

Carmichael Times

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Rancho Cordova, CA

Volume 30 Issue 36

Serving Carmichael and Sacramento County since 1981

September 8, 2010

Somebody Has a Lot of Explaining to Do



Has the Carmichael/Old Foothill Farms Planning Commission provided accurate information about the impact of the Fair Oaks Boulevard Corridor Plan? Many people up and down Fair Oaks Boulevard want to put a complete stop to the plans until the public is fully notified of the effect on business.

Photo by Paul V. Scholl.

by Laura Meeham

Carmichael – Sacramento County has designated Fair Oaks Boulevard and Manzanita Avenue, in Carmichael, as commercial corridors in need of development and improvement. Their multi-year plan for accomplishing this is the Fair Oaks Boulevard Corridor Plan (FOB). Flyers on FOB's website depict big box stores, secondary retail, mixed-use shops and residential, townhouses, multi- and single-family residential, offices, open spaces and live-work buildings. This all sounds great, but will it work? Is there money for such a plan? And what will the impact be on those who own land in this corridor?

According to FOB's own environmental impact report (EIR), EIRs provide "detailed information about the effect that a proposed project is likely to have on the environment... list ways in which any adverse effects of such a project might be minimized, and... suggest alternatives to such a project." Many in Carmichael feel that FOB's EIR did none of these things.

According to representatives of The Merchants National Bank, landowners within the special planning area received "insufficient, or no, notice over the years of development of the plan." They describe a notice of preparation for the EIR that consisted of "generic County notices making reference to a blurry area-wide map." The 8½ x 11 sheet of paper was meant to contain the

entire three miles and 692 acres of affected land, and contained no specific names, addresses, or parcel numbers. Further, no lenders or financial institutions received notice of the plan—and of course, if property values are adversely affected, as many fear (including the bank in question), their investments could be severely impacted.

If land parcels end up being rezoned or downzoned, it will impact the owners. Steven Fishbein and Steve Soboroff, owners of the old J.C. Penney building, says, "The county needs to be very transparent about the impacts of this project." He says FOB's repercussions are not clearly understood by average residents or business owners, and that the blurry notice pointing to the 445 page document full of complex language. Not only are many landowners unclear on what will happen, but many fear the planning commission itself may not understand the variety of impacts due to the lack of analysis in the current EIR.

James Wiley, attorney for a local landowner, says an EIR must address physical effects arising from the project's economic effects. He says the current EIR needs to include analyses of these economic effects, to determine if the area can support the amount of mixed-use development proposed, if it's a good idea to stretch the commercial development in a line along Fair Oaks Boulevard instead of centrally placing it in shopping centers, if the number of

small parcels currently owned along the corridor will affect FOB's feasibility and if FOB will ultimately injure existing businesses. He says other physical effects not considered include "property deterioration, vacancy, blight, and associated land use and aesthetic effects" if FOB falls through.

Fishbein and Soboroff bring up the issue of taxes, which the EIR does not address, saying, "The proposed effective rezoning could result in huge property tax and value reassessments," adding that "the existing depressed real estate economy... further compounds property tax reductions." If taxes go up, landowners could suffer financial loss; if they go down, the county and state could find themselves in further trouble. Services could be cut, resulting in additional blight. They also point out that in the case of properties such as his, rezoning that severely cuts down on commercial uses could lead to job loss.

Meanwhile, The Merchants National Bank's attorneys express that "there is little chance for successful implementation of the plan given the ongoing fiscal recession," a concern echoed by Fishbein, who says, "We find little financing, nor market level real estate investment interest here. Now the problems are exacerbated by this county plan, coupled with the unprecedented real estate recession."

The alternatives to the project—the same but with less density,

and the same but with a wider road—listed in the EIR are solely in response to concerns regarding traffic and air quality. While those are important concerns, they do not address what should be done if analysis determines FOB is financially infeasible or would cause a large drop in property values. Also, the EIR and its projects alternatives fail to address if there is sufficient water to support the project. Many feel other alternatives should be on the table, including the original "Main Street" idea (essentially much smaller scale than the current project), street beautification projects, business improvement districts and only changing zoning for certain areas.

Meanwhile, meetings that are supposed to be open to the public to allow for these protests and concerns are being held without much notice. The most recent meeting, held August 18, was not widely publicized. Local residents and business owners need to be given more clear notice of the plan and its impacts, and be allowed to pitch in the decision making process. Once that happens, progress can finally be made. After all, it's not that nobody thinks FOB should not happen; it's that nobody is sure if it can or how it will. As Fishbein and Soboroff say, "We are available to assist in a productive and cooperative effort. We all want sensible economic and environmental planning for the Carmichael area and residents."

Get Your Flag Ready!

