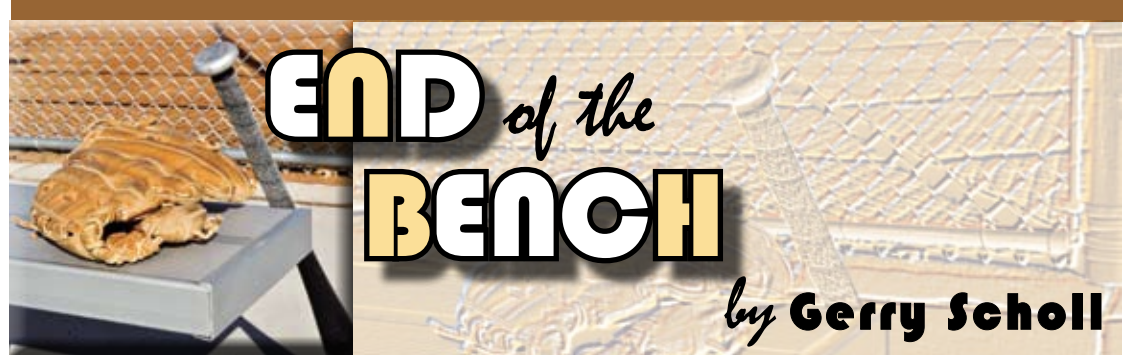
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Carmichael's Founders Day Celebration

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.



Now We Can Talk Football

fooling with the idea of beginning this week's offering with that stale old line, "Are you ready for some football?" I realized that it doesn't appear as though Football is even ready for some football!

With the tiresome NFL lockout and lingering legalese and procedures putting a real damper on interest and thwarting progress, the pro football world is in disarray.

All the off-season craziness of the lockout was a real turn off. Like most football fans, I assume, I got tired of hearing about it. Negotiation news is extremely annoying. But all the assorted media outlets insisted on keeping us up to date, blow by blow.

It reminded me of those flies that come around after the valley tomatoes have been harvested and the residue is left in the fields to rot. The little flies come and pester the heck out of you, fly in your face and seldom land anywhere. When one does, it's on a leg or foot and you swipe at it, but it's too quickly gone and just as quickly back.

"Get off! Go away!"

Well that part is done, and now football is playing catch up. The frantic scramble for teams to assemble personnel has been dizzying so far, and impossible to follow. I've never gotten involved in any fantasy football stuff — who has time? — but

for those fanatics who do, I really feel sorry for you this season. You must be overwhelmed.

I'm sure a lot of teams can relate — like the San Francisco Forty Niners.

New coach Jim Harbaugh is in an unenviable position. The team has already lost much more than it has gained in the way of personnel. Free agency movements and signings have not been kind to the Niners so far. DL Ray McDonald, who resigned, called the free agency experience "gut wrenching." The Niners have had their guts wringed.

Harbaugh professes to have a "damn the torpedoes" approach; the team has its plan. The plan apparently does not involve signing a receiver who shot himself in the leg and did prison time, or an old running back making yet another comeback attempt. It doesn't include taking on one or two prima donna receivers who have come and gone from any number of other teams, or talking Brett Favre out of retirement or picking up any other beat up old quarterback. The rumors are flying that the Niners are swapping QB Alex Smith straight up for Green Bay's Aaron Rodgers (just a sick joke!).

A look at San Francisco's roster reveals a list loaded with very young players, including top draft picks DE Aldon Smith and QB Colin

Kaepernick. Perhaps Harbaugh's plan is to mold the youngsters in his image and likeness. He wants to put his own new stamp on his team with his own players; no retreats — excepting Alex, who may be just a bridge to Kaepernick taking the reins.

Poor Harbaugh sure has an awful lot on his desk — plenty of torpedoes to damn.

It's pretty hard to believe that the Oakland Raiders, after all these horrible years, seem to be in much better shape than the Forty Niners, despite losing prized cornerback Nnamdi Asomugha to the Eagles. New Raiders head coach Hue Jackson, stepping up from his coordinator position, has experience with his players, and less movement and more experience on his roster.

Start printing your "Stable without (Tom) Cable" and "It's All New With Hue" T-shirts now.

