Carmichael Times



Mira Loma High School is turning 50!

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Carmichael Nonprofits Help Kick Off Regional **United Way Campaign**

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Volume 30 Issue 40

Serving Carmichael and Sacramento County since 1981

October 6, 2010

Hawaiian Chieftain Tour Returns CHP Saving Lives Through Awareness



The Hawaiian Chieftain is under sail to Sacramento to provide educational tours. Photo by Ron Arel, Coastal Images.

Sacramento – The tall ship Hawaiian Chieftain is scheduled to arrive on its annual visit to Old Sacramento October 15 and offer two months of educational programming for K-12 students and home school groups from Sacramento and surrounding communities. The vessel is expected to arrive mid-afternoon October 15 and fire a cannon salute to the city before welcoming the public for visits from 4 p.m. to 5 p.m. The walk-on tours are the first on its schedule of dockside events, as well as educational sailings. The ship is scheduled to remain at Old Sacramento through Dec. 14.

The Hawaiian Chieftain will not offer ticketed three-hour sailings to the public due to new rules issued by

the City of Sacramento.

The Hawaiian Chieftain has brought its living history educational programs to Sacramento for more than a decade. In each of the one-hour and three-hour programs, students work a number of stations set up aboard that discuss navigation, map-reading, elements of oceanography, and how 18th century mariners explored the California coast and inland waters. Launched in Hawaii in 1988, the ship's design as a topsail ketch is based on merchantmen which plied the South Seas in the early 19th century. She is now based in Aberdeen, Washington and she sails to more than 40 ports a year on the west coast.

Nearly three-quarters of the

available slots for one-hour and three-hour educational programs on weekdays for K-12 students and home-school programs are booked. The ship recently opened up slots for Saturday and Sunday sailing and dockside programs for youth service groups, church groups, and other organizations. Educators and group leaders interested in booking a program should contact Roxie Underwood, runderwood@historicalseaport.org, 800-200-5239, ext. 102.

The Hawaiian Chieftain will be open to the general public for walk-on tours from 4 p.m. to 5 p.m. Tuesdays through Fridays, and 10 a.m. to 1 p.m. on Saturdays and Sundays. Crew in period costume will welcome visitors. A \$3 donation per person is

appreciated. An on-board store will be open during walk-on tours. The ship will be closed to the public on Thanksgiving Day.

The Grays Harbor Historical Seaport Authority is a not-forprofit, 501(c)(3) public development authority based in Aberdeen, Wash. that owns and operates the tall ships Hawaiian Chieftain and Lady Washington, the Official Ship of the State of Washington. GHHSA provides educational, vocational, recreational and ambassadorial activities and experiences that promote and preserve the maritime history of Grays Harbor, the Pacific Northwest, and our nation while serving the needs of the community.

From Officer Lizz Dutton, Public Information Officer

Sacramento Region - California has one of the highest seat belt compliance rates in the nation. The state's 95.3 percent compliance rate is admirable, and the California Highway Patrol (CHP) has spent the past year focusing on the remaining population with a seat belt safety campaign aimed at encouraging Californians to properly secure themselves and their children inside their vehicle.

"I am proud that California has one of the highest seat belt compliance rates. The CHP and the law enforcement community applaud California motorists for their use of seat belts and child passenger safety seats," said CHP Commissioner Joe Farrow. "We thank you for making your drives safe for yourself and your passengers. However, we still have approximately 4.7 percent of the population, which is equivalent to more than 1.7 million people, who are not buckling up.'

The California Occupant Restraint Campaign (CORC) enabled the CHP to strengthen its enforcement and education efforts statewide through a combination of seat belt and safety seat usage surveys and child passenger safety presentations. Throughout the past year, the grant assisted the

CHP with educating more than 100,000 parents, guardians, and caregivers. The grant also funded training to certify CHP personnel, as well as employees from allied agencies, to become child passenger safety technicians to inspect and issue car seats.

"The message we want to share is that motor vehicle collisions continue to be the leading cause of death and injury for vehicle occupants of all age groups, regardless of gender or ethnicity," said Commissioner Farrow. "Seat belts and safety seats help increase your odds of surviving a collision."

In addition to conducting community outreach and enforcement activities to increase seat belt and child restraint usage, the grant's goals were to reduce the number of fatalities and injuries in collisions. Final collision figures from the grant-period will not be available until next year.

"We hope those who haven't developed the habit of wearing the seat belt would understand their importance, just like the majority of Californians have." added Commissioner Farrow. "Protect yourself and your passengers, please buckle up."

The CORC was funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration

Times and eVoter Offer Election Information

Carmichael - The Carmichael Times and eVoter (www.evoter.com) are offering a partnership that connects local area voters to polling place locations, election information, candidate profiles and endorsements prior to Election Day on November 2nd.

eVoter is a non-partisan website that allows voters to directly interact with candidates and access accurate, upto-date information to make informed decisions on Election Day. From statewide races to local county and municipal races, eVoter provides voters with a list of every candidate on their ballot.

The Carmichael Times has launched an online service that directs voters to their personalized sample ballot information, powered by eVoter, at www. CarmichaelTimes.com

eVoter allows voters to locate their polling place, generate and print a customized sample ballot, after reviewing candidate profiles and organizational endorsements. Candidates can reach these motivated voters who are actively looking for information. Visit CarmichaelTimes.com and click on "Visit eVoter.com" in the eVoter search box or call (866) 976-0555.

American Red Cross Urges Families to Check Their Smoke Alarms

American Red Cross Capital Region Chapter is urging everyone to help save lives by making sure their

home is protected by smoke alarms. "The largest percentage of home fire deaths occur in homes with no smoke alarms or alarms that don't work," said Christy Woods, Preparedness Director for the Capital Region Chapter. "Smoke alarms provide a few minutes of advance warning in the event of a home fire, and that extra time can save lives."

People who do not have smoke alarms in their home should have them installed, and those with smoke alarms should make sure they have been properly maintained and updated.

Smoke alarms should be installed on every level of the home, as well as inside bedrooms, and outside sleeping areas of the home. People should test their smoke alarms once a month by pushing the test button, and replace alarm batteries at least once a year. Other smoke alarm safety recommendations include:

Installing a new smoke alarm battery immediately if an alarm chirps, warning that the battery is low.

Teaching children what the smoke alarm sounds like, and what they should do when they hear it.

Keeping the alarm clean by vacuuming over and around it regularly. Dust and debris can interfere with the alarm's operation. Do not paint over the smoke alarm.

from the kitchen or bathroom if the device is sounding nuisance alarms. Never disable a smoke alarm.

The Red Cross also recommends that families create and practice a home fire escape plan, which should include at least two escape routes for every room in the home. Families should choose a convenient meeting place outside of the home and practice their escape plan at least twice a year.

Last year, the Capital Region Chapter of the Red Cross, covering an 11 county region, responded more than 200 home and apartment fires, and in the last four weeks alone, responded to four separate four-plex fires as well as several single-family home fires.

of the following fire safety tips they should take:

Keep all sources of fuel (paper, clothing, bedding, and carpets or rugs) at least three feet away from all heat sources when cooking, or using alternative heating like a space heater.

