

# Carmichael Times



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Serving Carmichael and Sacramento County since 1981

August 18, 2010

## Carmichael Resident Joins United Way Board of Directors

*Sacramento Region* — Lupe Mercado of Carmichael has been elected to the board of directors for United Way California Capital Region. Mercado is president of the Communications Workers of America Local 9421.

"We are fortunate to have top leaders who care deeply about this community," said Steve Heath, president and CEO, United Way California Capital Region. "Each of our board members makes it a top priority to reach out to new people and link arms with partners so we can create lasting results in the areas of education, income and health."

Mercado began her career with Pacific Telephone in 1979 in Sacramento and has been a member of CWA local 9421 since the beginning of her career. As the company changed to SBC, and now AT&T, Mercado transferred to various departments and eventually to consumer markets where she held the title of bilingual sales and service representative serving Spanish-speaking customers. In January 2010, she retired from AT&T with 30 years of service.

Throughout her career, Mercado also was active with CWA as a union steward, chief union steward, vice president



Lupe Mercado of the United Way

and as elected executive vice president for 12 years. She has served on bargaining committees for CWA/SBC, AT&T broadband/Comcast, Gordon and Schwenkmeyer Inc, since 2001. She has been appointed to the CWA National Committee on Equity and the National Constitution Committee. She also is labor representative for the California Community Colleges and Workforce Development Program.

Mercado has volunteered

with WEAVE and Wellspring, and she has served meals to the homeless and tutored minority children in low-income neighborhoods. She lives in Sacramento with her husband of 30 years and their children Marcos, Felicitas and Sofia.

Other new board members include: Leo Hamill with Wells Fargo Bank, Terry Myrrdin in the Secretary of State's office, Vanessa Sheared with California State University Sacramento and Joyce Stone

with Amador Child Care Council. In addition, five directors were elected to new terms: John Johnson recently retired from Intel Corporation, Bob O'Hollearn of Allied/Nationwide Insurance, Richard Pan with UC Davis Children's Hospital, Kathie Sowa with Bank of America and Velma Sykes of Deon Taylor Enterprises.

United Way California Capital Region is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. Working with other nonprofits, businesses, donors and volunteers, United Way provides positive, measurable results on vital health and human services issues. Through new and traditional fundraising and mobilization programs, community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

## Huber Working To Streamline Government

*Sacramento* — The Senate fiscal committee, on a bipartisan vote, passed two far reaching governmental reform measures, authored by Assemblymember Alyson Huber. The legislation if implemented will push government to identify waste, duplication and inefficiencies in state departments and agencies.

AB 1659 and AB 2130 create a process to conduct, comprehensive and regular review of the state's many boards, commissions, agencies and departments.

"These bills provide a bipartisan, common sense approach for the Legislature to conduct oversight and review of the state's bureaucracy and its performance," said Assemblymember Alyson Huber. "If a board, commission or agency cannot demonstrate they are being effective and efficient they should automatically be eliminated. This is the kind of long term reform California needs and could save the state billions of dollars."

As far back as 1989, the Little Hoover Commission issued a report, entitled Boards and Commissions: California's Hidden Government, which found that, "California's multi-level, complex governmental structure today includes more than 400 boards, commissions, authorities, associations, councils and committees. These plural bodies operate to a large degree autonomously and outside of the normal checks and balances of representative government."



Assemblymember Alyson Huber

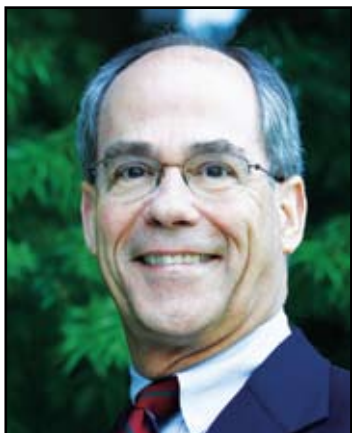
The Commission concluded that "the state's boards, commissions and similar bodies are proliferating without adequate evaluation of need, effectiveness and efficiency."

Numerous other states have a sunset review function and have realized long term savings. In Texas, for example, its Sunset Advisory Commission created in 1978 saves \$27 for each dollar spent on the Commission. Furthermore, total savings achieved by the Commission equals roughly 5% of the state's budget — in California 5% is \$4 billion.

"Since taking office I have been fighting to reform our state government and bring more accountability to how the government spends taxpayer money. These bills are a step in the right direction to achieving the change our state desperately needs," concluded Huber.

The bills are now eligible for a vote on the Senate floor. If approved by the Senate, the bills will move to the Governor's desk.

## Niello Announces Run for State Senate Seat



Assemblyman Roger Niello

special election to represent the people of the 1st Senate District," Niello said.

Niello pledged to continue Dave Cox's efforts to rebuild California's economy and enact real reforms to repair the state's broken budget. A business owner and past President of the Chamber of Commerce, Roger Niello made improving California's economic climate a top priority of his in the Assembly.

Among the measures Niello supported were targeted tax incentives to help small businesses create new California jobs in the coming two years. Niello also sought to remove excessive regulations that chase jobs to other states and countries.

Roger's record on jobs issues earned him a 100% rating from the California Chamber of Commerce in 2009.

Niello was also at the forefront of efforts to enact permanent budget reforms that would put an end to the kind of deficits now plaguing state government. Along those lines, Niello authored a measure to cap spending and fought to require a rainy day reserve fund. Together, these measures would stop the state from spending more than it takes in and force state government to save money during the good times so it can better weather economic downturns.

The primary election to fill the 1st Senate District vacancy has been consolidated with the November 2nd general election, with the top vote-getters in each major party moving on to the special general election, to be held on January 4th, 2011.