At least Forty Niners' fans can feel confident in one area — they have a great kicker. Old pro David Akers joined the team with his 50-year range and 82 percent accuracy on field goals. The only question is, will they ever get close enough to the end zone to use him? Hopefully, the Niners' Faithful will be pleasantly surprised.

FREE SUMMER CONCERTS AT CARMICHAEL PARK

The Carmichael Recreation and Park District

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

Concerts start at 6:30pm unless noted.

Schedule

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

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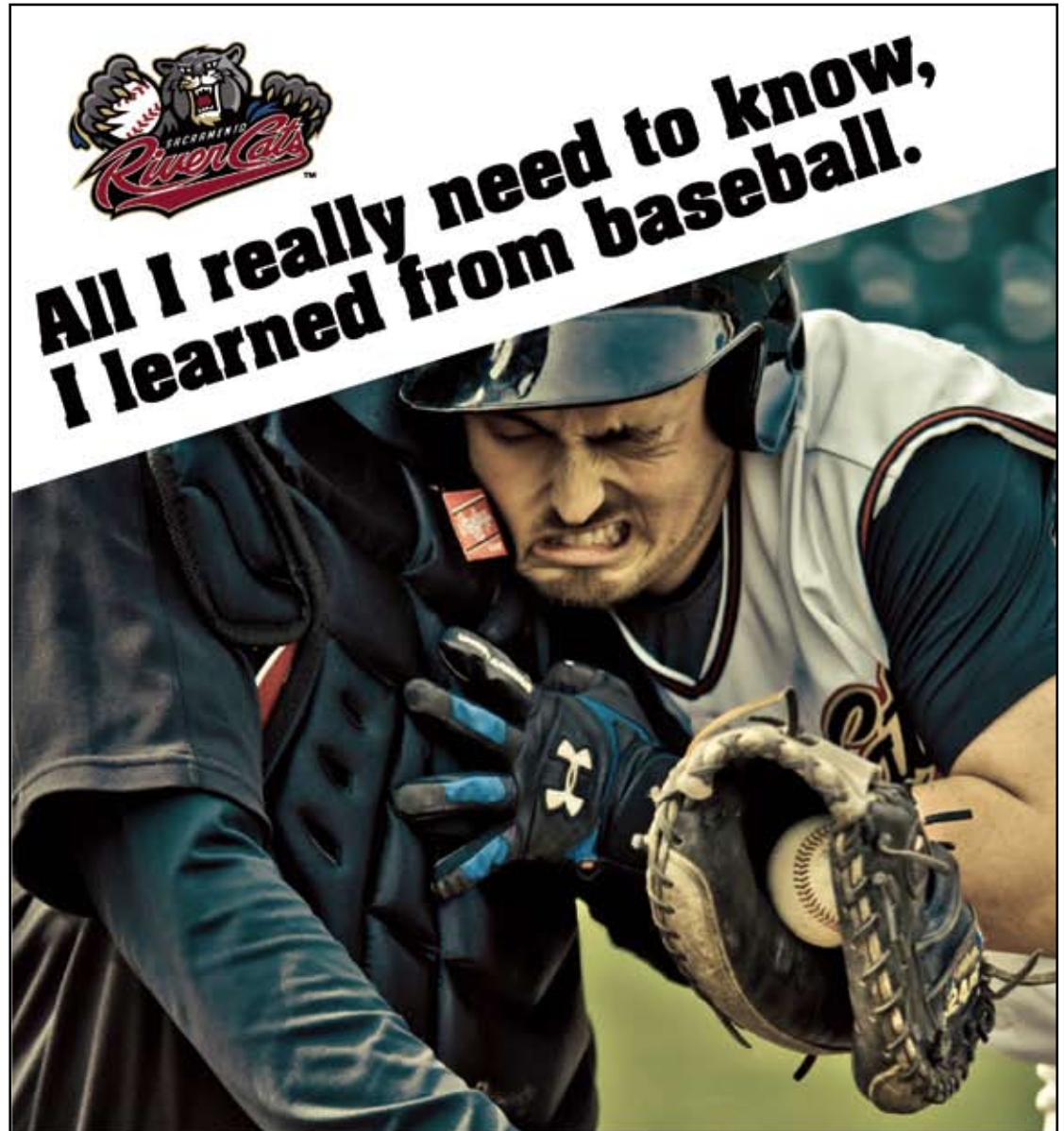


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All I really need to know, I learned from baseball.

