



Arden Playhouse **Opens with Another Energetic Farce**



Why America **Admires Small Business**

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Serving Carmichael and Sacramento County since 1981 Volume 30 Issue 37

September 15, 2010

Community to CelebrateSupervisor Susan reters Encourages New Voters to Confirm Registration Status Online **Another Founder's Day**



October 18 is Deadline to Register for November General Election

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Sacramento - County Supervisor Susan Peters is reminding all voters to take the necessary steps now to ensure they are ready to participate in the November 2, 2010 General Election.

"People who have registered for the first time should confirm that they provided all the required information and are indeed correctly registered to vote," says Peters. "If a currently registered voter has moved, he or she also needs to make sure they have updated their addresses with the local registrar to avoid problems on Election Day."

Many voters move between elections and fail to update their addresses with the local registrar which can create problems and confusion on Election Day.

The last day to register to vote for the November General Election is October 18, 2010. Registration cards are available at post offices, libraries or calling the Sacramento County Elections Office at (916) 875-6451. Citizens also can register online by visiting the Sacramento County Elections Office web site at elections. saccounty.net.

"All voters in Sacramento County can go online to confirm that they are registered at their correct address," added Peters. "That way you know your voice will be heard and your vote counted."

The web site also provides information about how to participate in the election via absentee voting or voting by mail.

Alyson Huber to Host Women's Health Conference Focus of Event is Lady Killers: Heart Disease and Stroke Awareness

Sacramento - Assemblymember worked tirelessly to educate women Alyson Huber, in partnership with about their well being. She spear-

Festive family. Record producer Craig Long and his Carmichael clan got in party mode for last year's Carmichael Founders Day. Free children's activities are a feature of the annual event. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael - Once in 101 years, a community plans a party like Carmichael's 2010 Founders Day, planned this year for September 25th. Under Carmichael Park's hoary old oaks, civic leaders, citizens and entertainers will mark a second century kickoff date. Performances by the Sacramento Symphonic Winds Concert Band and retro-style singers Sister Swing headline festivities.

The date commemorates the community's fall 1909 founding. Estate pioneer Daniel Carmichael first chose 2000 acres of the old San Juan land grant to subdivide and name after himself. By 1912, he had added a second, adjoining colony. Small agricultural holdings prospered but the area's real growth came after WW 2. Though Daniel Carmichael's original boundaries have been much extended, this 17-square-mile community remains a proudly unincorporated slice of the Sacramento County. A Founders Day event has showcased this small-town's individuality for over 50 years.

Celebrations begin with a pancake breakfast, served from 7:30am to noon. Flag presentations and an 11 a.m. concert by the Sacramento Symphonic Winds continue the Americana-rich theme. More band performances are scheduled in the afternoon. Other free entertainment includes a review by the K.M. Dance Studio, a karate show and

a display of vintage and hot rod vehicles. Crafts and gifts will be sold; politicians will press the flesh; children's inflatables will add further bounce to this family day. Food vendors guarantee no one starves. Free, family-style fun and entertainment continues until the sun sets.

Carmichael and Mission Oaks Parks and Recreation Districts and the Carmichael Chamber of Commerce sponsor the day. Vending opportunities remain. Information, call (916) 485-5322 or 481-1002.

Hadassah Sacramento, invites residents in the Sacramento region to attend a Women's Health Conference on September 16th in Rancho Cordova.

The conference will provide information on preventing and treating heart disease and stroke. The keynote speaker will be Dr. Amparo Villablanca, director of the Women's Cardiovascular Medicine Program at U.C. Davis. Other presenters will discuss their survival stories, offer heart-healthy tips, and lead two short and easy yoga sessions. Exhibitors on hand to provide information include health and community organizations and insurance providers.

The Healthy Women Healthy Lives conference is named after Sima Spector, a local health advocate who

headed and directed the Conference under the auspices of the Hadassah organization. She was killed by a drunk driver in 2006.

Sima Spector Women's Health Conference

Lady Killers: Heart Disease and Stroke Awareness Thursday, September 16, 2010 Doors open at 4:30 p.m. Conference Program 5:30 p.m. - 8 p.m. Rancho Cordova City Hall 2729 Prospect Park Drive, Rancho Cordova

There is no charge to attend and dinner is provided.

For more information or to RSVP visit www.asm.ca.gov/huber or call (916) 464-1910.

Californians More Concerned about Job Woes than State's Financial Crisis

*According to data released September 1st, 2010, in the 2nd Annual California Labor Day Survey conducted by Harris/ Decima on behalf of Everest College.

A recent survey found that 41%of respondents believe the job environment is California's top economic issue, followed by the state's financial crisis (29%). The result was in sharp contrast and a complete reversal to 2009, when the top concern was the financial crisis (43%), followed by the employment picture (27%).

With the state's unemployment rate at 12.3% in July, the study found that more Californians in 2010 have considered various options to deal with the sluggish job market when compared with 2009. Specifically, 37% of employed Californians have considered returning to school to enhance their career compared with 28% in

2009, and 36% have contemplated a new career to make more money versus 28% the previous year.