## Lungren Holds Townhall Meeting



PHOTO BY PAUL V. SCHOLL

**Congressman Dan Lungren tries to explain the overwhelming complexity of the health care bill.**

*Carmichael* — Congressman Dan Lungren spoke with a local crowd of about 300 citizens at the La Sierra Center in Carmichael on August 11th at the recent town hall meeting.

Lungren's address focused on the complexity of the Health Care Bill and how it will impact local businesses, especially the

hidden requirements soon to be placed on small business when reporting all transactions over \$600 to the IRS.

Lungren relayed a story about the IRS response as to how they anticipate managing the new law, "The IRS said they could not determine how they would handle this, that they

are waiting for the direction of Health and Human Services, who has nothing to do with filing and collecting taxes!"

The three Trillion dollar tax increase, due to take effect on January 1st, and the largest tax increase in the history of our nation, was also discussed. And serious disgust was heard throughout the crowd. Especially when they heard there is expected to be a \$1.4 Trillion deficit for this current year.

Other topics covered were what the "Czars" are costing us and how the current administration is circumventing the congressional review and approval process when making government appointees for positions that report directly to the president.

Other quotes from Congressman Lungren were "Our national defense is the #1 priority", "I think those functions that have no relationship to the Federal government should be eliminated", and "There is a greater divisiveness in Washington now than I have ever seen before."

Elections have consequences.

# Retired Sacramento Probation Officer Dies In Traffic Collision

**CHP Special Report** – On July 29, 2010 at 7:08 p.m., Floyd Coleman a 59 year old male from Sacramento was driving a green 2002 GMC Envoy on westbound I-80 east of Truxel Road at an unknown speed. For unknown reasons, Coleman abruptly turned his vehicle to the left where it struck the center median guard rail. Coleman, who was not wearing a

seatbelt, was ejected through the right front passenger side window and thrown to the ground in the center median area. As the Envoy continued out of control, it rolled halfway over where the right side slid on top of the guardrail for approximately 50 feet. The Envoy came to rest in the center median facing in an easterly direction.

Coleman was a retired Sacramento Probation Officer. It is unknown at this time if alcohol and/or drugs or a medical condition is a contributing factor in this collision. **REMEMBER TO ALWAYS BUCKLE UP AND DON'T DRINK AND DRIVE.**

# Effie Yeaw Offers Maidu Program

**Carmichael** - Join Nature Center docent Gail Philippart for a guided tour of the replica Maidu village and learn about the Maidu lifestyle on Sunday, August 22nd at 1:30 pm at the

Effie Yeaw Nature Center, inside Ancil Hoffman County Park at California Avenue and Tarshes Dr. in Carmichael. Take a walk through the Nature Preserve and learn about the plants and

animals used for food, shelter, clothing, medicine, games and art. This program is best for age 8 and older. There is no charge for the program but donations are gratefully accepted.



By Pastor Cary Duckett

The story goes that in the late 1800's at a Methodist meeting a missionary shared his belief that people would one day be able to fly from place to place. He felt that missionaries would no longer be restricted to walking, riding horseback or boats to share the story of Jesus.

Bishop Wright, after hearing this crazy idea stood and said, "Heresy!

# Doing the Impossible

Flight is reserved for angels." He then shared his belief that if God wanted men to fly he would have given them wings. After objecting to this idea of flight, Bishop Wright took his two boys, Wilbur and Orville, by the hand and left the meeting.

Several years later, on December 17, 1903, Wilbur and Orville Wright did what their father said was heresy. They made four flights that day none lasting longer than 59 seconds and in 1908 they built a plane that flew 60 miles in less than 2 hours. I do not pretend to know their motivation to build the first airplane, but their invention has been used to take missionaries to remote places, medicine to plagued areas, food to hungry masses, and soldiers to those who could not defend themselves.

A.W. Tozer said, "God is looking

for [people] through whom He can do the impossible—what a pity that we plan only the things that we can do by ourselves." Humans—we tend to dream small. The Bible says that God created us so that we might "do the good things He planned for us long ago" and that He is able to "accomplish infinitely more than we might ask or think" (Ephesians 2:10 & 3:20, NLT).

Don't settle for what's possible when God wants to do the impossible through you. Doing the impossible is attainable, but not without faith in God and what He has done for you. *You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.*

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**Carmichael's Guide to FREE Summer Concert in the Park!**

The Carmichael Recreation and Park District is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue! (In the back of the Park)

**Only Two More Concerts Left to Enjoy!**

<b>Sunday</b> 6:30-8:30pm	<b>August 22</b> 50-piece Concert Band	<b>River City Concert Band</b>
<b>Sunday</b> 6:30-8:30pm	<b>August 29</b> 50-piece Concert Band	<b>Capitol Pops Concert Band</b>

# Carmichael Times

"Written by the people and for the people"  
Serving Carmichael and Sacramento County since 1981  
**Publisher—Paul V. Scholl**

**Publisher's Statement:** It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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# Widowed Persons Association of California, Inc.

**Office Hours**  
10:00 am- 3:00 pm  
Monday through Friday  
916-972-9722

**Newcomer's Buffet & Social**  
Any and all widows or widowers may attend

**Third Monday evening at 5:30 pm**  
In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

*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.*

# FREE Travel Program

**Wednesday, September 15**  
**PackingLight Demo** by Jon Holloway 9 am  
**Extended Vacations Travel Show** at 10 am

**MISSION OAKS COMMUNITY CENTER**

<p><b>Extended Tours</b></p> <ul style="list-style-type: none"> <li><b>Colors of New England</b> October 7-14, 2010 • \$2,449 pp double</li> <li><b>Holiday at the Waldorf</b> December 6-10, 2010 • \$2,649 pp double</li> <li><b>South Pacific Wonders</b> February 14-28, 2011 • \$4,699</li> </ul> <p>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.</p>	<p><b>Luxury Motorcoach</b></p> <ul style="list-style-type: none"> <li><b>Red Hawk Casino &amp; Apple Hill</b> Tuesday, Sept 14, 2010 Includes: \$10 slot play/Slice of pie &amp; coffee</li> <li><b>Welcome to Pacific Grove</b> Sep 30-Oct 2, 2010 • \$375/person double with meals Monterey Bay Aquarium &amp; Free time in Carmel.</li> <li><b>Teatro Zinzanni</b> Sunday, October 17, 2010 • San Francisco Show/3 course gourmet brunch/\$155pp</li> </ul>
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**NEW FALL FITNESS CLASSES AND NEW INSTRUCTORS AT MISSION OAKS COMMUNITY CENTER**