Please join America in this
"FLY THE FLAG Campaign"

On Saturday, September 11th, 2010, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this ninth anniversary of one our country's worst tragedies. We do this honor of those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks and months following 9/11, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared. Our patriotism pulled us through some tough times and it shouldn't take another attack to galvanize us in solidarity. Our American flag is the fabric of our



country and together we can prevail over terrorism of all kinds.

So, here's what we need you to do... (1) Take a moment to think back to how you felt on 9/11 and let those sentiments guide you. (2) If you are so moved, fly an American flag of any size on 9/11.

Thank you for your participation.
God Bless America !!!

Carmichael Oaks to Host Alzheimer's Fundraiser To Benefit Alzheimer's Association Memory Walk



Carmichael Oaks employees lead the way in last year's Memory Walk.

Carmichael – Carmichael Oaks Senior Living is once again hosting their annual Alzheimer's Association fundraiser with co-host the Kiwanis of Carmichael on Friday, September 24 from 5-8 pm. The annual event raises funds for the Alzheimer's Association Memory Walk, the nation's largest event to raise awareness and funds for Alzheimer's care, support, and research. Last year's event helped to raise over \$7500. The cause is one that everyone at Carmichael Oaks is passionate about. Alzheimer's disease touches so many, in so many ways.

This year's event will host a BBQ, Beer, and Boogie event. Enjoy great food, drink and entertainment featuring the Rotary Rooters band. In addition, there will be a silent auction and raffle. Carmichael Oaks would like to extend an invitation to attend to their families, friends, neighbors and businesses in the community to help them raise funds for this worthwhile event. You may know someone personally

affected by this disease, so please join us for an evening of fun to help support this cause.

Carmichael Oaks Senior Living located at 8350 Fair Oaks Blvd, has been part of the Carmichael community over 30 years, providing the finest in senior living with three lifestyle options: independent living, assisted living, and memory care. The expert trained staff provides residents with the highest standards of senior care services. For more information about Carmichael Oaks please call (916) 944-2323 or visit www.carmichael-oaks.com.

The Fundraising Event Information:

Event: BBQ, Beer, & Boogie

Who: Open to the public

Date: September 24, 2010

Time: 5:00pm – 8:00 pm

Location: The Palace located at 6309 Fair Oaks Blvd at Marconi

Tickets: \$25 in advance per person, \$30 at the door

California Capital Airshow Announces Historic Gathering of P-38 Lightnings



Event to make aviation history, as there hasn't been this many P-38s in one location in over 60 years.

Sacramento Region — The California Capital Airshow (CCA) today, August 31st, announced that it will host every flying Lockheed P-38 Lightning remaining in the United States, as well as the pilots and ground crew who flew and cared for these rare aircraft on September 11 and 12, 2010. Drawing the attention and attendance of WWII veterans and their families from all over the United States and of photographers from seven countries, this is truly a historic event.

"The CCA is truly honored and humbled to be hosting such a remarkable event in partnership with Lockheed Martin (www.lockheedmartin.com), the Reno National Championship Air Races (www.airrace.org), the P-38 National Association (www.p38assn.org) and the 475th Fighter Group Historical Foundation," said Darcy Brewer, executive director of the California Capital Airshow. "We have set out to create an outstanding occasion to showcase the airplane and pay tribute to the designers, manufacturers, maintainers, and the brave aviators who trusted their lives to the 'Forked-Tailed Devil'."

There has not been such a gathering of Lightnings in over 60 years, and because of the high operating costs of the aircraft, coupled with the dwindling numbers of men and women originally associated with the P-38, it is very likely that such an event will not happen again.

P-38 pilots, F-35 Lightning II pilots, the Fork-Tail Devil's organization and up-close and

personal access to the P-38s, including 'Glacier Girl', '23 Skidoo', 'Thoughts of Midnight', 'Tangerine', 'Ruff Stuff', and Allied Fighters No. 981. Additionally, representatives and displays from Lockheed Martin, the company that designed and built the revolutionary P-38, will also be in attendance and available at the P-38 National Association pavilion.

This is a once-in-a-lifetime opportunity, and the attention it will generate will help provide the means to continue to tell the story of this unique aircraft, while reinforcing its significance as one of the most innovative and important designs in the history of manned flight.

"Each one of these airplanes, and the men associated with them,

has a story to tell, and our venture will provide the opportunity for those tales of valor, sacrifice, and heroism to be shared with young and old alike, to make their honor and courage tangible to this generation and those to come. As you well know, sadly, the numbers of these honorable men and women are dwindling at an alarming rate. With over 300 P-38 veterans from WWII planning on attending, this event will ensure that their memory will never be forgotten," added Brewer.