"The state's unemployment rate is the third highest in the nation and easily the most important economic issue for Californians right now," said John Andrews, regional vice president of operations at Everest College. "However, as the study indicates, Californians continue to be proactive in the face of job uncertainty, with many considering skills training or other educational avenues to improve their employment opportunities."

More Work, Less Job Security

The survey found that 53% of Californians are experiencing heavier workloads and 50% have less job security than they did two years ago. Among those Californians who are employed by an employer, one in four think they will be laid off in the next 12 months and more than a third

(36%) expect to lose some or all benefits during the same time period.

A striking finding of the survey indicated that more Southern Californians than Northern Californians indicated they are working harder (63% vs. 43%), have longer hours (58% vs. 38%) and expect to lose some or all benefits (43% vs. 29%).

Meanwhile, one-quarter (27%) of the state's employed residents said they worked during Labor Day weekend, with 18% working eight hours or more.

Californians with an annual household income of less than \$60,000 are feeling the most heat, with this income bracket representing the greatest percentage of workers (22%) who logged at least eight hours or more during the holiday weekend.

On-The-Job Stress Levels Rise

Even though a majority of

workers (65%) are satisfied with their jobs, the survey found that there is plenty of work-related anxiety and hardship to go around.

Half of all workers (52%) agree that their level of on-the-job stress has increased in the last two years, with Southern Californians again citing more angst at work by a margin of 57% to 46% over Northern Californians.

If they lost their job, 43% of employed Californians said they would consider leaving California to search for a new job. Men (49%) and those aged 18-49 (48%) are the most likely groups to leave the state in search of a new job.

Hope in Education

While conducting a job search, one-quarter of Californians (27%) said furthering their education would make them more attractive to prospective employers.

"To put it mildly, the job market is tough right now and the competition is fierce," Andrews said. "I think the grip of this recession and jobless recovery has had a major impact on Californians, and many are considering this a perfect time to return to school and pursue careers in high-growth occupational areas that will meet the state's skill shortages, offer work/ life balance, and provide personal and financial rewards."

By the Numbers: California Labor Day Survey Fast Facts

• Including commute time, 41% of employed Californians work more than 10 hours per day

• 39% said they have less time for family and friends due to longer working hours, consistent with 35% in 2009

• Respondents with less than a high school education are more concerned about their employment future compared to those with vocational or technical college, as 57% said they have less job security than two years ago (vs. 37%)

• Three-quarters of Californians (76%) agreed that employers need to make work/life balance more of a priority. Women are significantly more likely than men to agree with this (82% vs. 71%)

*This data was gathered by Harris/Decima through telephone interviews between July 15th and July 24th, 2010. A total of 600 Californians were surveyed – 470 employed and 130 unemployed. The corresponding margin of error for employed Californians is $\pm 4.5\%$, 19 times out of 20, and unemployed Californians is ±8.6%, 19 times out of 20.

Everest College provides careeroriented diploma and degree programs in healthcare, criminal justice, skilled trades, business, paralegal, and information technology. For more information, visit www. everest.edu.

First 5 Sacramento Children's Celebration Brings Fairytale Town to Life



Children under five can receive a free dental screening and learn about the importance of teeth and what the dentist does. Photo provided by First Five Sacramento.

Sacramento-Three-year-old Jenny has listened to her mom read her books and nursery rhymes since she was a baby, including favorites like The Three Little Pigs, The Little Engine that Could, and Jack and the Beanstalk. These stories and more will come to life on Saturday, Oct. 9 as Jenny joins more than 6,000 Sacramento County families at Fairytale Town for the First 5 Sacramento Annual Children's Celebration.

"First 5 Sacramento supports programs and services to help meet the diverse needs of local families," Roger Dickinson, Chair of First 5 Sacramento and the Sacramento County Board of Supervisors. "Our Children's Celebration brings the

community together to learn about these valuable resources in a fun environment for the entire family."

Funded by First 5 Sacramento, this FREE family event from 10 a.m. to 4 p.m. will be filled with fun, resources, food, entertainment, activities, exhibits, raffles and much more. While local children ages zero to five engage in learning activities, meet larger than life mascots, watch puppet shows, pet zoo animals and color on a giant kid's coloring wall, parents and caregivers will gain valuable information about countywide programs and services from more than 60 community organizations, including First 5 California Hands-On Health Express mobile van, Library Wonder Wagon and the Smile Keepers Dental Van. The annual Conga Line starts at noon and this year features The Cat in the Hat.

A limited number of free Regional Transit (RT) bus passes and light rail passes are available to Fairytale Town from anywhere in Sacramento County and can be obtained through First 5 Sacramento and their grantees.

Fairytale Town is located at William Land Park on the corner of Sutterville Road and Land Park Drive in Sacramento. For more information on the free day of family fun and available resources to help parents raise children "happily, ever after," contact First 5 Sacramento at (916) 876-5865 or online at www.First5Sacramento. net.