Don't leave the kitchen while frying, grilling or broiling food, and don't leave home while cooking.

Keep matches and lighters away from and out of the reach of children. If a fire occurs, get out and stay out. Call the fire department from

a cell phone or neighbor's home. If smoke or fire blocks the first escape route, use a second way. If someone must exit through smoke, they should crawl low under the smoke to the exit. If escaping through a closed door, feel the door before opening it. If the door is warm, get out a different way.

If smoke, heat, or flames block the way out, stay in the room with the door closed. Signal for help using a brightly colored cloth at the window. If there is a telephone in the room, call the fire department and tell them the location

More information on home fire safety is available on www. redcross.org. People can help those affected by home fires and other emergencies by making a financial donation to the American Red Cross at www.redcrosscrc.

org or by calling 916-993-7070. The American Red Cross shelters,

support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. The Capital Region Chapter serves an eleven-county region including Alpine, Amador, Calaveras, El Dorado, eastern Nevada, Placer, Sacramento, San Joaquin, Stanislaus, Tuolumne and Yolo counties. For more information, please visit www.redcrosscrc.org.

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DMV Begins Issuing New California Driver Licenses, ID Cards

New Card Features Enhanced Security, will Replace Old Cards upon Expiration

6th, 2010, the California Department of Motor Vehicles (DMV) announced the issuance of newly designed, more secure California driver licenses and identification cards. The new cards are distinguished by additional security features and will have a different look and feel.

Details of the changes to the card were presented and unveiled today at a press conference held at the DMV field office in South Sacramento. The new cards are equipped with the latest in document security technology and have several features to protect them against fraud, tampering and counterfeiting.

"The new security features, coupled with advanced technology, make California driver licenses and identification cards one of the most the country," said DMV Director George Valverde. "We are confident that they will be well-received by residents, businesses and law enforcement officials."

Information included on the new cards remains the same, but is presented in a new way that improves issued earlier this week, existing ID

Sacramento Region – On October readability and ease of use. Some of the new features include a vertical layout for persons under 21; the cardholder's date of birth and signatures that can be felt by touch; images that can be seen only with the use of ultraviolet lights; a 2D bar code on the back of the card that replicates and verifies only the information on the front of the card (similar to the current magnetic stripe); and a laser perforation outline of the California Brown Bear, which can be seen from the front of the card when a flashlight is pressed against the back of the card.

Annually, the DMV issues more than 8.25 million driver license and ID cards to Californians. It is of the utmost importance that these documents are safe, authentic, secure, and accurate to properly identify secure identification documents in each individual cardholder. More importantly, these cards have been designated as the primary identification documents in the state. This is the first major revision of California driver licenses and ID cards since

While new cards began to be

or driver license cardholders are not required to get a new card.

"It is very important to understand that cardholders are not required to get new cards until the expiration date printed on their current cards." said Director Valverde. "Remember, when it is time to renew your card, DMV has many services that are offered online to help customers avoid going into the field offices."

For more information on the new driver license and ID card or to conduct other DMV business online, visit www.dmv.ca.gov. Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site (www.dmv.ca.gov), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133.

KTKZ AM 1380 to Host Debate **Sacramento Country Sheriff Candidates**

Sacramento Region - On Friday, October 8th KTKZ AM 1380 will host a public debate featuring the two Sacramento County Sheriff candidates: Captain Scott Jones and Captain Jim Cooper. The debate will take place on the local talk show, "The Capitol Hour" hosted by long time political talk show host, Eric Hogue, from Noon-1pm.

The candidates will discuss such topics as each candidate's service records, county law enforcement budget, gang violence and drive-by shootings, Concealed Weapon Permits and solutions for staff reduction and increased crime in Sacramento. The debate will be free flowing, but moderated by Eric Hogue, to give each candidate equal opportunity to speak.

The media is invited to attend the debate at the KTKZ studio located at 1425 River Park Drive Suite 520

in Sacramento. Media will have the opportunity to take photographs and patch in to live debate sound. Those interested in listening to the debate are encouraged to tune in to KTKZ AM 1380 or listen online at www. ktkz.com

For more information on KTKZ or the contents of this release please contact The Capitol Hour Producer, Matt Bisiaux at (916)924-0710 or at mattb@kfia.com

Widowed Persons **Association of**

Office Hours 10:00 am- 3:00 pm

Any and all widows or

Third Monday evening

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from

widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or

Every Sunday from

Realizing how difficult it is to

Newcomer's Buffet & Social

widowers may attend

This is a public service to all

widowers are invited

WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.



Monday through Friday

at 5:30 pm

a no-host buffet menu.



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In the meeting room of the

go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.



Carmichael Times CALL 773-1111 TO ADVERTISE



MIRA LOMA HIGH SCHOOL

IS TURNING 50

WE ARE THROWING OUR SCHOOL A

BIRTHDAY PARTY

ALUMNI AND FRIENDS ARE INVITED!!!

BBQ in the Mira Loma quad: Rain or Shine!

Thursday, October 14th, 2010, 5:00 – 8:00 pm

All You Can Eat: \$16 per person

BBQ Beef Brisket & Chicken, Cornbread, Beans, Salads, Drinks and Entertainment...

Register (and pay) ASAP!!!

To register either:

- Pick up a BBQ registration form at Mira Loma High School or
- Go to the Mira Loma website www.sanjuan.edu/miraloma (quick link: 50th year anniversary and download BBQ form) or
- Contact us asap at mlhs50years@gmail.com

Mira Loma looks forward to seeing all of you!

We invite you to go to the Mira Loma website www.sanjuan.edu/miraloma for other anniversary activities and register as an alumni or friend of MLHS



You've got places to go... how do you need to get there?

Attend a Metropolitan Transportation Plan 2035 (MTP2035) workshop in your community to help inform how money is spent on public transit, bicycle, pedestrian, and road improvements. MTP2035 is a 24-year plan for transportation throughout the six-county Sacramento region.

The workshops are FREE and food will be provided.

For more information or to register visit www.sacog.org/update or call (916) 321-9000.

UPCOMING WORKSHOP

SACRAMENTO COUNTY - NORTH

Thursday, October 24 • 6-9 p.m. Citrus Heights Community Center 6300 Fountain Square Drive, Citrus Heights, 95621









Carmichael Times Page 3 October 6, 2010

How will the Fair Oaks Boulevard **Corridor Plan Affect You?**

Opinion by Irene Potter, Christina Rios and Debbie Armstrong

Carmichael - You may have read the recent article, Somebody Has a Lot of Explaining to Do, in the September 8, 2010 issue of the Carmichael Times. The article voiced the serious concerns of landowners, attorneys representing landowners and businesses over the zoning and other issues pertaining to the proposed Fair Oaks Boulevard (FOB) Corridor Plan.