<p><b>Zumba</b> Monday 7-8pm • \$20/ month Zumba is a Latin and international dance fitness program that feels more like a party than a workout. Ditch the workout and join the party! Dance your way to a fitter you! <b>Instructor: Ruth Oggins</b></p> <p><b>New Yoga Class Starts Sept 2</b> Tuesday and Thursday 8-9am • \$18/month Gentle yoga for flexibility, stress relief and core strength. <b>Instructor: Peggy Shepard</b></p>	<p><b>Functional Fitness Fun Starts Sept 6</b> Wednesday and Friday 8-9am • \$24/month Introductory offer \$12/month September only A fun motivational workout using free weights, resistance tubes and loops. Class includes exercise stressing balance, flexibility, strength and range of motion. <b>EXCELLENT BEGINNER WORKOUT!</b> <b>Instructor: Becky Foley</b></p> <p><b>Chair Yoga Starts Sept 6</b> Monday or Wednesday 11am-12noon • \$15/month Learn Yoga postures, breathing techniques, meditation and relaxation; while strengthening your body and developing self-awareness—all with the aid of a chair. <b>Instructor: Toni Eaton</b></p>
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# A Mother's Loss Brings About Chamber of Commerce Meningitis Awareness Hosts August Mixer



**Rose Kewt, RN, of Voices of Meningitis**

*Carmichael*—As parents prepare for the upcoming school year, they should be thinking about vaccinations their child should receive, including the meningitis vaccine. Meningococcal disease is a serious bacterial infection that can cause meningitis and take the life of a child in just a single day. School nurses nationwide are urging parents to help protect their

children against meningococcal meningitis by getting them vaccinated.

Local Carmichael resident Rose Kewt, RN, has joined Voices of Meningitis, a national educational campaign of the National Association of School Nurses, in an effort to help raise awareness of this devastating disease in Sacramento County. "I lost my daughter MaryJo to meningococcal disease just before her 16th birthday. I believe MaryJo would still be here today if she had been vaccinated against this disease," says Kewt.

By the age of 15, MaryJo was a well-traveled, vibrant, and intelligent girl. MaryJo celebrated life with family and friends and was off to a seemingly bright future; then catastrophe struck.

One Saturday morning, MaryJo began to feel sick — she complained of a sore throat and felt weak. Later that afternoon MaryJo developed a blotchy, purplish rash, a tell-tale sign of meningococcal disease, and

was rushed to the hospital. Despite best efforts to save her, MaryJo died within 13 hours of her first symptoms.

"This disease is so scary because early symptoms are similar to those of common viral illnesses. I'm a registered nurse and I still was unable to tell that something was terribly wrong with my daughter until it was too late," says Kewt. "I know first-hand how quickly meningitis can take a life. Other parents need to know that meningitis can happen to anyone at anytime, even to healthy preteens and teens."

Adolescents and young adults are at greater risk for contracting meningitis and are more likely to die than other age groups. The Centers for Disease Control and Prevention and other leading medical groups recommend vaccination for preteens and teens 11 through 18 years of age and college freshmen living in dormitories. Vaccination has been available for years and is a safe and effective way to help

protect against meningococcal disease.

Since MaryJo's death, Rose has made it her mission to raise awareness of meningitis. She conducts presentations at schools in northern California through her work with Meningitis Awareness Key to Prevention and Voices of Meningitis to help underscore the importance of vaccination. "I am sharing my story in the hopes of saving other families from experiencing the same tragedy my family has endured," says Kewt.

To learn more about meningococcal meningitis locally please call the Sacramento County Department of Health & Human Services, Division of Public Health at (916) 875-5881 and visit [www.VoicesOfMeningitis.org](http://www.VoicesOfMeningitis.org) to learn more about the disease, and to hear from other families who have been affected by this disease.



Linda Melody, Supervisor Susan Peters, Chris Murphy, Frank Elbert, Jim Duval and Carole Elbert were first to grab the photo opp at the recent Carmichael Chamber Mixer, held at Armor Mini Storage, 5714 Auburn Blvd in Sacramento and hosted by Attic Antiquities & More. Photo provided by Paul V. Scholl

*Carmichael* - With a '50s theme, the Carmichael Chamber mixer, hosted by Armor Mini Storage and Attic Antiquities & More, was fun for all who attended. From the networking, to the decor (complete with an armored greeter), and a full dinner, it was a great time. Guests had an opportunity to learn about both businesses, win some great raffle prizes, and hear from Supervisor Susan Peters. If you

missed all the fun, be sure to join us for next month's mixer on Wednesday, September 8 at Eskaton Village, 3939 Walnut Avenue in Carmichael.

**Chamber Elections**  
Chamber elections are coming this November. If you are interested in running for the Board or want to nominate someone, please see Linda Melody or call the Chamber office at 916-203-1681.

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

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

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**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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# Local Fire Season Heats Up

*Sacramento Region* – With an active wildfire season looming, and local disasters including house and apartment fires occurring almost every day, the American Red Cross Capital Region Chapter is asking for the community's support.

In the month of July, disaster volunteers in San Joaquin County alone responded to nine separate apartment fires providing emergency shelter, clothing, food, comfort items and emotional support for a total of 27 area residents. One particular fire displaced a woman who had just given birth the day before her apartment and all the baby's belongings were destroyed by fire.