Military Retiree Bus Trip to the Silver Legacy Casino in Reno

The Military Retiree Office is once again sponsoring a bus trip to the Silver Legacy on 24th September 2010. Cost per person continues to be \$30. In return, each person will receive \$10 in cash and a free buffet worth \$10. We will no longer be able to receive the \$5 food credit voucher. We will board the bus at 0830

hrs and depart promptly at 0900 hrs from the old Museum parking lot across from the VA Clinic. Sign up must be done in person at the Retiree Activities Office in the VA Clinic. Phone calls to sign up will not work. If you have any questions, contact our volunteer staff at 916-561-7476, Mon thru Thurs, 0900

to 1500. Coffee and pastries will be available on the way up, along with 3 games of Bingo. On the way back, you are on your own.

Priority for this trip defers to Military Retirees/Spouses/and widows of military retirees. If space is available, we will open up the seating to any interested personnel.

Arden Playhouse Opens its Second Season with a Comedy Premiere

Trust Me is another energetic farce, by local playwright Michael Messmer, opening September 24th.



Everyone wants something from someone else in the Arden Playhouse production of Trust Me as Harlan (Joshua Sellers, far left) tries to escape from Samantha (Jody Wills) as Charlene (Elysse Fountain) tries to get her under control and Jennifer (Julia Meese) tries to find the real Charlene while Robert (Andy Anthony) tries to prevent her from finding out what is going on.

Siblings, Robert and Charlene have to delay the termination of their trust allowance while they put together a plan to take over their deceased uncle's company. In order to confuse the lawyer sent to have them sign off on the trust, they switch genders and roles. Unfortunately, the backer for their takeover plan arrives first and they think this person is the lawyer. When the real lawyer arrives, the siblings are already up to their eyeballs in deception but now they have to create new cousins to explain why there seems to be two sets of relatives. Complications ensue when Charlene is attracted to the backer and Robert is attracted to the lawyer. Add lemonade that's been accidentally laced with pain-killer, a need to check a birthmark located on someone's derriere, a house keeper who is at her wit's end trying to keep up with



Lawyers Harlan (Joshua Sellers, left) and Jennifer (Julia Meese) get into a tug of war and a legal argument over who gets possession of clothing in the Arden Playhouse production of Trust Me. Photos courtesy of Michael Messmer - Arden Playhouse

ESKATON VILLAGE CARMICHAEL MEMORY LODGE



Trust Me has its Arden Playhouse

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Me, or to find out about our group

discounts, call the theater office at 332-

2582, email admin@ardenplayhouse.

com, arden@ardenplayhouse.com, or

check the website ardenplayhouse.com.

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Carmichael Times

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This is a public service to all 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 widowers are invited

Every Sunday from 3:00 pm-5:00 pm

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

Realizing how difficult it is to 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.

"The dawn of a new day."

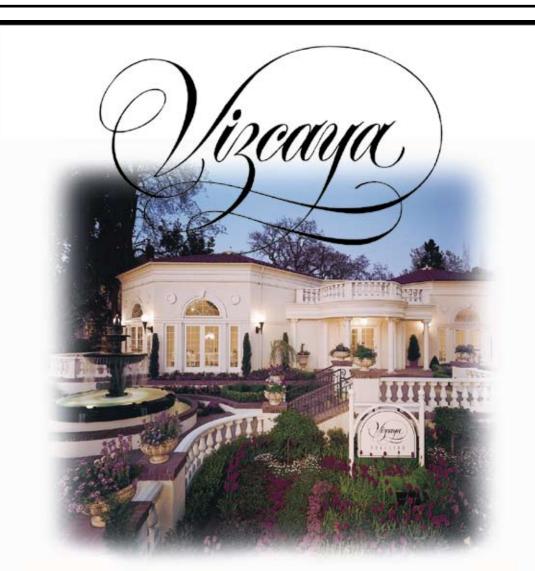
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Call, click or schedule a visit to learn more: Eskaton Village Carmichael Memory Lodge 3827 Walnut Avenue, Carmichael, CA 95608 916-974-2000 | www.eskaton.org

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Garrison Keillor Plans Rare Sacramento Appearance



Sacramento Region – Fahn & Company proudly presents "An Evening With Garrison Keillor" on Thursday, September 23rd at the Sacramento Community Center Theater. Reserved seats for this intimate engagement are on sale now.

This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to his credit. But Keillor may be best known for his enormously popular and award

winning radio show, now in its 36th season, "A Prairie Home Companion", heard every week by millions of fans worldwide.

Don't miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Thursday, September 23, 2010 at 8:00 pm. All seats are reserved and are on sale now at the Sacramento Convention Center Box Office, 1301 L Street, online at www.tickets.com or charge by phone at (916) 808-5181 or (800) 225-2277.

Garrison Keillor

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Beverly's Annual Nifty 50's Classic Car Show



In last year's event, Jan Strickland shows off one of the many fine classic cars in attendance, a 1947 Ford Coupe, owned by Ron Bella-Via of Roseville. The classic car owners helped to hundreds of toys for local families. Photo by Paul V. Scholl.

Carmichael – Beverly's Annual Nifty 50's Classic Car Show will be held Saturday, September 25th. The event will be from 9:00 a.m. to 3:00 p.m. It will be in the mall parking lot in front of Beverly's at Marconi Avenue & Fair Oaks Blvd. in Carmichael. Admission to this year's event is a new unwrapped toy or toys for their very important annual Holiday Angel Project.