To sponsor or provide financial support to help defray the costs

associated with this opportunity, please contact CCA headquarters at (916) 876-7568.

The Airshow website will be updated regularly with news, attraction information and more. Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its

community relations, the non-profit organization has awarded over 70 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields. For more information about the California Capital Airshow, please visit www.californiacapitalairshow.com.



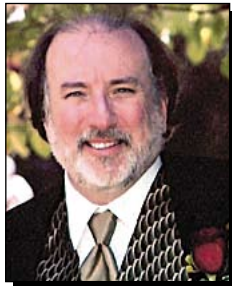
Flight crew of the F-22 Raptors stand at attention before a recent show.



The F-22 Raptor Demonstration Team is the highlight of this year's event. All photos courtesy of California Capital Airshow.

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 choose.

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.

MISSION OAKS RECREATION & PARK DISTRICT

FREE Travel Program

Wednesday, September 15

PackingLight Demo by Jon Holloway 9 am
Extended Vacations Travel Show at 10 am

MISSION OAKS COMMUNITY CENTER

Extended Tours

- **Colors of New England**
October 7-14, 2010 • \$2,449 pp double
- **Holiday at the Waldorf**
December 6-10, 2010 • \$2,649 pp double
- **South Pacific Wonders**
February 14-28, 2011 • \$4,699

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.

Luxury Motorcoach

- **Red Hawk Casino & Apple Hill**
Tuesday, Sept 14, 2010 • \$35/person
Includes: \$10 slot play/Slice of pie & coffee
- **Welcome to Pacific Grove**
Sep 30-Oct 2, 2010 • \$375/person double with meals
Monterey Bay Aquarium & Free time in Carmel.
- **Teatro Zinzanni**
Sunday, October 17, 2010 • San Francisco
Show/3 course gourmet brunch/\$155pp

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Tuesdays & Fridays • 1:15-3:45 pm • \$5/person

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Gentle yoga for flexibility, stress relief and core strength.
Instructor: Peggy Shepard

Chair Yoga

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.
Instructor: Toni Eaton

MISSION OAKS RECREATION & PARK DISTRICT
Office Hours: 8 am-5 pm
Registration Hours:
8:30am-4pm Monday-Friday
www.morpd.com

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael CA 95608

MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael CA 95608

SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Carmichael CA 95825

Carmichael Non-Profit Starts a Farmers Market and Creates Jobs for Teens!



Local teens are learning about business and eating well through the Farmers Market. Photos courtesy of Farmers Market.

Carmichael – It is no secret that we are facing tough times economically and while unemployment rates go up for many people in the states, the staggering teen unemployment rate of 26.1% (according to the United State Bureau of Labor Statistics; and compared to 10.0% for adult men and 8.0% for adult women) cannot be ignored. This is the highest it has been for over 41 years. And it is affecting youth all over the country. Even with the raise in minimum wage rates, today's youth continued to lose jobs to out of work adults making it increasingly more difficult for youth to gain valuable job experience(s) and opportunities to earn an income.

The BeMoneySmartUSA Foundation, a local non-profit training organization located in Carmichael has just opened a very "special" certified farmers market that not only supports the non-profits fundraising needs to provide financial and entrepreneurship education programs for youth in the community, they have also established a venue to support local teens with job opportunities! Through the organization's "Rent-a-Teen"

program, local farmers and vendors selling goods and produce at the market have the opportunity to hire teens from a pool of trained youth supplied by BeMoneySmartUSA Foundations Teen Entrepreneurship program to help them. Some of the teen job opportunities include positions in communications where youth act as freelance journalists who conduct interviews with the vendors, customers and local businesses to provide content for the Farmers Market's monthly newsletter. Youth also have the opportunity to work in hospitality, where they meet and greet patrons as they visit the market and assist them as needed by carrying produce back to their cars. They are also responsible for sharing information about the market and the BeMoneySmartUSA Foundations mission.

"Working at the Farmers Market has helped me learn how to talk to people confidently and practice the value of good customer service", says Alexandra, 15, who works in Communications and has participated in two BeMoneySmartUSA Foundation camps, both in Finance

and Business. After participating in these camps, Alexandra learned what it takes to start a business and being involved with the Farmers Market has offered her the opportunity to put the new skills she'd learned into practice. Youth who have participated in the BeMoneySmartUSA courses become eligible to apply and work in the Rent-A-Teen program.



Eat your vegetables, they are good for you, really!