For the past three Carmichael-Old Foothill Farms Community Planning Commission meetings, members of the audience have expressed their concerns regarding the proposed plan, including homeowners of the Engle Road Neighborhood Community. A huge infrastructure component of the plan, Traffic/Transportation, is one component that is not being addressed adequately by the Department of

Based on the push for maintaining 4-lanes on Fair Oaks Boulevard (as opposed to keeping with the original master plan to improve and continue with six lanes from Engle to Marconi) a major impact will be felt on many neighborhood streets and communities. The required study and Draft Environmental Impact Report has a section that addresses transportation and traffic circulation/flow impacts if the FOB projected project proceeds as planned. What is most troublesome is the negative impact the proposed plan will have on neighborhood streets. Fair Oaks Boulevard is a major corridor for vehicle traffic —-80% of the traffic is through traffic--- and it is classified as a "thoroughfare". Commuters using Fair Oaks Boulevard are from other cities and communities (Fair Oaks, Citrus Heights, and Orangevale). The FOB Corridor Plan and "Smart Street" design is projected to reduce the flow of traffic on Fair Oaks Boulevard, and is projected to increase the diversion of commuter traffic to neighborhood

streets, including Engle Road. The Level of Service (LOS), a standard street capacity measurement term, on approximately 12 Carmichael neighborhood streets will be downgraded from average/below average to a LOS (F), an unacceptable level of service. Some mitigation is possible, although for some streets, including Engle Road, there is no alternative option other than calling the negative impact to Engle Road as "Significant and Unavoidable" and coming up with no solutions in the proposed FOB Corridor Plan.

The Draft Environmental Impact Report examined both current and projected traffic use. Approximately 8,000 vehicles per day use Engle Road and there will be a projected increase of 3,000 with the passage and implementation of the proposed FOB Corridor Plan.

One of the early and most important premises when members of the community of Carmichael were asked to participate in the Carmichael Community Plan process and the FOB Concept Plan in the early 2000s was:

- Maintain/improve traffic flow (and control speeding) in Carmichael
- ...It shall be recognized that the plan to create a "Main Street" needs to consider that FOB will remain a major corridor for auto traffic that SHOULD NOT BE SHIFTED to the neighborhood streets surrounding Fair Oaks Boulevard. Because Fair Oaks Boulevard will remain a transportation corridor, alternative modes of transportation will be encouraged.¹

Recently, in June 2010, the Fair Oaks Boulevard Corridor Plan Draft also included the same language as

¹Fair Oaks Boulevard Concept Plan, Carmichael's Main Street. Sacramento County Planning. April 2006.

In using Engle Road as a model, of neighborhood streets negatively impacted by the proposed FOB Corridor Plan, here are some of the serious impacts to our neighborhood:

Safety: The FOB overflow and shifting traffic will increase the amount of vehicular traffic on Engle Road. The projected amount of traffic and the road capacity will lead to a Level of Service (LOS) "F." Thoroughfare traffic that is projected to be diverted to Engle Road will increase the safety risks associated with an increased volume of traffic and higher speeds on our quiet neighborhood streets. Some of the families with young children will become even more protective and restrict their children from walking and biking on Engle Road without adult supervision. A normal day to day activity like backing out of ones driveway onto Engle Road will become more dangerous and require more time to safely complete the task.

Health: Increased traffic on Engle Road will negatively impact the health of the neighborhood. The projected increase in traffic (from FOB traffic shifting) and auto emissions will create poorer air quality and pollution in the neighborhood. In addition, the proposed zoning changes for a large section of FOB will allow multiple storied buildings (up to 4 stories) that will serve to trap CO2 and other toxic gasses. The poor air quality will impact the respiratory and cardiovascular health of residents on Engle Road. Increased emissions will promote higher incidents and severity of asthma (especially with children and elderly) and the heightened risk of heart disease (especially with middleaged and elderly).

Quality of Life: Increased overflow traffic on Engle Road will significantly increase the noise level in the neighborhood community. Poorer air

for certain periods of the day or time periods of the year especially for older adults and those with impaired health. Property Value/Semi-Rural

Character: One of our most valued assets-the semi-rural character of many Carmichael neighborhoods will be diminished or destroyed. Only those neighborhood associations that have been recognized in the FOB Corridor Plan will be specifically protected. The increased level of through traffic through the small neighborhoods will increase the risk level for various levels of crime.

Addressing a problem without offering a viable solution is doing little more than compounding that problem. And yet, this course of action seems to be the new direction the Fair Oaks Boulevard Corridor Plan is taking when it comes to the residential areas surrounding Fair Oaks Boulevard.

When Fair Oaks Boulevard was widened to six lanes a few years ago just south of the Manzanita intersection (this was part of the Master Plan), a bottleneck was created for southbound drivers at Engle Road, where Fair Oaks Blvd. lost the third lane. This has greatly increased the amount of traffic on Engle Road for commuters who do not want to get caught in the choke point. The high increase in traffic and speeding required the installation of speed tables on Engle Road to discourage speeding. Many of the commuters on Fair Oaks Boulevard are using neighborhood streets like Engle Road, North and Whitney (which also has speed tables installed) to reach Walnut Avenue where they can travel and eventually meet up later with Fair Oaks Boulevard.

It is time to get back to the original intent of addressing the transportation problems with Fair Oaks Boulevard without shifting other problems onto the adjoining residential neighborhood streets. Fair Oaks Boulevard should be three lanes wide in each direction, it should be pedestrian friendly and in-fill projects should be promoted to improve the boulevard's connectivity. Ultimately, a smooth flow of travel on Fair Oaks Boulevard should be encouraged. If motorists are using Carmichael's residential streets in lieu of Fair Oaks Boulevard, then the problem has not been addressed but only compounded.

RESOURCES USED:

Fair Oaks Boulevard Corridor Plan Draft. Sacramento County Planning Department. June 2010.

Living near traffic pollution tied to heart deaths. Reuters Health. June

Draft Environmental Impact Report. July 12, 2010.

Does Giving Green Energy Businesses Financial Assistance to Create Jobs Actually Help the Economy?



By Yolanda Knaak

February **Commentary**—Last (2010) Senate President Pro tem Darryl Steinberg (State Senator District 6) lead the California Legislature in a jobs agenda that touted creating 140,000 new jobs for California. Part of the money came from federal funds and some State Funds. Much of the money went to businesses which provide Green Energy, especially SB 722, SBX8 34, SBX 26, and SBX8 31.

Looking back at the unemployment rates for California, (according to the US Bureau of Labor Statistics), February 2010 was 12.5, March was 12.6, April was 12.5, May was 12.4, June/July were 12.3 and preliminary report shows August at 12.4. So this huge Jobs Agenda, comparing February and August only improved our unemployment rate by .1.

So why did the unemployment improve so little? The most reasonable answer is that in a down economy customers are looking at cutting costs, and green energy is not generally purchased because it is more expensive. The other problem with this jobs agenda is that giving businesses money to hire an employee is self limiting and there is no motivation on the part of the business to hire more than just the one employee.

Looking back at our American history, what helped bring our unemployment rates down was when the government reduced government regulation on businesses, and reduced income and capital gains taxes. When businesses become prosperous, then more employees are hired and consequently the unemployment rates go down.