& roll music by local band Todd Morgan and the Emblems. It will also include raffles, prize drawings and a great number impressive and beautiful classic cars from car owners throughout the area. For more information about the event you can call (916) 402-7202 or email to toprcdrvr1@aol.com.

areas more treasured and needed programs. It takes care of over 1,500

The Angel Project is one of the

children each holiday season by providing new blankets, stockings filled with gifts and candies, gloves, socks, once-loved stuffed animals, and always age-appropriate toys for children who otherwise would go without

Come by and enjoy the event, the music, the cool cars and give a gift or two from your heart to a child whom you know will be filled with joy this coming Christmas season.

The event will feature live rock

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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!**





Marlys Norris, Christian author

by Marlys Norris

How does God really view a person who is not sure about what they believe? They erroneously believe they can just pick and choose areas of God's Word that they want to believe. Their life is lived as though they were a yoyo going up and down, up and down -- never really landing anywhere or with any consistency to their life. They are the one who holds the string to their life and they question why it is so unstable and why they are unable to accomplish anything to

Yo Yo Christianity Up and Down, Up and Down!

make life worth living.

God created the Ten Commandments as a guideline for our lives and never once did He tell us that we could eliminate one of the commandments to fit our own lifestyle and choices. We are to live by every single one of those laws and if we break one, we are to go before Him and confess our sin against Him. The laws of God are designed to help us live our lives and to find His favor and be blessed by Him. One must accept "all" (every word) of the Bible. We are not privy to pick and choose which scriptures we like or don't like! One day we will stand before God and every one of us will be accountable.

Of course there are scriptures that from time to time we don't understand or possibly we might even disagree

with, because of lack of our understanding and knowledge. When one runs into one of these problems they need seek pastoral counsel or be in a Bible study to learn. If one is blessed with the gift of teaching they know how to explore and look up historical facts that add to our understanding as students. Growth is a process, believe me, it takes years and one still does not know it all. That's what is so exciting about living the Christian life. No matter how old we get, there is always something more to learn.

Marlys Johnsen Norris, Author Marlys5934@sbc global.net "Intimacy Begins Going God's Way"

"God Moves Mountains, It was a Miracle'

Visit Lambtown USA for Sheer Enjoyment

Dixon - You got garlic from Gilroy. You ate asparagus in Stockton. Isn't it time to add a little meat to the plate? Mark your calendars for The Lamb Festival in Dixon, CA on October 2 and you'll get just that, a revamped community event, the town uniting to celebrate the industry that makes Dixon known as "Lambtown, USA."

"As the local lamb processor, Superior Farms is taking an active role in revitalizing this event and putting Dixon on the festival circuit," said president Ed Jenks. "We want to have people here eating lamb, learning how to cook it, learning how the wool is used, learning how our animals are raised, and having a lot of

Along with bringing back delicious lamb plates, there will be crafters, wool vendors, art, local celebrity chefs doing demonstrations and sheep dog trials. The festival organizers anticipate doubling the number vendors this year over last year. Berryessa Gap Vinevards will feature all local wine along with special festival margaritas.

Activities for kids and families include: rock climbing; bounce houses; mini-cars; miniature trains rides; petting zoo; pony rides; a bungee swing; and lots of other games.

Entries are currently being taken for the lamb cook-off, which has a

top prize of \$500, and the national lamb eating contest will be here again for a \$300 prize. Other competitions include the Sheep-to-Shawl event and Sheep Dog Trials.

"We are planning so many different activities throughout the day, there will be something for everyone," said Dave Scholl, president of the Lamb Festival Board of Directors. "We always have great-classes and spinning, and now there will be wine tasting, rock climbing, plus eating local lamb for lunch and dinner!"

There will be two stages for entertainment throughout the day. For more information visit www.lambtown.com or call 707-678-8917.

Carmichael Library Hosts Monthly Banned Book Club Meetings

Carmichael – Carmichael Library will present its Banned Book Club monthly discussions at 5605 Marconi Avenue, Carmichael. The meetings are open to all adults who wish to talk about such books which have been banned, why, and the merits or demerits of the books.

Participants may bring a snack and

the following Banned Book Club meetings, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

September 26, Sunday, 10 a.m.: Adventures of Huckleberry Finn, by Mark Twain

October 24, Sunday, 10 a.m.: Harry Falling on Cedars, by David Guterson.

their opinions to share. For details on Potter and the Sorcerer's Stone, by J K Rowling.

November 28, Sunday, 10 a.m.: Lady Chatterley's Lover, by D.H. Lawrence

December 19, Sunday, 10 a.m.: A Separate Peace, by John Knowles.