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7	8	9	10	11	12 7:05 RR	13 7:05 RR
14 1:05 RR	15 7:05 RR	16 7:05 ALB	17 12:05 ALB	18 7:05 ALB	19 7:05 ALB	20
21	22	23	24	25	26	27
28	29 7:05 LV	30 7:05 LV	31 12:05 LV	1 7:05 LV		

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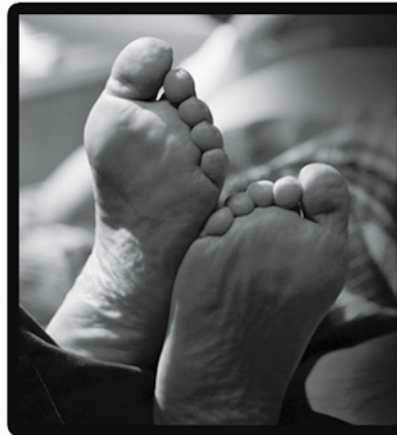
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1	7	9	3	6	8	4	5	2
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9	2	1	7	5	6	3	4	8
7	5	6	8	4	3	2	1	9

Sudoku Puzzle on Page 6

Enjoy Sudoku Every Week!

The Mission Oaks Computer Club

will meet on Thursday, August 11, 2011 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Homeland Security: What You Need to Know" presented by Matt Powers, retired Sac City Deputy Chief of Police.

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

S	A	B	O	T	J	L	A	P	A	L	E	
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Crossword Puzzle on Page 6

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		1			6		4	
	5	6	8	4			1	9

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 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
 Come back every week for Sudoku! For Solution See Page 5.

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CLUES

ACROSS

- Heidi's shoe
- *Superhero team, acr.
- *Attribute of Casper the Friendly Ghost
- Like color blue
- Old-fashioned over
- Elegant sitting room
- Based on number 8
- Pigeon sound
- Devoutly religious
- *Incredible
- Sent
- "Four score and seven years"
- Suite cleaner
- Beaver construction
- Tangerine and grapefruit hybrid
- Reason by deduction
- Prayer leader in mosque
- Electrically charged particles
- Relating to kidneys
- Cannonballs to cannon
- Do this before walking
- Lope de _____, Spanish playwright
- Wealthy man in the Orient
- Freight horse cart
- What Rumpelstiltskin did
- Relating to anode
- "All's well that _____ well"
- Late Kennedy
- SAT, e.g.
- You owe who?
- Has paleness as symptom
- *America's rank
- Tropical fruit
- Romanian money
- 1/100th of Finnish marka
- Mary-Kate or Ashley
- Hole punching tool
- German surrealist Max
- Sixth month of civil year
- Ctrl+Alt+_____
- Atkins and "Cabbage Soup," e.g.

DOWN

- See him run
- Foot curve
- *Spiderman got his powers after one
- Nebraska's largest city
- Popular language in India
- Opposite of geek in high school?
- "Anna Karenina" author
- Smell of baking bread, e.g.
- Jack and Jill went to fetch this
- Sunburn aid
- High in decibels
- Half the width of ems
- "It bit Peter Parker
- Reasonable judgment
- International help, e.g.
- Mosque's distinctive feature
- *Wonder Woman's name
- Capital of Jordan
- Cuban dance
- Master of castle
- Rpms
- Incompetent
- Lacking clarity
- African antelope
- _____ ring, 1970s fad
- Tchaikovsky's fowl
- Ancient kingdom in Anatolia
- "His butler is Alfred
- Hula girl's flower
- Soaked
- Often tossed before eating
- Wombs
- "_____ Lang Syne"
- Space shuttle Atlantis owner
- Never without n
- Reject
- *Cast as Catwoman in upcoming Batman flick
- Of the present month
- Lice eggs
- India's smallest state
- One of Bo Peep's flock

For Solution See Page 5

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Protect the Ground Zero Cross

Commentary by Jay Sekulow, ACLJ Chief Counsel

From the ashes and rubble of the most horrific terrorist attack our nation has ever seen, rose a cross – two steel beams – what remained of one of the World Trade Center buildings after 9/11. It stands as a symbol of hope and a memorial to the thousands who lost their lives on that tragic day.