Finally the answer to our question: Does giving green energy businesses financial assistance to create jobs actually help the economy? On one hand it did improve the unemployment rate in California by .1%, which is not much. Although the answer is no, there was no rippling effect and no improvement in our economy, we are still in a down economy.

For comments or questions: Contact YolandaKnaak@hotmail.

About the author: Yolanda Knaak has a Masters Degree from UCLA in Nursing and works as a Home Health Nurse. She has a business: Yolanda and Associates. She is also an elected member of the Republican Central Committee.

Eskaton Couple Celebrates 70th Anniversary

Carmichael-The "Official Sponsor of Longevity" Eskaton is home to Lucille and Kent Prim, who this October 5 celebrate the 70th anniversary of their wedding. The couple's advice to others' seeking the secret to longevity in marriage is simply: "We never go to bed mad. We don't always agree. But we work things out by the end of the day," Lucille explained.

Ironically, she then recalls what she said to Kent the first time the two Oklahoma State freshmen met in January 1936: "Do you hate me as much as I hate you?" After a perceived "slight" was clarified, the two went on a date that evening and have been together since.

By their senior year, they were engaged and soon after married on October 5, 1940. A military life followed, which included travelling across the globe – living in 25 places in 27 years. They settled into the Eskaton Village Carmichael continuing care retirement community five-and-a-half years ago, because, as Lucille tells it, "Eskaton could give us a tour in the morning and our other choice couldn't take us until the afternoon. We liked what we saw and that was that." The couple have two sons, both attorneys, who live close by, and three grandchildren and three great grandchildren.

One granddaughter gets credit for coordinating a special celebration for their historic 50th anniversary, when the more than 60 guests heard Kent serenade his wife with his own version of Kenny Rogers' "(You picked a fine time to leave me) Lucille."

The two healthy 92-year-olds

are involved in many of Eskaton's activities and social events. And while Lucille also keeps busy with family and friends, Kent spends his extra time playing golf. Though Lucille tried the sport, they both laugh now retelling how Kent's observation that "You're not trying" nearly caused a divorce. When Lucille quit, "It was the happiest day of our lives," the two agree. All kidding aside, Lucille adds "It's a very loverly life."

Eskaton boasts a resident population with an average age of 83, including more than three dozen centenarians. The 42-year-old nonprofit aging services organization provides community living and home-based support for more than 3,500 older adults throughout Northern California. Learn more at www.eskaton.org.





"The Vampyre" by Tim Kelly starting on October 8, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through November 14. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, Appearing in "The Vampyre seniors, children and SARTA members. (L) Ruby Brungess, David Garrison, Kathryn Busch

Before there was Count Dracula there was Lord Ruthven, a charming but vicious vampyre with 'dead grey eyes', a very pale complexion and a haughty demeanor. He gains the confidence of Aubrey, a weak willed young man and through him, gains entrance to the stately home of Aubrey's aunt where his seductive skills tempt the most virtuous of young women there. "The Vampyre" transformed the vampire myth from the monster of folklore to the dark, sexual, and predatory creature still popular today!

The show is directed by Harry Rodgers, featuring a cast that includes David Garrison, Nicholas Massa, Julie Bock-Betschart, Jon Jackson, Walter Thompson and many others. Set design is by Rodger Hoopman and costumes are by Eileen Beaver.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.

> **CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD** CARMICHAEL, CA 95608 • (916) 489-7529



Save the dates! Sunday, October 24, 2010 at 3pm

Sunday, December 12, 2010 at 3pm

- Sunday, March 20, 2011 at 3pm

All performances are at La Sierra Community Center 5325 Engle Road, Carmichael

916-489-2576 • www.sacwinds.org



A Non-Profit



Carmichael **Chamber of Commerce**

Boulevard Brush Up

Join the Carmichael Chamber on Sunday, October 24 to help clean up Fair Oaks Blvd. Participants should meet at 9 am at Carmichael Park by the tennis courts off Grant Avenue. Coffee and donuts will be provided. Remember to wear a hat and bring a pair of gloves. Other event sponsors include Carmichael Creek Neighborhood Association, Carmichael Colony Neighborhood Association, and the County of Sacramento. For more information or to sign up to help, contact Anne Berner at 916-944-1042.

Carmichael Chamber Community Shred Day

Here's your opportunity to show your support for the Carmichael Chamber. \$5 for a grocery bag; \$10 for a banker's box; \$15 for a large black trash bag. Start collecting all your personal papers and confidential information. All proceeds benefit the Carmichael Chamber of Commerce.

For more information, contact Linda Melody at 916-481-1002

When: Sat Oct 2 8am – 12pm Where: La Sierra Community Center, 5325 Engle Rd in Carmichael

Dog Park Master Plan

The Carmichael Recreation and Park District has scheduled three workshops to help create a Master Plan for the Carmichael Dog Park. The plan will identify needs and create ideas that will chart a course of action for the District to follow. Ideas and suggestions are welcome. The meetings will be held at the Carmichael Park Clubhouse, 5750 Grant Avenue on Tuesday, October 12, or Tuesday, November 16 from 6 - 8 pm. For further information, contact Lee Ann Yarber at 916-485-5322, ext. 24 or LeeAnn@carmichaelpark.com.

Carmichael Chamber Mixer

Food, drinks and plenty of networking Bring a raffle prize and plenty of business cards For more info, contact Linda Melody at 916-481-1002

When: Wed Nov 10 5:30pm – 7:30pm Where; Strategies to Empower People (S.T.E.P.) 5945 Palm Dr, Carmichael 95608 (map)

Honorary Mayor

The Carmichael Chamber will be holding Board elections at their Tuesday, November 16th Business Meeting and Luncheon. If you are interested in running for the Board or want to nominate someone, please contact Linda Melody at the Chamber office at 916-481-1002 by Thursday, September 30th.

Carmichael Chamber Luncheon

Chamber General Meeting & Luncheon Guest speaker is Carl Simpson, Chief Code Enforcement Officer for Sacramento County discussing zoning issues and the homeless in Carmichael \$15 members/\$20 non-members Call 481-1002 or linda@carmichaelchamber.com for

When: Tue Nov 16 11:30am – 1pm Where: TBA

reservations by Nov. 11



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



MISSION OAKS COMMUNITY CENTER

Extended Tours

• South Pacific Wonders February 14-28, 2011 • \$4,699 pp double

• The Heart of Texas

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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.

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• San Francisco Shopping Tour Saturday, November 6, 2010 • \$50/person Macy's Savings Pass & VIP Pass for Westfield Mall.

• Viva Las Vegas

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• 2011 Rose Parade

December 30, 2010- January 3, 2011 • \$1525pp double Lodging on the Queen Mary, Catalina cruise + more!



FREE INDOOR CONCERT

7PM, Wednesday, October 20 Music by American River Orchestra All ages welcome...Come as you are.