January 23, Sunday, 10 a.m.: Snow

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happening in "The American,"

which heavily favors character development over action or plot. It

is essentially an intellectual exer-

cise focused on the psychology of a lonely assassin teetering at the end

of his rope. The film's European flavor is also likely to be a turn-off

for many, and certainly the slow-

moving pace may be a major annoy-

ance. Furthermore, Clooney's Jack

is not a likeable character, and yet

his personality slowly improves dur-

ing the course of the story, which

oddly enough may be the result of

his soul-bearing interaction with the

priest and his emerging, improbable

romance with the call girl. "The

American" also benefits from the

pleasant atmosphere of the Italian

village, where the twisting cobble-

stone streets seem to be an analogy

for the meandering plot. The film

would have been truly depressing

if the story took place entirely in

the bleak, cold dreariness of snow-

The first season of the female-

driven drama "The Good Wife" is

being released on DVD, which will

include some commentaries and

deleted scenes. Starring Julianna

Margulies, "The Good Wife" is

about a politician's wife who pur-

sues her own career as a defense

attorney after her husband (Chris

Noth) is sent to jail on charges of

political corruption. When this

series first started, it was topical

because Eliot Spitzer, the governor

of New York, was forced to resign

after a sex scandal, while his wife

stood by him in press conferences.

Then there was the case of the South

Carolina governor who shamed his

wife while disappearing to Brazil

to pursue his mistress. While "The

Good Wife" goes on to its second

season, we probably won't have to

wait long for another officeholder to

disgrace his family and the position

he holds. Meanwhile, art imitates

life in the case of Margulies' Alicia

Florrick having to deal with her

career but also keeping her family

together by providing a stable home

for her two children.

covered rural Sweden.

DVD RELEASE UPDATE



By John Kabateck

It's conventional wisdom these days: Many people are frustrated, even angry, with government and other major sectors of society.

New research from the Pew Research Center confirms this thinking. In a recent survey, the group asked Americans whether they thought 13 different institutions and sectors had a positive or negative effect on the way things are going.

At the bottom of the list are large corporations (64 percent said negative), the federal government (65 percent), Congress (65 percent) and banks and financial institutions (69 percent negative).

So who's on top? Small businesses.

Seventy-one percent of Americans say small businesses have a positive effect on the way things are going in this country. And when you look at the total picture of what small businesses do every day, it's easy to understand why Americans feel the way they do.

Of course, small business owners

Why America Admires Small Business

start and build businesses, creating community.

that supports the media outlet where

But small business owners are

also frequently the lifeblood of the

communities in which they live and

Consider these facts from National

Ninety-one percent of small busi-

ness owners contribute to their com-

munity through volunteering, in-kind

contributions, and/or direct cash

The estimated average value of

contributions is \$6,600 per small

employer, for a total of roughly \$40

Seventy-four percent volunteer the

equivalent of 18 working days per

year for community and charitable

Those contributions of time and

money support a wide variety of

groups, including schools, civic orga-

nizations, community groups such as

Lions and Rotary clubs, youth sports

and athletic teams, and many other

organizations that help to make up a

Federation of Independent Business'

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most of this country's new jobs along the way, providing employment for millions of workers. And they support other businesses from which they buy goods and services, including, for example, the advertising Why do they do it? The most important reason, they said, is "personal satisfaction and fulfillment." The least important reason was because they expected any kind of direct business benefits.

> Small business owners also said that creating a better business climate and making the community a better place to live were important reasons to contribute.

So here's the Pew survey's real message to government, policymakers and others: If you want to turn around the public's negative view of you, you'd do best to promote the policies and practices that support small businesses. We'll be a better country for it.

NFIB is the nation's leading small business association, with offices in Washington, D.C. and all 50 state capitals. NFIB's powerful network of grassroots activists send their views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America's free enterprise system. NFIB's mission is to promote and protect the right of our members to own, operate and grow their businesses. More information about NFIB is available online at www. NFIB.com/newsroom.



A Film Review by Tim Riley THE AMERICAN (Rated R)

Marketing campaigns for movies are sometimes deceptive or imprecise. For example, on occasion the only funny material of a supposed comedy is found in the trailer. "The American" is anything but humorous, but the advertising campaign would lead any rational person to believe that this spy thriller is actionpacked in the same vein as any of the Jason Bourne films. Well, that's definitely not the case, even though the charismatic George Clooney could capably convince an audience of his ability to keep pace with the action heroics of a Matt Damon. "The American," filmed abroad with a European cast, is a European art house film with existential sensibilities rather than visceral action thrills. Let this be a forthright warning not to expect ceaseless action.

Unless you insist that a spy thriller must match the action quotient of a James Bond film, there is much to recommend the cerebral approach taken by "The American." Action is used sparingly to set the tone. The film opens in a snowy remote region of Sweden, where Clooney's Jack (or sometimes Edward) is holed up in a cabin with his lady friend of the moment. When they venture outside, Jack is ambushed by a pair of assassins and dispatches them easily. With his cover blown, Jack, working for a shadowy and undefined organization, is directed by his mysterious contact (Johan Leysen) to head to

Riley Reviews

MAKES "THE AMERICAN" INTRIGUING

the scenic Abruzzo region of Italy. A masterful assassin himself, Jack ends up in the picturesque hillside village of Castel del Monte, where he hopes to remain low-key.