Though home fires happen throughout the year, we are quickly approaching the peak of the wildfire season which, across much of the country, runs from June through October. During this time of year, dry and windy conditions fuel these overwhelming disasters. When a wildfire starts, the devastation spreads

quickly and blazes near residential communities lead to mass evacuations. Shelter, food and resources are needed immediately. As the Red Cross mobilizes supplies, they must also provide compassion and care to people who face losing everything. The Red Cross needs your help now to ensure they can meet the needs of these people. Red Cross Disaster Relief services are free and available thanks to the generous support of the American people.

"The Red Cross spends about \$450 million a year responding to disasters across the country – floods, wildfires, hurricanes and home fires," said Dawn Lindblom, CEO at the Capital Region Chapter. That includes the cost of the direct services to Red Cross clients – feeding, sheltering and emotional support – for the nearly 70,000 disasters the Red Cross responds to every year. It also includes the costs to maintain those things that help the Red Cross provide assistance to people in need, including warehouses, disaster

response vehicles, volunteers, call centers, computer systems and paid staff ready to respond year-round. "If we didn't maintain these resources 24-7, we couldn't get help to people in a timely fashion. We're asking people to click, text or call to support Red Cross disaster relief," Lindblom shared.

People who want to make a contribution to disaster response can visit [www.redcross.org](http://www.redcross.org), call 1-800-REDCROSS to support American Red Cross Disaster Response or text REDCROSS to 90999 to make a ten dollar donation.

You can help people affected by disasters like floods, fires, tornadoes and hurricanes, as well as countless crises at home and around the world, by making a donation to support American Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for and provide shelter, food, emotional support and other assistance in response to disasters. Visit [www.redcross.org](http://www.redcross.org) or call 1-800-REDCROSS.

# Congressional House Passes International Megan's Law

*Sacramento* – After leading the fight to bring child predators to Justice in California and across the country, Congressman Dan Lungren's (R-Gold River) wish to have Megan's law reach international predators came true. International Megan's Law – H.R. 5138 – was passed recently by Congress. Lungren gave the following statement:

"While serving as the Attorney General of California, I worked to ensure passage of Megan's Law, which helps parents in California protect their children from sexual predators. Because of the effective enforcement of laws like the California Megan's Law, sex

offenders are increasingly preying on young victims overseas – out of the reach of local and state law enforcement agents.

"Certain cities have become prime destinations for child sex tourists. They are global hubs of human sex trafficking where young children are bought, sold and abused in a manner that defies all human decency.

"I recently had the opportunity to meet with a young man in my District who is working with a team in Sway (pron. SWHY) Pak, Cambodia to combat human trafficking. He told me the children who are trafficked in and out of Sway Pak are between three and

nine years old. "The city is a haven for habitual sex offenders who are already on Megan's Law registries in the U.S. and looking for new venues in which to perpetrate crimes on children. The bill we passed Tuesday, H.R. 5138, will bring us one step closer to stopping these predators before they do unspeakable, irreparable damage to children."

*Congressman Dan Lungren serves as Ranking Member on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees*

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Image watercolor by Phyllis Eymann

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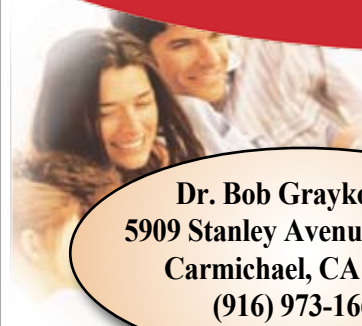
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## Green Line Community Review August 25 through August 28

The Sacramento Regional Transit District (RT) invites you to participate in the Green Line Community Review, an interactive and collaborative community planning workshop for the future Green Line to the Airport light rail extension.

The purpose of the community review process is to create a shared vision and further define a cost-effective light rail project that integrates within the neighborhoods and surrounding communities that the Green Line will serve. Participants will have several opportunities to provide input and review recommendations.

Wednesday, August 25, 2010	Thursday, August 26, 2010	Friday, August 27, 2010	Saturday, August 28, 2010
<b>Open Studio</b> View and discuss Green Line project work. Community members are welcome anytime between 10 a.m. to 3 p.m.  <b>Community Review Kick-Off</b> Overview and presentation of Green Line project 7 p.m. to 8:30 p.m.	<b>Open Studio</b> View and discuss Green Line project work. Community members are welcome anytime between 10 a.m. to 3 p.m.  <b>Workshop</b> Discuss Green Line project refinements 6 p.m. to 9 p.m.	<b>Open Studio</b> View and discuss Green Line project work. Community members are welcome anytime between 10 a.m. to 3 p.m.	<b>Open House</b> Review Green Line draft plans. Presentation of draft plans at 1 p.m. Noon to 3 p.m.

The Green Line Community Review will be held at the Natomas Crossing Business Center located at 4190 Truxel Road, Suite 102 (southeast corner of Truxel Road and Arena Boulevard). Enter the parking lot from Arena Boulevard. Served by Routes 11, 13 and 14.

For more information, visit [www.sactrt.com](http://www.sactrt.com).



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# Veterans Employment Assistance

**Sacramento Region** - The Sacramento Veterans Resource Center provides transitional housing, employment services, vocational rehabilitation, and behavioral health treatment services. The center has a fully accessible, state of the art resource room equipped with computers, internet, printers, fax machine, phone usage, and job postings for attainment of employment. Additional services include resume and interview preparation.

The target population of the Veterans Employment Assistance

Program (VEAP) grant is recently returned unemployed veterans returning from the conflicts in Iraq and Afghanistan. The needs of veterans include extensive career assessment testing, vocational training, including specific training to align skills learned in the military with competitive industry standards, job search assistance targeting translating military skills into civilian language and targeting specific employers and sectors for job search for job search, and wellness assistance to reduce isolation, improve success

in non-military employment and deal with any post-traumatic stress and/or health issues.