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NCA Bold Expressions

Annual Photography Show

Announcing a Holiday Art Show for Members, a nonjuried art show and sale. Members may enter up to six works to be displayed for sale during the holidays. The Center is expecting high traffic during the Holiday Craft Fair, which will be open special hours from December 11-18, 2010, and our art will be highly visible and available for purchase. This show provides members the opportunity to display art for sale without the time and expense of renting space. Only six dollars each artwork. Up to six artworks may be entered. Receiving one day only, Saturday, November 20, 2010, 11 AM-4 PM. Show dates are November 23-December 18, 2010. Show chair is David Peterson, 916-716-5951. Download prospectus at http://www.sacfinearts.org/ exhibitionEntryForms.html

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In 2009, Identity Theft Cost Americans Over \$54 Billion.

Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report." February 2010.

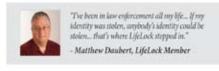
Help Protect Yourself Today.

A Serious and Growing Problem.

Identity theft is one of the fastest growing crimes in the nation. Over 11 million Americans fell victim to the crime in 2009, at a cost of over \$54 billion. (Source: Javelin Strategy & Research. *2010 Identity Fraud Survey Report." February 2010.)

As thieves employ more sophisticated and high-tech methods, the number of identities exposed in a single theft increases dramatically, as does a consumer's level of risk. Every week, retail companies, financial institutions, and national organizations are breached, and the personal and financial information of hard working Americans is stolen.

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RT Announces New Programs and Reaches Milestone

RT to Implement Park-Pay-And-Ride Program - Phase 2 On October 1, 2010

Effective Friday, October 1, 2010, the Sacramento Regional Transit District (RT) implemented a parking fee at three additional light rail station park-and-ride lots. RT will charge a \$1 daily parking fee at the following "park-pay-and-ride" lots: Meadowview (690 spaces), Florin (1,076 spaces) and Power Inn (299 spaces). RT implemented the first phase of the Park-Pay-and-Ride program at the Watt/I-80, Watt/I-80 West and Roseville Road light rail stations on January 1, 2010.

Passengers can pay the daily parking fee by cash (exact change is required), or credit card or debit card at the parking payment kiosk located at the station platform. Passengers can also pay the daily parking fee by mobile phone by calling 1-888-450-PARK (7275). There is a 35-cent service charge to

pay by phone.

For convenience and added value, monthly parking passes are available for \$15. Monthly parking passes can be purchased online at www.sacrt. com; RT's Customer Service and Sales Center at 1225 R Street (adjacent to the 13th Street light rail station); key sales outlets; or by calling RT at 916-321-2849. Monthly parking passes purchased online and by phone will be sent by first-class mail within one to two business days (shipping and handling charge for online purchases).

On Friday, October 1 and Monday, October 4, RT staff will be available at the three additional park-pay-andride lots from 6 a.m. to 9 a.m. to assist passengers with the new parking payment kiosks, answer questions and sell monthly parking passes.

For more information about the Park-Pay-and-Ride program and the citation process, visit www.sacrt.com.

For route, schedule and fare

information, call 916-321-BUSS (2877) or visit www.sacrt.com.

RT "Ride With The GM" in October

Mike Wiley, General Manager/ CEO of the Sacramento Regional Transit District (RT), will be "riding the routes" during "Ride with the GM" – a new tradition beginning this

Throughout the month of October, Wiley - who regularly rides the system - will ride buses and light rail trains covering as many routes as possible throughout the entire system as another way to encourage open communication with customers. Ride with the GM is an opportunity for RT riders to meet Wiley, ask questions and provide feedback.

Passengers can check the RT website at www.sacrt.com throughout October for specific dates and times.

For route, schedule and fare

information, call 916-321-BUSS (2877) or visit www.sacrt.com.

RT Monthly Online Chat Reaches Two-Year Milestone

The Sacramento Regional Transit District (RT) will mark the two-year anniversary of "Transit Talk with the General Manager" on Friday, October 1, 2010, from noon to 1 p.m. at www.

The online chat, which typically occurs on the first Friday of every month, gives the public an opportunity to interact directly with Mike Wiley, General Manager/CEO, and submit their transit-related questions and receive immediate feedback.

Since its launch in October 2008, the chat has averaged nearly 4,000 page hits per month and has received approximately 1,000 questions from the community.

Inquiries have ranged from dayto-day service-related issues to more broad RT policy and planning questions. Previous sessions can be viewed in the online chat archives at www.

"The chat is a scheduled appointment each month for riders to address their questions or concerns directly to me," Wiley stated. "I enjoy the time connecting online and hope our customers find the interaction useful and informative '

The two-year anniversary session will be open to general transit questions. No registration is required to participate and questions will be accepted two hours before the session, up to the conclusion of the chat.

For more information about Transit Talk with the General Manager, visit www.sacrt.com.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Carmichael Cactus and Succulent Society

Meeting: Thursday, October 7, 10:00 am Program - Preparing & protecting cactus and succulents for winter.



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A Film Review by Tim Riley THE SOCIAL NETWORK (Rated PG-13)

The idea of a compelling drama behind the creation of popular social media seems so unlikely, but "The Social Network," exploring the troubled founding of Facebook, is undeniably intriguing, even to persons with limited skills in the use of this media. For instance, I think this movie is terrific for its dramatic story and superb character development, even though I have never used Facebook. For that matter, I have never been on MySpace or Friendster. Out of curiosity, I once checked out Craigslist, but found nothing of interest. Twitter is a foreign concept to me. Only last week I replaced my rotary dial phone with a push button one. Okay, that last item is a joke. Still, you get the

One of the fascinating things about "The Social Network" is that it is filled with unlovable characters. most particularly the leading protagonist, Mark Zuckerberg, Facebook's founder and the world's youngest billionaire. As realized by actor Jesse Eisenberg, Zuckerberg, though brilliant, is first seen as a socially inept Harvard student who speaks in such

Riley **Reviews**

COMPELLING HUMAN CONFLICT FOR TECH DRAMA "SOCIAL NETWORK"

a staccato, rapid fire fashion that it is no wonder that his girlfriend Erica (Rooney Mara) dumps him in the middle of having beers at a local pub. She calls him a word we can't print in a family newspaper, but that thought of Zuckerberg lingers for the duration of the movie.

After being dumped, Zuckerberg retaliates with an unpleasant personal attack on his blog, and then fueled by too much alcohol he goes on the offensive by creating a website that asks Harvard students to rate co-eds on their "hotness." To do this, he hacks into the university's computer system, and in turn the traffic to his site crashes the Harvard computer system. Needless to say, the computer whiz does not prove endearing to university administrators, thereby drawing academic probation. However, his efforts lure the attention of upperclassmen, the Winklevoss twins, Tyler and Cameron (both played by Armie Hammer), who propose the creation of a website called the Harvard Connection, which ostensibly would enhance their social lives by attracting girls interested in Harvard men.

Zuckerberg toys with the idea of working with the ultra-rich, snobby twins because he would like nothing more than to be accepted into one of Harvard's elite clubs. He runs with the idea of creating a social network, but enlists the financial help of his friend and roommate Eduardo Saverin (Andrew Garfield)

to launch Facebook. Naturally, when Zuckerberg unveils his own version of social media that appears suspiciously similar to the concept pushed by the Winklevoss twins, the lawsuits and recriminations start to fly. The filmmakers employ the clever device of telling the story of Facebook's creation by cutting back and forth between the legal wrangling of two depositions where Zuckerberg confronts the twins and his estranged partner Saverin.