The key to survival is to stay out of sight, but soon Jack has a new assignment, which involves constructing a high-powered special weapon at the request of the equally secretive Mathilde (Thekla Reuten), who insists on very detailed specifications. Though he is supposed to keep a low profile, Jack is drawn out of his protective shell by the local priest and a call girl. Using the cover of a professional photographer, Jack is engaged in conversations by the kindly Father Benedetto (Paolo Bonacelli) who runs the local church and serves as the town's confessor. With his checkered past, Jack needs salvation and his talks with the priest gradually touch upon life and death issues.

As for the romantic side of his reclusive life, Jack soon finds more than one-night stand involvement with local prostitute Clara (Violante Placido). This will be a nice change of pace for the brooding assassin on the edge, who spends much of his time with lonely walks on cobblestone streets and visits to the local café for an espresso. The dull life is interrupted by the arrival of a Scandinavian killer bent on revenge, so at least the passive tranquility is replaced with a decent action sequence. Meanwhile, Jack becomes more involved with Clara, a real beauty who easily disrobes to show her incredible figure. The relationship evolves from the monetary to something more romantic when Jack takes her on a picnic to his special place in the woods.

Truthfully, there's not much



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Stress reduction workshops presented at Carmichael and Fair Oaks libraries

Stress is at an all-time high in our society today. Worries about employment, money, family, and health abound. Stress can take a toll both mentally and physically.

Catherine Daniels-Landeros, a licensed marriage and family therapist, will discuss effective ways to handle the stresses of life in order to experience your life in a positive and meaningful way at two free workshops:

6:30 p.m., Tuesday, September 21, at Carmichael Library, 5605 Marconi Avenue, Carmichael

6:30 p.m., Wednesday, September 22, at Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks

For more information, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

Basic vegetable gardening tips offered at Arden-Dimick and Fair Oaks libraries

Urban gardener James Bridges offers a free, introductory gardening class designed to promote backyard gardens in residential areas at two Sacramento Public Library locations:

2 p.m., Saturday, September 11: Arden-Dimick Library, 891 Watt Avenue, Sacramento

1 p.m., Saturday, September 18: Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks

Bridges will discuss how to determine the garden site, preparation of the soil, tools needed, watering and fertilizing. He will offer a general overview on biodynamic square foot gardening techniques and answer questions.

Bridges' passion for gardening leads him on a continual study of gardening and growing techniques. He enjoys teaching others how to use their own backyards as a food source and how maximize their space to grow the best produce possible.

For more information, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

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:

October 5: The Spartacus War, by Barry S. Strauss November 2: The Skystone, by Jack Whyte December 7: The Bridges at Toko-ri, by James Michener January 4: The Things They Carried, 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

Free SAT practice test offered for college-bound students at Carmichael Library

May 3:

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, Carmichael.

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.

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The programs are sponsored by Kaplan Test Prep and Admissions.

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Prayers &

Novenas NOVENA Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen. GOD WANTED ME TO TO TELL YOU, It shall be well with you this coming year. No matter how much your enemies try this year, they will not succeed. You have been destined to make it and you shall surely achieve all your goals this year For all of 2010, all your agonies will be diverted and victory and prosperity will be incoming in abundance. Today God has confirmed the end of your sufferings, sorrows and pain because He that sits on the throne has remembered you. He has taken away the hardships and given you JOY. He will never let you down. I knocked at heaven's door this morning. God asked me, "My child! What can I do for you?" And I said, "Father, please protect and bless the person reading this message. This is a Novena from Mother Theresa that started in 1952. (MPG)

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Dave Says

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really think they're going to post it on

a hand-made sign next to the road?

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involve a little more than poster board

and a stick if there's really \$20,000 a

It sounds to me like they're try-

ing to sell a questionable real estate

seminar. A lot of these things are

marketed as "real estate boot camps."

The premise is that over the course

of a weekend they'll teach you to

buy and sell foreclosure properties.

Some of them charge anywhere from

\$3,000 to \$8,000, with the promise

that if you follow the "guru" and his

advice, then the "guru" will help you

by buying the house *with* you. They'll

furnish the capital! Of course, seldom

if ever do they even buy any houses,

and if they do it's the best possible

deal that you might not want to share,

Anything that sounds too good to

be true *is* too good to be true. It's not

any harder than that. Beverly Sills

had it right when she said, "There

are no shortcuts to anyplace worth

going." Becoming wealthy isn't easy.

It takes lots of hard work, sacrifice

and the willingness to live on less

Even the Bible talks about this kind

of thing. Proverbs 28:20 says, "A

faithful man will abound with bless-

ings, but he who hastens to be rich

will not go unpunished." Remember

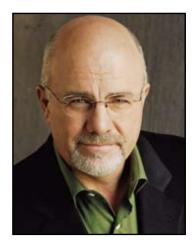
anyway.

than you make.

that, Jerry!

- Dave

month involved. Give me a break!



Dave Ramsey is a personal money 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.

Bogus Real Estate Offers

Dear Dave.

I've been seeing a lot of handmade signs along the road here in Dallas lately. They say "Seeking real estate investor apprentice -\$20,000 a month." It also has a phone number listed. Do you know what this is about? It sounds too good to be true. - Jerry

Dear Jerry,

Of course it's too good to be true! If someone's offering a legitimate



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Time to Grow Up!