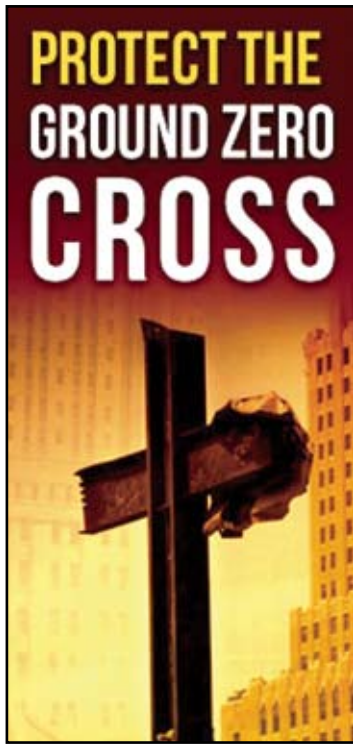
Now, an atheist group is suing to have the Ground Zero Cross removed from a new 9/11 museum at Ground Zero. The atheists want their day in court, but I don't think it's going to be a long day.

I am working with a senior team of attorneys to file our amicus brief defending this cross that was such an important source of inspiration to first responders in the days immediately after 9/11.

We must file our brief no later than August 14th – less than two weeks from now. We need your voice in this fight. Please sign on to the Committee to Protect the Ground Zero Cross today.

When we file our amicus brief, we need your name on our brief alongside thousands of other Americans standing up for this important monument at Ground Zero. Please share this important opportunity with your friends and family.

In their lawsuit, the atheists claim that the cross is a symbol of Christianity that is being "imposed upon them through the power of the state." What is more,



they claim that the very sight of it has caused them "symptoms of depression, headaches, anxiety, and mental pain and anguish." How absurd!

Their lawsuit is not only legally flawed in their understanding of the Establishment Clause, it also fails to acknowledge the fact that this was not a monument manufactured as a symbol of Christianity – it was formed by two steel beams that survived in the shape of a cross as the Twin Towers collapsed around it.

We have until August 14, 2011 – less than two weeks – to file our

amicus brief in support of this cross. Join the ACLJ in standing up for the memory of all those who lost their lives on 9/11 and their families by signing on to the Committee to Protect the Ground Zero Cross.

Take a stand with the ACLJ in support of this symbol of hope and healing for the families who lost loved ones in the brutal 9/11 terrorist attack.

American Center for Law and Justice
P.O. Box 90555, Washington, D.C. 20090-0555, (800) 296-4529

The ACLJ is an organization dedicated to the defense of constitutional liberties secured by law.

American Center for Law and Justice is a d/b/a for Christian Advocates Serving Evangelism, Inc., a tax-exempt, not-for-profit, religious corporation as defined under Section 501(c)(3) of the Internal Revenue Code, specifically dedicated to the ideal that religious freedom and freedom of speech are inalienable, God-given rights. The Center's purpose is to engage legal, legislative and cultural issues by implementing an effective strategy of advocacy, education and litigation to ensure that those rights are protected under the law. As always, let us know of threats to freedom in your area by calling (757) 226-2489.

Lungren Supports Next Step In Reigning in Government Spending

Washington DC – On August 1st, Congressman Dan Lungren (R-Gold River-CA) voted in favor of the updated Budget Control Act of 2011. This updated version of the bill – which passes 269-161 - has been agreed to by the President and congressional leadership for both the Democrats and Republicans. Following the vote Congressman Lungren provided the following statement:

"This is the first time we have voted to raise the debt ceiling – so our country can pay its bills – while incorporating immediate and long term spending cuts. Is this bill perfect? No. There are people who believe it goes too far and some who believe it doesn't go far enough. Whatever side of the ideological spectrum on which you fall, this



Congressman Dan Lungren

is an important incremental first step in getting our fiscal house in order.

"This bill also gives us the best chance in a very long time for a Balanced Budget Amendment to the Constitution. A Balanced Budget Amendment would

set the kind of fiscal boundary Congress seriously needs. If American families have to make hard budget decisions - on a daily basis - there is no reason why the U.S. government shouldn't have to do the same.

"This is like a heavy weight championship fight of 12 rounds. We just completed the first round and the American people are ahead on points. We still have a long way to go."