That Zuckerberg would turn on his only friend Saverin is interesting drama in itself. Driven to success, Zuckerberg is cold, condescending, insensitive and kind of creepy. Basically, the tech mogul comes to believe that Saverin doesn't think big, but he may come to that view after falling under the spell of Napster founder Sean Parker (Justin Timberlake), a charismatic Svengali who is manipulative as well as very creative. During the depositions, Zuckerberg's megalomania reveals itself in the contemptuous manner that he addresses his adversaries and their lawyers. Often, these clashes make for good theater.

An interesting thing about "The Social Network" is that the main character can scarcely maintain a personal relationship with anyone and yet he's the genius behind what is now inarguably the world's largest website that generates social interaction. Even though the film involves a lot of tech geeks, "The Social Network" is quite captivating and absorbing for the manner in which it explores some ugly backstabbing and duplicitous behavior. Intense and thrilling, this film is clearly one of the smartest, enjoyable dramas of the year.

Christian Singles Network Denim Dance

Carmichael - Christian Singles Network, will hold its annual Denim Dance for single adults Saturday, October 9, at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is Sacramento area's oldest and largest interdenominational Christian singles group. All ages are welcome to attend, but most are 35 to 70.

The evening features an early dance lesson in basic ballroom dance moves by Declan Cordova at 6 PM (an extra \$5 for this class). Dance lessons in the Country Two Step and the Zydeco Mixer by Janine Wright will be taught from 7-8 PM. included in the ticket price. DJ dance music is from 8-11:30 by John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is casual attire, wear something denim if possible. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call 530-878-8606 to volunteer.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606.

Christian Singles Network, celebrates its 18th Anninversary this year, an is Sacramento's largest Christian Singles group, holding weekly events, with dances every month. The next dance after this is is a special Dance which takes place November 6 at Roseville Veteran's Hall featuring Live Christian music by LouAnn Lee, Aaron Gayden, and the Celebration Band, as well as

DJ music. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN will be hosting a Singles Retreat October 15-17 at Strawberry Lodge near South Lake Tahoe. Guest entertainer and speaker witll be singer Leon Patillo, former lead singer from Santana, now working in full tie gospel ministry.

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

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Mission Oaks Genealogy

Mission Oaks Genealogy Club will meet on Thursday. October 21, from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael.

Program: election of officers followed by a genealogy research workshop. Refreshments will be served. Visitors are welcome.

Info.: Call Robert Noyes at (916) 332-5753 or visit their Web site at http:// missionoaksgenealogyclub.org

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Man Goes "TOAD-AL" at High School Reunion

BEXAR COUNTY - After using Thera-Gesic* on aching joints, Tom W. attended last Friday's reunion where, according to 5 amused and concerned classmates, he went TOAD-AL. He squatted, extended both arms to the ground, arched his back and did his best to hop numerous times while croaking.

When asked to explain his behavior, he painlessly replied, "None of your dang business!"



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SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00085702

WHEREAS, Aza Sanducci and Ray Sanducci have filed a petition with this court for a decree changing names of Aytaj M. Sandugi to Aitaj Santucci and Mehdi M. Sandug to Michael Mehdi Sanducci, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 15 2010 in Dept 54 located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 3, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: September 15, 22, 29, October 6, 2010.

SANDUC 00903 10-6-10 SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2010-00087949 WHEREAS, Anna Mogil has filed a petition with this court for a decree changing name of Anna Mobil to Anna Kobrya. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 2010 in Dept. 53, located at 800 9th St. Third Floor, 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, California, once a week for four consecutive weeks

prior to the date set for hearing on the

petition, Dated: September 22, 2010. Kevin R. Culhane Judge of the Superior Court Publish: September 29, October 6, 13, 20, 2010. 00905 10-20-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2010-00087952 WHEREAS, Yulia Ivanovna Mogil has filed a petition with this court for a decree changing name of Yulia vanovna Mogil to Yulia Katiuzhinsky. IT IS ORDERED that all persons ested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 2010 in Dept. 53, located at 800 9th St., Third Floor, 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 Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 22, 2010. Kevin R Culhane

Judge of the Superior Court Publish: September 29, October 6, 13 20 2010 KATIUZHINSKY 00905 10-20-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #230316

WHEREAS, Ashley Sampson, through her counsel, Robin McIver, has filed a petition with this court for a decree changing name of Ashlev Christina Sampson to Ashley Christina Newcomb. IT IS ORDERED that all persons interested in the above entitled matter appear at 8:30 a.m. on Oct. 27, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 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 Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 13, 2010. Dean L. Peterson

Judge of the Superior Court
Publish: September 29, October 6, 13, 20, 2010. SACCHI 00905 10-20-10 NOTICE OF PETITION TO

ADMINISTER ESTATE OF RUBELYN DE LA CRUZ

ESTATE NO. 34-2010-00080140 To all heirs, beneficiaries, creditors, and contingent creditors of

and persons who may be otherwise interested in the will or estate, or both of RUBELYN DE LA CRUZ A petition has been filed by TREVOR DE LA CRUZ in the Superior Court of California, County of Sacramento, requesting that TREVOR DE LA CRUZ be appointed

personal

administer the estate the decedent. The petition requests authority to administer the estate under the Independent Administration 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

representative to

ONES LAW FIRM

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 November 3, 2010 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

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petitioner or petitioner's attorney is Joedy P. DeFrank #105102, 9521 Blvr. 95827 916-362-6200 Publish: October 6, 13, 20, 2010. 01001

FICTITIOUS BUSINESS NAME #1008284. STATEMENT Kenney Hanson, 5009 Hillridge Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "FO Media Group" at 5009 Hillridge Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Sept. 16, 2010. Publish: October 6, 13, 20, 27, 2010. **FOMEDI** 01001

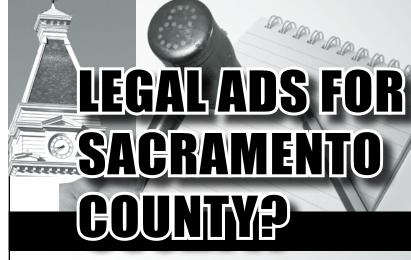
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Carmichael Times Page 9 October 6, 2010



POOCH PERFECTION

Do you love your pooch? If you are like me, I adore my critters. They give me so much love and ask for little in return. Someone else thinks the world of his Dudley too. This person is none other than Dr. Earl Mindell, the founder of the health and wellness revolution and author of over fifty books on nutrition including "The Vitamin Bible" his pioneering reference book. Dr. Mindell is a registered pharmacist, master herbalist, internationally recognized expert on nutrition, vitamins, and herbal remedies. So Dr. Mindell wants us all to know more about our dog's health. So here comes "Dr Earl Mindell's Nutrition and Health For Dogs". Don't worry, there's one coming for

According to the good doc, our two-legged counterparts need vitamins and other supplements to lead

POPPOFF! Dave Says

with Mary Jane Popp

a happy life. These are just a few bones to gnaw on.