For immediate assistance, please call the SVRC at 916-393-8387. The Sacramento Resource Center is a 501c (3) non-profit organization dedicated to serving veterans within the local community.

Contact the Sacramento Veterans Resource Center at 7270 East Southgate Drive, Sacramento 95823 from 8 AM - 4 PM Monday - Thursday and 8 AM - 11:30 AM Fridays.

# Fair Oaks Golf Tourney Prize \$5,000

by Kammy Burlison, Chairperson

**Fair Oaks** - If you're even a casual golfer, be sure to sign up today for the 19th annual Fair Oaks Chamber Golf Tournament! The fun event will be held Friday, August 20 and feature a four person scramble, a shotgun start at 8 a.m. and be held at the

popular Mather Golf Course. The tournament concludes around 12:30 p.m. for a tri-tip lunch and awards ceremony.

Additional highlights include a large raffle and a Hole-In-One contest for \$5000! Player pricing is at \$105 for members with Foursomes starting at just \$350. Entry fees cover green fees, cart,

lunch, games, tee prizes, and more! You could win \$5000 in the Ships and Trips Hole-in-One Challenge!

A portion of the proceeds for the tournament goes towards the Mac Huss Memorial Scholarship, which is given to college-bound local high school golfers each year in memory of Mac Huss. Mac Huss was an avid golfer, president of the Fair Oaks Chamber of Commerce in 1979 and president of Fair Oaks Rotary in 1983.

For more information you can visit <http://www.fairoakschamber.com> and click on the link for the Fair Oaks Golf Tournament to download the registration form or pay online by credit card. If you have any questions, or want to be sponsor, please call the tournament Chair, Kammy Burlison at 916-436-1638 or the Fair Oaks Chamber at 916-967-2903.

## Gardening for the Health of It

This class will meet at Sunrise Tech Center, 7322 Sunrise Blvd., Citrus Heights, 95610, on Wednesday, September 1, from 9:00 am to 12:15 pm. This nine week class sponsored by San Juan School District covers the gardening basics of soil, compost, seed, tools, and water wise irrigation. Class includes garden tours and guest appearances of Master Gardeners. Registration with \$50 fee is payable to Sunrise Tech Center at above address. For more information call Alicia @ 966-3535.

## Creative Expression with Applied Art

**Carmichael** - Weekly classes meet at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael on Thursday from 9:00 am to 1:15 pm. Sponsored by San Juan Unified School District and the host site, nine classes begin September 2 and feature lessons on fused glass jewelry and ceramics. Registration with \$65 fee is payable to Sunrise Tech Center, 7322 Sunrise Blvd., Citrus Heights, 95610. For more information call Alicia @ 966-3535.

# real estate auctions

## North Central CA Homes - Aug 17th and 25th



11406 Gold Country Boulevard, Gold River

**Nominal Opening Bid: \$50,000**  
GOLD RIVER, CA • 11406 Gold Country Boulevard  
3BR 2.5BA 2,044+/- sf. Built in 1988. Approx .05ac lot.  
**Open House:** 1-4pm Sun Aug 15th, 22nd and 2 hours before sale.

**Nominal Opening Bid: \$25,000**  
POLLOCK PINES, CA • 3650 Gold Ridge Trail  
3BR 2BA 1,874+/- sf. Built in 2004. Approx .23ac lot.  
**Open House:** 1-4pm Sat Aug 21st and 2 hours before sale.

**Above properties sell:** 7:30pm, Wed Aug 25th at 11406 Gold Country Blvd, Gold River, CA

CA RE LIC 01863253 WILLIAMS & WILLIAMS MKTG SRVCS, INC., AUC LIC 15248201 WILLIAMS & WILLIAMS MKTG SRVCS, INC., RE LIC 261559 KEN SWITZER, BUYER'S PREMIUM MAY APPLY.

### ALSO SELLING

**Nominal Opening Bid: \$25,000**  
CARMICHAEL, CA • 6025 Rye Way 6027  
4BR 2BA multifamily. Built in 1963. Approx .15ac lot.  
**Open House:** 1-4pm Sun Aug 15th and 2 hours before sale.

**Nominal Opening Bid: \$50,000**  
CAMERON PARK, CA • 3034 Sultana Court  
4BR 2BA 2,489+/- sf. Built in 2001. Approx .34ac lot.  
**Open House:** 1-4pm Sun Aug 15th and 2 hours before sale.

**Nominal Opening Bid: \$25,000**  
PIONEER, CA • 17565 Canyon View Court  
2BR 1BA 2,833+/- sf. Built in 1968. Approx .5ac lot.  
**Open House:** 1-4pm Sun Aug 15th and 2 hours before sale.

**Above properties sell:** 3:30pm, Tue Aug 17th at 3034 Sultana Ct, Cameron Park, CA

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# First 5 Sacramento Offers Tips for Healthy Family Eating

*Cooking with children, visiting local farmers' markets and planting a summer garden among the ways to develop healthy eating habits that last a lifetime*

Proper nutrition in children ages zero to five can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential with a healthy life. Most experts advise that you can often get children to eat more veggies if you start early by offering your older infant and toddler a large variety of vegetables, set a good example by eating vegetables yourself, offer a lot of choices, and mix vegetables into a food that your child already likes. First 5 Sacramento has compiled a list of tips to promote healthy family eating this summer.

### Cook with Your Children

Cooking together can be a delicious learning experience for children and their parents. Children can explore new foods and learn about nutrition, not to mention develop math and reading skills as they measure and read directions. By following a few simple guidelines, you can make cooking safe and fun, and entice your children into trying something new:

- Invite your child to help plan a meal or pick a recipe (and keep a list of child-friendly recipes).
- Create a safe place where children can cook.

- Give preschoolers their own safe utensils.
- Eat your creation together and enjoy!