Congressman Dan Lungren serves as Chairman on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees.

Source: The Office of Dan Lungren



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October 4-29, 2011	"Bold Expressions", NCA Open Show
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November 22-December 3, 2011	Ars Gratia Artis
December 9-11, 2011	Holiday Craft Fair

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Carmichael Chamber of Commerce

Carmichael Chamber Monthly Luncheon

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Upcoming Events

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

Carmichael Chamber Luncheon

Tues, Aug 23, 2011 from 11:30am - 1:00pm
@ Cypress Avenue Baptist Church.
Speaker is Congressman Dan Lungren. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes!
Register by Thursday, Aug. 18. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. On-line pre-registration will close on Sunday night.
More Info: [tp://www.enutshells.net/profiles/Clusters/Carmichael/Chamber/carmichael_chamber_monthly_luncheon_3766.htm](http://www.enutshells.net/profiles/Clusters/Carmichael/Chamber/carmichael_chamber_monthly_luncheon_3766.htm)
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Saturday • August 20, 2011 • \$179/person
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learn very quickly that Craig's laconic stranger, an updated Man with No Name, is not one easily pushed around or manhandled by wicked ruffians.

Still unaware of his identity, the stranger rides into one of those iconic, lawless frontier towns, where the gentle townsfolk live in perpetual fear of a tyrannical cattle baron with an outsized sense of entitlement.

The local tycoon, Colonel Dolarhyde (Harrison Ford), doesn't so much run roughshod over the town as he condones the odious behavior of his obnoxious, overbearing son (Paul Dano), who terrorizes the locals for sheer amusement.

Into the breach steps the Man with No Name, a hardened gunslinger unafraid of lurking danger and not intimidated by a gutless punk who hides behind his father's army of goons.

Meanwhile, the town's stressed-out sheriff (Keith Carradine) normally crumbles in the face of Colonel Dolarhyde's eagerness to throw his weight around.

Upon discovering that the stranger is actually a wanted criminal named Jake Lonergan, the sheriff mistakenly thinks that locking up both Dolarhyde's son and the mysterious gunslinger is the answer.

The sleepy town of Absolution is then rudely awakened and greatly disturbed by an alien attack from low-flying aircraft that alternately strafes the village with rockets and snatches random victims like cattle being lassoed at the rodeo.

Inevitably, of course, Lonergan and Dolarhyde become reluctant allies who must find a way to mobilize the villagers and make peace with a local Indian tribe in order to fight a common enemy.

Director Favreau cleverly develops his human characters with keen dialogue and an earnest mission to

save the Old West from extraterrestrial forces.

To his considerable credit, the director minimizes the obvious default to a surfeit of special effects nonsense involving the aliens that might have emerged from an inferior endeavor.

In a nod to the famous roles played by Daniel Craig and Harrison Ford, much will be made of the teaming of James Bond and Indiana Jones. This is totally irrelevant save for the fact that these guys are bona fide action heroes.

Now that these two great actors have established their authenticity in Western roles, I'd pay good money to see them together again in the setting of the post-Civil War Western frontier without the science-fiction angle.

Nevertheless, "Cowboys & Aliens" mixes two genuine and identifiable film genres into a nearly seamless action picture for the sheer fun of delivering a wonderfully entertaining summer pleasure.

Indeed, from slimy, malformed and bug-eyed alien creatures to hardened range-roaming bandits, "Cowboys & Aliens" does not lack for warring parties in full-tilt battles that are exciting and thrilling.

DVD RELEASE UPDATE

In this space, it is our frequent intention to highlight independent films that may not have been noticed elsewhere. Premiered at last year's Toronto Film Festival, the gripping family "Trust" is now on DVD.

At its core, this is an unsettling film, in which 14-year-old Annie (Liana Liberato) meets her first boyfriend online, only later to discover in person that he is not what he claimed to be. No, this guy is a monster who brutally and too graphically rapes the young teen.

The best thing about the movie is the girl's parents, played by superb actors Clive Owen and Catherine Keener, who are great to watch.

But the subject matter is disconcerting, to say the least, and the reactions of the rape victim's peers are patently offensive.

A sexual predator preying on an underage girl is disturbing enough that "Trust" is the type I would prefer to avoid altogether.

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