As with humans, Vitamin C can be effective in combating more than one problem. It also plays a major role in helping senior pets that suffer from arthritis. Dr. Mindell adds that in addition to Vitamin C, you can give vitamin E and selenium, which help prevent loss of muscle tone. Glucosamine is also great for building cartilage. Start with 500 milligrams per day for all sizes of dogs; if needed, increase to 500 milligrams twice a day. All breed of dogs are highly prone to cataracts. According to Dr. Mindell, supplements of E and C prevent them. If your dog suffers from hot spots, he suggests MSM, a natural source of nutritional sulfur. It's a lotion that can be applied directly on the problem, and it takes

Believe it or not, our pet friends also suffer from cancer and heart disease. Again, the good doc asserts Vitamin C plays an important role in both prevention and treatment of cancer. It also boosts the immune system and can reduce your dog's risk of the disease. Beta-carotene is a powerful antioxidant that boosts

care of it in no time.

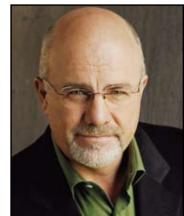
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the immune system and can reduce the risk of cancer. It also has the unique ability to convert to vitamin A-another anticancer nutrient-as the body needs it. Vitamins E and C are keys to a healthy heart too. Garlic is beneficial to keep a dog's blood and blood vessels clean and helps reduce blockages that may already exist. And if your dog has parasites, onehalf to two cloves a day will drive away fleas and kill internal worms, except for heartworms.

These are just a few remedies. In his book "Dr. Earl Mindell's Nutrition and Health For Dogs" Dr Mindell even addresses each breed individually as to what they are prone for. Look for natural preventive-care to keep your dog happy and in great health. Add years to your dog's life...quickly, easily, and economically. Check out his website at www.drearlmindell.com for more insight. Our pet friends give us their all. Loving and caring for them is the least we can do! That from my two critters Encore and Misty!!!

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





management expert, popular national radio personality and the author of three New York Times bestsellers - The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Lifestyle Changes

Dear Dave,

I just married a wonderful lady with two children. We've talked over our financial situation, and we're determined to get out of debt within two years. This will mean some big changes in our teenager's lifestyles. How can we break this to them gently?

- Dan

Dear Dan,

Having your wife - who is also their mother – on board with the plan makes a big difference. I think all of you need to sit down and have a frank but loving discussion about the changes that are going to come with this marriage for everyone. The kids have to adjust to a stepdad being on the scene, just like you have to adjust to a marriage situation where teenagers are part of the package.

Let them know you don't want to be the bad guy, but that you and mom have been looking at the money situation and things just don't add up. It also wouldn't be a bad idea if mom did a lot of the talking. Let her tell the kids that you've both decided it's time to make the money behave, and this will mean some lifestyle changes.

Listen to reasonable input from them, and let them know their thoughts and feelings matter. But they also need to understand things are going to be different, and this part needs to come from mom. Otherwise, they're likely to see you as the wicked stepdad!

- Dave

The Investing Makes Her Nervous

Dear Dave,

My husband is into estate investment properties. He'll buy a rundown house for very little money, fix it up and then rent it out. The debt we're racking up makes me nervous. Each house has a loan, but he says it's okay because we can sell them. Can you give me any advice?

- Carol

Dear Carol,

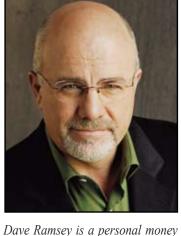
I went broke years ago doing exactly what your husband is doing right now. I've known several others who went broke doing it, too. Lots of folks in real estate tend to believe that debt is okay so long as the property is worth more than the debt, but there are several down sides to that kind of thinking. At the end of the day, the borrower is always slave to the lender. And I'm afraid your husband may be on that path.

At best, this kind of thinking will make for lots of uncertainty. The worst case scenario has you guys ending up bankrupt, just like we did. My experience way back when is proof that things like this can quickly escalate out of control when you make debt one of your building blocks.

There's nothing wrong with investing in real estate, but I recommend that he do it much more slowly - and with cash!

- Dave

For more financial help please visit daveramsey.com.



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On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!



History books discussed at Carmichael Library monthly meetings

Carmichael Library History Book Club mixes fact and fiction for a clearer picture of what has happened in world history. The adult book club meets at 6:30 p.m., on the first Tuesday of each month, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Attendees are encouraged to bring snacks to share with other book club members. For more information on the following book discussions, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

November 2: The Skystone, by Jack Whyte The Bridges at Toko-ri, December 7: by James Michener The Things They Carried, January 4: by Tim O'Brien

February 1: The Worst Hard Time, by Timothy Egan March 1:

In the Valley of the Kings, by Daniel Meyerson April 5: The Great Mortality, by John Kelly The Big Burn, by Timothy Egan May 3:

Free SAT practice test offered for collegebound students at Carmichael Library

High school students can prepare for college admission by practicing with the real SAT test given under real test conditions, for free, at Carmichael Library, 5605 Marconi Avenue,

Kaplan Test Prep staff will administer the SAT practice test at 12 noon, Saturday, October 30. There will be a follow-up session at 6 p.m. Wednesday, November 3, for SAT test results and valuable test-taking tips.

Registration is required at the library branch, online at saclibrary.org, or by calling (916) 264-2920.

The programs are sponsored by Kaplan Test Prep and Admissions.

Read to Rover

October 5, Tuesday, 3:30 p.m. to 4:30 p.m. School-Age Program

Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old. Earn stickers for the time spent reading and earn a book too!

After School Book Club

Tue, Nov 2 5:00-6:00

School-Age Program

Join us on the first Tuesday of every month to talk about the book, play trivia games, and have fun! This month we will be reading "Gregor the Overlander," by Suzanne Collins. Pick up your copy at the front desk!

Preschool Storytime

Thu, Nov 4 10:15-11:00

Preschool Storytime (3-5yrs) Join Miss Angela for 30 minutes of stories, fingerplays, music, and more. Lots of fun for kids

Toddler Storytime

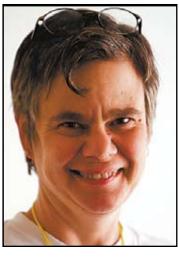
3-5!

Thu, Nov 4 11:15-11:45

Toddler Storytime (1.5-3yrs)

Toddle on over to the Carmichael Library for 20 minutes of short stories, easy fingerplays, and songs. The goal is to have fun with stories, words, and each other.





ROCK DOC

By Dr. E. Kirsten Peters

The Gulf oil spill has shown us just one of the downsides of petroleum. That makes the mind of even a geologist like me turn to several questions about the future. Could we Americans grow more of our own fuel – enough to run a number of our cars, trucks and airplanes? And, quite importantly, could we do so without displacing food crops like corn?