### Visit Your Local Farmers' Market

Most fruits and vegetables have a special peak time of year when they taste their best and are most abundant, and the more recently they've been picked, the better they taste. Farmers' markets are great places for children ages zero to five to try new fruits, vegetables, and other foods. Visit your local farmers' market and you and your children may discover an exciting taste or flavor.

### Plant a Summer Garden

Children learn a great deal from growing their own fruits and vegetables. To get started, designate a section of your yard as a place where your child can plant his or her own vegetables. Then let your child harvest the veggies and help decide how to eat them. Community gardens are also a great way to get involved in growing fruits and vegetables.

In addition to these tips, try to keep children on an eating and snacking schedule: breakfast, lunch, dinner, and two snacks. This helps them feel signs of hunger and stops mindless munching between meals. Make the kitchen off-limits unless it's time for a meal or a planned snack. Limit calorie-rich juices, sodas, and

other liquids. To keep children hydrated in the heat, give them plenty of water and help them avoid sugary beverages that have no effect on satiety.

For more information about nutrition resources and programs for children ages zero to five, as well as the community partners that provide nutrition services and resources, please visit [www.First5Sacramento.net](http://www.First5Sacramento.net) or call First 5 Sacramento at (916) 876-5865.

### About First 5 Sacramento

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; First 5 El Dorado: 530-672-8298.

# Carmichael Resident Earns Degree from Western Governors University

*Carmichael* - Krista Filger of Carmichael has received her Master of Arts from Western Governors University ([www.wgu.edu](http://www.wgu.edu)). The online, non-profit university awarded over 200 graduates degrees at its semi-annual commencement

ceremony held in Salt Lake City on July 17.

WGU awarded degrees to more than 1,275 graduates from all 50 states and the District of Columbia as well as many who are stationed overseas on military assignments. This is the

largest graduating class to date, with 714 undergraduate and 565 graduate degrees awarded. More information is available at [www.wgu.edu](http://www.wgu.edu).

Congratulations Krista!

# Sacramento Gray Panthers Host Ballot Review

*Sacramento Region* - The Sacramento Gray Panthers' Sept. 14th meeting will feature a review and discussion of the propositions which will appear on the California November general

election ballot. A representative of the League of Women Voters will conduct the meeting, which will also include input from the audience. The meeting, which is open to the public, will be held at

1 PM at the Hart Senior Center, 915-27th Street, Sacramento (between I and J Streets.) Cost: No charge. For further information contact Margie Metzler, 916-921-5008.



A Film Review by Tim Riley

## THE EXPENDABLES (Rated R)

Full-tilt explosive action on steroids is the most suitable description one can give to "The Expendables," a movie with the imprimatur of Sylvester Stallone's full measure of creative involvement. As co-writer, director and star, Stallone, much like he did with "Rocky," puts his heart and soul in a film centered on the theme of redemption, one that in this instance requires a lot of violence, gore and gunplay to turn a bunch of anti-heroes into saviors. Now that he's close to cashing Social Security checks, Stallone shows that age and longevity are no impediments for delivering the action goods.

"The Expendables" is a true ensemble of muscle-bound good mercenaries who have convincing brute force, if not star power, equal to that of Stallone. As the leader and mastermind of the Expendables, Stallone's Barney Ross has recruited to his ranks the very best specialists, who all just happen to have decent resumes of action heroics in their own right. Jason Statham's expert knife-thrower Lee Christmas is trying to recover from a breakup with his girlfriend (Charisma Carpenter). Jet Li's hand-to-hand combat whiz Yin Yang wants a bigger payday for unexplained expenses. Martial arts star Randy Couture plays demolition expert Toll Road. Terry Crews' weapons specialist Hale Caesar wields the biggest weapons.

Operating within the Expendables orbit is precision sniper Gunner Jensen (Dolph Lundgren), whose addictions and volatility make him unreliable, a situation that is painfully evident in the film's opening when the team seizes a vessel under the control of

# Riley Reviews

FULL-TILT ACTION EXPLODES ON SCREEN IN "THE EXPENDABLES"

Somali pirates. A huge rift with the Expendables turns Gunner into an unstable mercenary force that comes back to cause big trouble. Mickey Rourke's Tool, while retired from the ranks, runs a tattoo parlor in New Orleans that serves as the underground headquarters for the Expendables. Though looking physically up to the task, Tool is no longer involved in a hands-on capacity for the missions.

Though Barney and his gang are mercenaries, they develop a conscience, or at least harbor some reservations about the nature of their work. When the CIA seeks out the team for a routine assignment, Barney and Lee decide to scout the fictional South American country of Vilena to investigate the operations of a ruthless dictator, all the while posing as environmental monitors. After Barney discovers the general's daughter, Sandra (Giselle Itie), is willing to sacrifice her own life to overthrow the government, he decides the job is even more important than the money.

Like a family of trapeze artists working without a net, Barney and his band of commandos take enormous risks. Not having any kind of plan or strategy, they set out for Vilena armed to the teeth with assault rifles, knives, machine guns and explosives. The heartless dictator, General Garza (David Zayas), cruelly mistreats his countrymen and allows his own kin to be tortured, but he's also the puppet for an ex-CIA agent turncoat, James Munroe (Eric Roberts). The rogue agent has turned the island nation of Vilena into his own personal fiefdom for the export of illicit drugs, and relishes the idea of terrorizing the locals and those who get in his way.

Eric Roberts is usually quite good at playing the psychopathic tyrant or unstable gangster, and here he does not disappoint as the deranged, evil sleazebag who pulls the strings of the stooge military leader. Roberts has the knack of being the guy you root against. The rogue ex-CIA agent is assisted

by iconic former pro wrestler Steve Austin in the role of a deadly sidekick and henchman aptly named Paine. The villains make great targets for Barney and his crew when they lay down a full-scale assault on the general's heavily fortified palace.