Dear Dave,

My husband and I have been married for about a year, and in that time we've been blessed with several financial gifts from our parents. We keep having this recurring discussion on how to use the money when it's given to us. I came into the marriage with some debt we're trying to pay off, but he feels like we should use this gift money like found money and have some fun. What do you think? - Katie

Dear Katie,

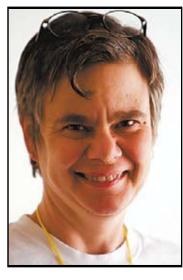
Unless the giver has very specific thoughts on how they'd like you to use the money, then it's really up to you guys. If the giver wanted you to use it for something specific, though, they probably should have said so or just bought you the item in the first place.

Other than that, I think it's time someone grew up a little bit and realized it's not a birthday party when this kind of thing happens. It's simply money that has come into your household - like a paycheck you'd get on the job, in other words. You don't go out and blow \$100 or whatever on toys or other fun just because it was handed to you by mom and dad. That's how a 10-year-old behaves.

If there's something you need, and you agree on it together and choose to buy it as a couple, that's cool. I've got no problem with that. But you guys are just starting out, and you've got debts to pay. I'm sure he's a good guy, but it's time for him to start acting like an adult about this stuff and work with you on getting your financial lives in order!

- Dave

For more financial help please visit daveramsey.com.



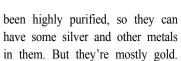
ROCK DOC

By Dr. E. Kirsten Peters

With the price of gold over \$1,000 per troy ounce, people have asked me if they should sell Great Aunt Edna's rings and bracelets. Is the price of gold going to go up more based on fears of economic troubles? Will governments around the world take actions that change the price a lot, one way or another? And what's the value we should put on loyalty to Great Aunt Edna's memory?

A geologist cannot usefully advise you about economic policy made at the international level or about balancing Edna's memory versus being able to pay the rent. But the high price of gold has led me to some rumination about the world's first, extraordinarily precious metal.

Not all that glitters is gold, to be sure, but when I once had the chance to personally heft a gold bar (no easy feat for a lightweight), I surely admitted that gold has a strong allure. I was visiting a geologist at Round Mountain, Nevada, where the gold comes out of an open-pit mine and is processed on-site. The final step of the work creates the gold bars, which are called "dore." That term means they have not yet



It's tough to think clearly about gold when you're in the presence of a lot of it, like it's tough to be completely unemotional in the presence of the Hope Diamond. But here, in the safety of print and away from stacks of gold bars, let me lay out a bit of what I know about gold.

People likely learned to mine gold long ago where it occurred in the richest stream and beach deposits. If gold grade is high enough, you can literally simply look down at your feet as you walk along a sandy beach and pick out small nuggets and grains of gold. When gold grade drops below that, individual prospectors can either pan for gold or send their sandy diggings down sluices to process it. Both approaches help separate dense gold particles from the lighter sand around it.

But gold is found in quite different geologic settings, too. It's often in veins of quartz in other rocks. (In the ancient world. Mother Nature was thought to be in some sense alive, so it wasn't surprising the Earth would have "veins," just as you have veins in your arms. Odd, from a modern perspective, but true, and preserved in our language down through the millennia.)

Geological veins are made by fluids, circulating in the Earth and depositing minerals that get left behind. I spent several years in graduate school studying how much gold will dissolve in fluids in the Earth. (Odd, also, but true, wasting my youth in such a way.)

One impressive thing about gold in your daily life is that it doesn't dissolve at all. The ring on your finger won't dissolve if you throw it in the boiling pot of pasta water. The gold on your crowned tooth doesn't dissolve despite years (or for some of us, decades) of being immersed in spit, hot coffee and all the rest.

So the question for my studies as a student, essentially, was what conditions and chemicals in the Earth made it possible for gold to dissolve into fluids and move, then drop out of solution and into the veins from which we can mine it today. The answer had to do with sulfur and oxygen and some difficult points of chemistry, with lots of calculations thrown in to add to the labor. But the main issue was that the conditions where gold dissolves are rare, indeed - just as you know from your day-to-day living.

And that brings us back to Great Aunt Edna's rings. There's no harm in taking them in and asking for a bid. But before you take the cash and walk away from the family gold, I'd recommend leaving the buy-back place and going home. One night's sleep could help you reach a decision you won't regret, one way or another. There was, after all, only one Great Aunt Edna.

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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County Animal Shelter

Supervisor Susan Peters encourages **Public Support**



Carmichael – The public can demonstrate their support for Sacramento County's state-of-theart Animal Shelter and at the same time enjoy a fun filled evening at the "Whiskers and Wine" event on Saturday, September 25. The fundraising event is being sponsored by the animal facility's nonprofit support group TEAM-Teaching Everyone Animals Matter - with corporate support from Grocery Outlet.

"This is an opportunity to have fun and help the animals," says Supervisor Susan Peters. "With the budget of the Department of Animal Care and Regulation being stretched thin by current constraints, donations are needed now more than ever to

help supplement funding for the shelter's operations."

The fun at the Animal Shelter will start a 6 p.m. and tickets cost \$25 per person at the door but can be purchased in advanced for a mere \$20. Attendees will be able to enjoy a barbeque, wine tasting, music and tours of the facility. There also will be a silent auction and live DJ.