Pretty much everybody from all sorts of political persuasions is interested in those issues. And the good news is that researchers - and farmers with a vision, too are hard at work laboring on new uses of an ancient crop plant called Camelina. Also known as "false flax," it's a wispy plant in the same

group as mustard and Canola. There are two impressive things about Camelina. Its seeds contain a lot of oil that's liberated by crushing - and the more oil the better from the fuel point of view. Better still, Camelina can be grown on pretty lousy soil - either areas where no crops will grow well or at times that soil may otherwise be left fallow by farmers in dryland regions of our country.

Score two big ones for Camelina. Archeologists say that Camelina has been grown by people for several thousand years. You can eat Camelina oil, which has a lot of omega-3 fatty acids and antioxidants. Camelina was grown through the

Burning Our Own Fuels Camelina looks like a good crop. It

1930s in eastern Europe where its oil was used in lamps and the meal left-over after crushing the seeds was fed to livestock. In short, it has been a pretty durable friend of ours, as crops go – likely an original biofuel, you could say, and one that only recently fell fully out of use.

Today researchers are investigating bringing back Camelina because it has some highly valuable properties for something much more modern



Camelia.

than lamp oil. With some processing, Camelina oil can be used in jet engines. It's a "drop in" fuel, meaning it functions just like traditional jet fuel. Blended with petroleum jet fuel, in fact, Camelina has already been "test driven" in jet planes.

"This ancient crop has a great deal of new potential," says Professor Ralph Cavalieri of Washington State University. "We think we are poised to make major contributions

Score a third big one for Camelina.

to biofuels with Camelina." But where can we grow this venerable crop in the U.S. that wouldn't displace food crops?

Here's an example. In eastern Montana and central Oregon and Washington, where the climate is semi-arid, wheat is often grown on a rotating basis with fallow years. During the otherwise fallow times,

can help hold soil in place compared to leaving it exposed to windstorms. And it could give farmers some income during years when they would have none otherwise.

It's true, of course, that when you burn Camelina-based jet fuel - or corn-based ethanol or soybean-based biodiesel – you are liberating carbon dioxide, the well-known greenhouse gas. But that carbon is not ancient, like the carbon from coal or petroleum. It's part of the life cycle, if you will, of the recent history of the planet. The worry about global warming rests on our liberation of ancient carbon, the material that upsets the balance of what's in the atmosphere today.

There are many details yet to be worked out for Camelina, and much work yet to do to see if it all makes sense in economic terms on a large scale. But it looks like the major international airport at Seattle-Tacoma will shortly get part of its fuel from Camelina. That's to be welcomed, especially if it helps global warming, soil conservation and the bottom line of farmers.

Still, it remains true that we cannot yet simply grow ourselves out of our dependencies on petroleum. By that I mean that the total biofuel power in the nation is a fraction of what we get from our main fluid fuels, petroleum and natural gas.

But every step we can take toward energy independence that doesn't limit our food production is clearly great news.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @ RockDocWSU. This column is a service of the College of Sciences at Washington State University.

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Carmichael Nonprofits Help Kick Off Regional United Way Campaign



Carmichael's Sierra Forever Families helped kick off United Way California Capital Region's giving campaign.

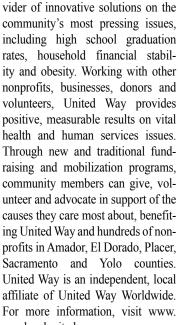
Carmichael – Hundreds of people from across the greater Sacramento area learned more about Carmichael nonprofits as part of United Way California Capital Region's 2010 Kick Off event. The annual event was held at the Sacramento Convention Center on Sept. 9 and kicked off the

campaign where employees at companies throughout the region designate a portion of their paycheck as a donation to local nonprofits.

River Oak Center for Children, Sierra Forever Families and Stanford Home for Children set up booths during the agency fair and spoke with

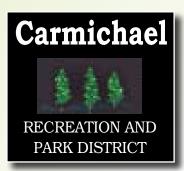
United Way California Capital Region is the region's leading provider of innovative solutions on the affiliate of United Way Worldwide. For more information, visit www. yourlocalunitedway.org.







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Historical Program on Carmichael

Interested in local history? Join us for a fascinating program on Carmichael Colony founder, Daniel Carmichael. A 'reversal of fortune' story, he came to California as a teenager, made millions, then died broke. Presenter Susan Maxwell Skinner will also illustrate vignettes from the Victorian life on the Rancho Del Paso land grant and show historical photographs providing insight into life in the early days of the area.

FREE ADMISSION for Everyone, plenty of FREE PARKING Saturday, October 16, 1 – 3 pm Carmichael Park Clubhouse 5750 Grant Ave, Carmichael For more information, call 485-5322

Halloween Carnival

Children 8 and under join us for some spooktacular fun on Halloween! Participants will enjoy "creepy" carnival games with prized, trick o' treats, and scary stories in a safe and fun environment. Ages 8 and under-\$1 per participant Sunday, October 31, 1 – 4 pm

La Sierra Community Center, Smith Hall 5325 Engle Rd, Carmichael For more information, call 483-7826



If you have any questions, please call Elizabeth Crisante at 483-7826 or email her at ecrisante@carmichaelpark.com.

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

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October 6, 2010 Carmichael Times Page 11





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Carmichael Times Page 12 October 6, 2010



Alzheimer's Aid Society OF NORTHERN CALIFORNIA

28th Annual

Alzheimer's Aid Society Caregiver's Conference Saturday, November 6, 2010 Jesuit High School, Carmichael, CA 8:AM-3:00PM

Keynote speaker: David Troxel, M.P.H., is known worldwide for his writings in the field of Alzheimer's and long-term care. Along with Virginia Bell and others, he established a statewide network of support groups and services in Kentucky for patients and caregivers.



Break-out sessions include:

- A session in Spanish with Lilia Mendoza, Founder of Alzheimer's of Mexico.
 - Legal issues
 - Hospice care
- Planning your final arrangements
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Stanford | Magnificat in C Major

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Verdi Requiem

Saturday, March 19 at 8:00 pm

Karen Slack, Soprano Julie Simson, Mezzo Bjorn Arvidsson, Tenor Clayton Brainerd, Bass

Easy to Love

Saturday, April 30 at 8:00 pm

Christi Amonson, Soprano Kristin Dauphinais, Mezzo Tevye Ditter, Tenor Ian Greenlaw, Baritone

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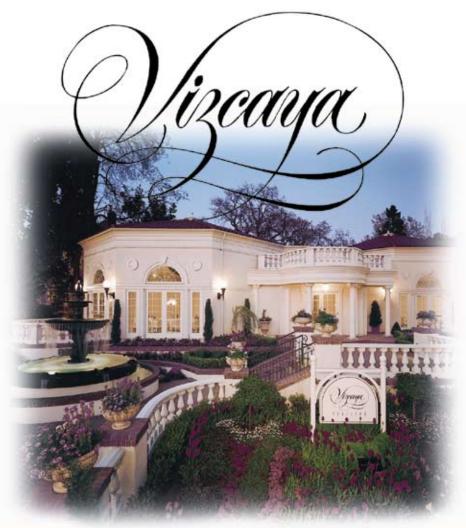
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