One of the best scenes, as well as funniest, comes early on in the action, when Stallone has a testosterone-fueled meeting in a church, of all places, with two icons of action, Bruce Willis and Arnold Schwarzenegger. Maybe the Governor agreed to his special cameo appearance as a prelude to his career options following the completion of his term in office. I'd say that these action-oriented old timers still have what it takes. Wouldn't it be something if they reunited next year in starring roles?

"The Expendables" has a body count that rivals that of a dozen war movies combined. Even with its less than stellar production values, this explosive action film manages to be an orgy of violence and mayhem that results in a chilling entertainment any action junkie would find hard to resist. The action is so wild and crazy that the fact "The Expendables" is totally preposterous proves to be irrelevant to anyone along for the thrill ride.

### DVD RELEASE UPDATE

I could write about the release of "One Tree Hill: The Complete Seventh Season," but since I never watched the first six years it is best to pass. Now for something completely different in this column, I will point out that the notorious hip-hop duo, the Insane Clown Posse, takes on the Old West in "Big Money Rustlas." In this prequel to "Big Money Hustlas" (yes, I missed that one), a deranged gambler, Big Baby Chips (Violent J) has taken control of the small desert town of Mud Bug with his violent antics. Big Baby Chips enlists the help of a bunch of henchmen (probably some other rappers) in his evil endeavor. His long reign of terror may soon end when a forgotten hero named Sugar Wolf (Shaggy 2 Dope, the other member of the "Posse") rides in to redeem his family name as Mud Bug's new Sheriff. This western spoof features appearances by an eclectic group, including Tom Sizemore, porn king Ron Jeremy, Vanilla Ice, Brigitte Nielsen, and former child actors Todd Bridges and Dustin Diamond.

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**STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME**

FILE #0514136  
 The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the FICTITIOUS BUSINESS NAME Golden Bear Properties, located at 1939 Claremont Road, Carmichael, CA 95608.  
 Jeannie Bachich, 27102 Calle Cahalero, San Juan Capistrano, CA 92675.  
 The Fictitious Business Name Statement for the partnership was filed on Dec. 16, 2005 in the County of Sacramento.  
 Filed with the Clerk of Sacramento County on July 15, 2010.  
 Publish: July 28, Aug. 4, 11, 18, 2010.  
 GOLDEN 00704 8-18-10

**FICTITIOUS BUSINESS NAME STATEMENT #1006695** Vicki L. Forrester, 5600 Marconi Ave. #204, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Moonstruck Catering" at 5600 Marconi Ave. #204, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 27, 2010. Publish: Aug. 4, 11, 18, 25, 2010.  
 MOONST 00801 8-25-10

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2010-00083309  
 WHEREAS, Ignocencia Herrera and Susan Muriuki have filed a petition with this court for a decree changing name of Austin Muriuki Herrera to Jessy Muriuki Herrera. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 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

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2010-00083309  
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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: July 23, 2010.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish: Aug. 4, 11, 18, 25, 2010.  
 HERRER 00801 8-25-10

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2010-00083813

WHEREAS, Dominique Ladejah Robertson has filed a petition with this court for a decree changing name of Dominique Ladejah Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 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: July 29, 2010.  
 Shelleyanne W.L. Chang  
 Judge of the Superior Court  
 Publish: August 11, 18, 25, September 1, 2010.  
 HERMAN 00802 9-1-10

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2010-00083825

WHEREAS, Briyana Angeliqwe Mixon has filed a petition with this court for a decree changing name of Briyana Gabrielle Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 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: July 29, 2010.  
 Shelleyanne W.L. Chang  
 Judge of the Superior Court  
 Publish: August 11, 18, 25, September 1, 2010.  
 HERNAN 00802 9-1-10

**FICTITIOUS BUSINESS NAME STATEMENT #1006293** SSC Carmichael Operating Company LP and SSC Carmichael Operating GP LLC., both of One Ravine Dr. #1400, Atlanta, GA 30346 are doing business under the Fictitious Business Name "Mission Carmichael Healthcare Center" at 3630 Mission Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 15, 2010. Publish: August 11, 18, 25, September 8, 2010.  
 MISSIO 00803 9-8-10

**STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME**

FILE #1002850  
 The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the FICTITIOUS BUSINESS NAME "baker Fabrication," located at 4101 Wayside Lane #D, Carmichael, CA 95608.  
 Matthew S. Baker, 3912 Bryan Way, Carmichael, CA 95608.  
 The Fictitious Business Name Statement for the partnership was filed on March 24, 2010 in the County of Sacramento. Filed with the Clerk of Sacramento County on July 13, 2010. Publish: August 11, 18, 25, September 8, 2010.  
 BAKERF 00803 9-8-10

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

#34-2010-00084291  
 WHEREAS, Miguel A. Martinez and Maria T. Martinez have filed a petition with this court for a decree changing name of Osbaldo Martinez Antonio to Omar Antonio Martinez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 16, 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: Aug. 5, 2010.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish: August 11, 18, 25, September 8, 2010.  
 MARTIN 00803 9-8-10

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

#34-2010-00084658  
 WHEREAS, Michael Cervantes and Stilyana Salakova-Cervantes have filed a petition with this court for a decree changing names of Michael Charles Cervantes to Michael Charles Cox; Stilyana Dimitrova Salakova-Cervantes to Stilyana Dimitrova Cox; Christian Michael Cervantes to Christian Michael Cox; and Gabrielle Stilyana Cervantes to Gabrielle Stilyana Cox. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 21, 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: Aug. 10, 2010.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish: August 11, 18, 25, September 8, 2010.  
 COX 00803 9-8-10

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# California Budget Actions Poised for Disaster

from DVBE Alliance

There are always concerns in the veteran community, especially with Viet Nam Vets, that we won't get the support, funding and services that we were promised when we chose to serve our country. Viet Nam vets returned home to an angry America and many of those vets never overcame that reception.