The County's Animal Care Facility, located at 3839 Bradshaw Road, was designed by George Miers & Associates, an architectural firm that works with the Humane Society of the United States.

More information can be obtained at visiting SacAnimalShelter.org, emailing WhiskersandWine@gmail. com, or calling 875-5051.



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Limited parking, but FREE ADMISSION for Evervone. Saturday, October 9, 1 – 3 pm Capra Park 6000 Kenneth Avenue, Carmichael For more information, call 485-5322 ext 23.

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

Carmichael Recreation and Park District is announcing upcoming events

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.

Speed Friending program slated at Sacramento's Central Library, Sept. 19

Too busy to meet new people? Spending more time with good books than good friends? Adults are invited to combine the two for the best of both worlds at the free "Speed Friending" program at 2 p.m., Sunday, September 19, at the Central Library, 828 I Street, Sacramento. The no-pressure social event encourages adults to meet all types of people with a literary inclination.

Space is limited. Please register by telephoning the Sacramento Public Library at (916) 264-2920 or online at saclibrary.org.

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Chautauqua Playhouse announced the beginning of its 34th Season with the opening of the comedy ROOM SERVICE by John Murray and Allen Boretz, which started on August 13, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 19. 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, seniors, children and SARTA members.

Appearing in "Room Service" Paul Fearn and Cindi Williams

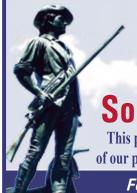
In this classic screwball comedy, an unscrupulous Broadway producer struggles to find a backer for his new show. Holed up in a Times Square hotel with 19 hungry actors and a ballooning room service bill, he tries to forestall eviction with an outlandish plan. Can their new play open on Broadway, or will they be evicted for their outrageous bill? This beloved, zany comedy about the lengths some people will go for their art is sure to have audiences laughing from beginning to end.

The show is directed by J C Moon, featuring a stellar cast including Paul Fearn, Jon Jackson, Marc Berman and many others. Set design is by Rodger Hoopman and costumes are by Brittney Sandoval.

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.

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SATURDAY, SEPTEMBER 25 10:00 AM - 12:00 PM

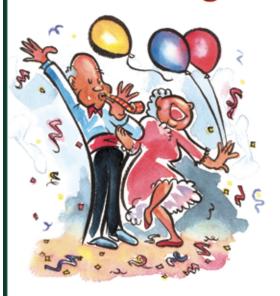
It's your chance to use O.B.E. (Other Brides' Experience) to help make your wedding flawless! Ask questions to a panel of local newlyweds and get the real scoop to save you time, money, and heartache!

> Admission is FREE, but you must pre-register on the Events page at EngagedSacramento.com

Library Hours: Tues - Fri 11 - 4, Sat 10 - 4

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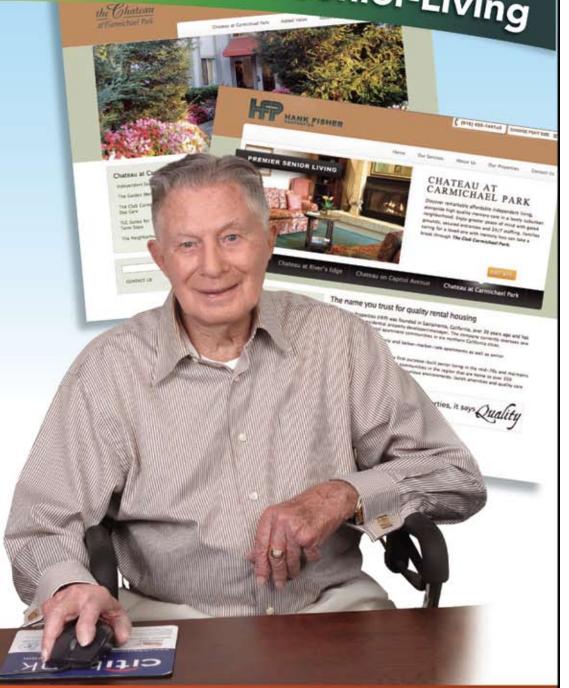
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The American Urological Association Foundation and the National Football League want you to *Know Your Stats* about prostate cancer. So all men over 40 should talk with their doctors about their PSA (prostate-specific antigen) score and get regular physical exams.

For more information, call 1-800-828-7866 or visit **www.KnowYourStats.org**.













About Prostate Cancer

American Urological Association

Attend a Free Men's Prostate Health Event at Mercy San Juan Medical Center

Free Prostate Screenings Sept. 28, 2010, 10 a.m. - 2:30 p.m. Sept. 29, 2010, 11:30 a.m. - 3 p.m. Mercy Physicians Plaza Lukens Auditorium, Suite 150 6555 Coyle Avenue, Carmichael

Space is limited. To register, please call (916) 537.5262

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No medical services are provided by the AUA Foundation or its agents or employees. Prostate cancer screening is rendered by qualified local physicians, laboratories and affiliated personnel who are not employees of the AUA Foundation, the National Football League, or Intuitive Surgical[®]. None of these entities is responsible for the testing and care rendered.