The present action by our

legislature to cut County Veteran Service Offices (CVSO) here in California portends a return to this lack of consideration for the sacrifice that our troops make. When they go into harms way they don't hold anything back and California should not hold back on serving them when they come home.

Far from the marble halls and paneled offices of California legislators, our military people

are looking over their shoulders for the next bullet that may take their life or limb. We must not let shortsighted legislative actions make these brave men and women have to look over their backs when they get home. Decrements to the CVSO program will carry a long-term heliacious effect on CA citizens who have served their country. As the first contact for many veterans in all 58 counties, the CVSO has

access and provides assistance to Californian's seeking benefits they were promised as members of the U.S. Armed Forces.

As in most cases spurred by political necessity, mistakes are being made in haste. Money aside, citizens in California deserves to know that when they stand up for military service their state stands behind them. With 30,000 men and women now coming home to California from service overseas each year, the role of the County Veteran

Service Officer has become crucial in resettling and integrating these 'warriors' back into the civilian society. Knowing this, the CVSO program should be expanding, not facing severe cutbacks.

In addition, money paid to veterans in benefits is spent in communities statewide helping local recovery and economic activity. On average, a qualified veteran can receive up to \$13,000 a year in benefits. In 2008-2009, the CVSO helped bring in \$257 million in new federal assistance for veterans,

money that keeps coming to California year in and year out throughout the life of the veteran.

The California Disabled Veteran Business Alliance is a non-profit organization dedicated to helping our military men and women obtain training, education and business opportunity and we stand with the County Veteran Service Officers as they fight to survive and serve the veteran community in California. For our disabled veterans, any further action that restricts their access to benefits they have earned adds insult to injury.



## Carmichael Recreation and Park District is announcing upcoming classes and events

### Estate Planning – Taxes and You

Mike Bennett, estate planning attorney, will discuss the benefits of estate planning and what role Congress plays in establishing the estate and gift tax. He will discuss a number of estate planning options for people from all walks of life – giving them the control they desire while also minimizing taxes for themselves and succeeding generations. He will also debunk many myths about estate planning, probate and taxes. Please call 483-7826 for more information or to register.

**La Sierra Community Center, Room 800**  
5325 Engle Rd, Carmichael  
Thursday, August 26, 10 to 11 a.m.  
FREE class but you must pre-register by calling 483-7826

### Writing and Scrapbooking Your Life Story

Autumn DeCosta, Certified Empowerment Life Coach, leads this 3 hour class. We are all amazing people with valuable stories to tell. Celebrate the life you have lived by recapturing those forgotten memories through the written word and the fun world of scrapbooking. Creatively capture your strengths, struggles, joys and pains. Remember, honor and share them with your family and friends. Please call 483-7826 for more information or to register.

**La Sierra Community Center, Room 800**  
5325 Engle Rd, Carmichael  
Saturday, August 21, 9 am to noon.  
Fee: \$20, plus \$15 materials fee paid to the instructor at the class.

### Peanut Butter and Jelly Again?

If you and your child are tired of the same old thing in your lunchboxes day after day, or you would like some variety and healthier options, this is the class for you! Join us for some creative ideas on easy to prepare healthy lunches that won't end up being traded away for Twinkies.

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

Learn ways of combating childhood obesity and diabetes one lunch box at a time! Please call 483-7826 for more information or to register.

**La Sierra Community Center Kitchen**  
5325 Engle Rd, Carmichael  
Saturday, August 28, 9 to 11 a.m.  
Fee: \$20, plus \$10 materials fee paid to the instructor at the class.

### Carmichael Founders Day Celebration

Bring your family and friends to Carmichael's 101st Founders Day. The celebration will include activities for kids, live music, an auto show, craft and food vendors and many local community booths. To reserve vendor space, call 916-485-5322.

**Carmichael Park – Danny Bishop Memorial Pavilion for the Performing Arts**  
5750 Grant Ave, Carmichael  
Saturday, September 25, 11 a.m. to 3 p.m.  
FREE admission and plenty of FREE parking

### Memory Games: Get Your Silly On

Looking for a way to improve your memory? Dr. James Senser presents a 6 week program designed to improve your memory and increase mental agility. This class combines improvisation and theatre games to assist in concentration and quicker thinking, situated in a "silly and safe" environment with a focus on fun and laughter. Please call 483-7826 for more information or to register.

**La Sierra Community Center, Gibbons Room**  
5330 Gibbons Drive, Carmichael  
Thursdays, July 29 thru September 2, 4 to 5:50 pm  
Fee: \$30 for the 6 week class

If you have any questions, please call Elizabeth Crisante at 483-7826 or email her at [ecrisante@carmichaelpark.com](mailto:ecrisante@carmichaelpark.com).

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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.

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](http://www.cplayhouse.org).

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# Sacramento Public Library Events

## Basic financial planning tips offered at Fair Oaks Library, Aug. 25

Golden 1 Credit Union representatives will discuss the key components of financial planning and the steps one can take to formulate a personal action plan. The free adult program is at 6 p.m., Wednesday, August 25, at Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks.

To register for the program, please visit [saclibrary.org](http://saclibrary.org) or call (916) 264-2920.

## 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](http://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](http://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](http://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

May 3: The Big Burn, by Timothy Egan

## Free SAT practice test offered for college-bound 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, 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.

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

The programs are sponsored by Kaplan Test Prep and Admissions.



Áegis of Carmichael invites you to an insightful presentation by dementia specialist, Teepa Snow

## “Why Do They Do That?” Understanding Symptoms and Behaviors of Alzheimer’s and Dementia

Monday, August 30th  
9:00 a.m. - 11:30 a.m.

By the end of this session you will be able to:

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  - language use
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4. Recognize and learn effective caregiver responses to typical behaviors.

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