"Building relationships with the customers is really important for creating a warm and friendly experience", says Austin, 17, who works as the Market Coordinator and has attended five BeMoneySmartUSA workshops. Austin continues explaining the wonderful feeling of satisfaction he gets when customers and farmers are benefiting equally from the community Market, while also supporting a good cause. "At the end of each market day, we (BeMoneySmartUSA) collect produce from the farmers and vendors who donate (upon our request) several pounds of fresh produce to give away to other youth and family charities, and I love that", shares Austin. The BeMoneySmartUSA Foundation continues their community outreach by recognizing and supporting the needs of other local youth and family charities by making weekly produce grocery donations to organizations like WIND Youth Services and Our Kids Breakfast Club. "In the courses, I learned the importance of philanthropy and why it is important to do more than make a profit and how creating goodwill as a business owner is equally as important as having a great product or service", expresses Annina, 13, who works in

hospitality and has participated in two BeMoneySmartUSA Camps this summer.

"We want to provide a model of business that helps the teens, the community and the businesses who participate to experience something more than the status quo", adds Don Hall, Market Manager. Don believes that it is possible for everyone involved with the Market to mutually benefit from the relationship. He explains that teens benefit by being involved in an environment that allows them to practice the skills they learned in the workshops while earning a wage and keeps them connected to their community, and that the community benefits by having healthy fresh local produce available to buy, and that the farmers and vendors benefit by having a great community venue to sell directly to customers that also supports the mission of BeMoneySmartUSA to fund and provide FREE financial literacy and entrepreneurship education programs to youth and adults in our communities.

"My daughters attended the BeMoneySmartUSA summer camp programs for both business and finance this past summer, and I was amazed at the amount of information they learned in just three days! I watched each of them deliver their financial portfolio and business plan presentations and was thoroughly impressed by the level of detail and thought that went into them. They all used professional terminology and understood both the financial and business concepts better than most adults I know! The Farmers Market is just an extension of the relevant experience and education they are all getting by participating in the Rent-A-Teen program and we are truly blessed to partner with an organization that gives back to youth and the community" shares Mark Jacobs, father of three teenage girls and Executive Director for Our Kids Breakfast Club.



An assortment of flowers are also available every Sunday.

BeMoneySmartUSA has definitely created a "special" kind of Farmers Market that offers so many wonderful benefits to the community and for our youth. With programs like these, our teens will have an opportunity to gain job experience, earn a wage and develop confidence and a sense of purpose for their own communities. These experiences will further both their financial and business success now and their future. If you have not visited the market yet, they are open every Sunday, 8:30 a.m. to 1:00 p.m. at the San Juan Plaza at 9045 Fair Oaks Boulevard in Carmichael. Come visit and enjoy the friendly atmosphere, the abundant selection of produce and connect with local youth as they smile to greet you when you arrive.

BeMoneySmartUSA Foundation is a Carmichael based local non-profit training organization specializing in Youth Financial and Entrepreneurship Education programs. We work with schools, youth organizations, churches, and businesses to provide FREE workshops and camps for youth ages 8 to adult. For more information please visit us on the web at www.bemoneysmartusa.org. If you would like to support or sponsor a program please contact us at info@bemoneysmartusa.org or call (916) 806-3989.

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- ✓ Thank you for the recent care provided to my dad. Doris seemed to please my dad and all was well on my return. Again, thank you for the very nice assistance you provide to me and my father." – D.V.



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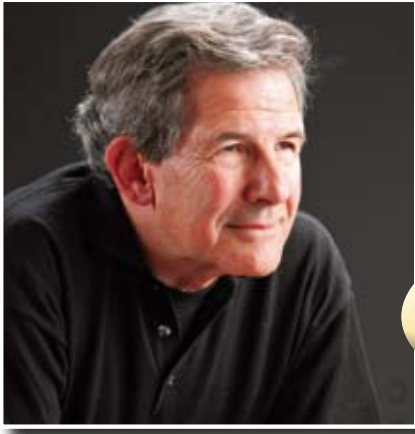
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#1 New York Times Bestselling Author

Gary Zukav

*Presents Life-changing Seminar
at Christ Unity Church*

**SPIRITUAL PARTNERSHIP:
THE JOURNEY
TO AUTHENTIC POWER**



Gary Zukav, author of 4 consecutive New York Times bestsellers including *The Seat of the Soul*, is making a rare visit to Sacramento for a presentation on *Spiritual Partnership: The Journey to Authentic Power*, the title of his latest work. Zukav's life-changing seminar will be held at Christ Unity Church (CUC) on Sunday, September 12 at 2:00 PM at 9249 Folsom Boulevard, (one block east of La Riviera Drive). "Gary Zukav is one of the nation's leading thinkers and empowering speakers," said Kevin Ross, CUC's Senior Minister. "We are honored to host him in the Sacramento region."

"Spiritual partnerships are not exclusively for couples in marriage or relationships," explains Zukav, who says relationships of substance accelerate spiritual growth. "They can be created in families, between friends, in the workplace – anywhere two or more individuals decide to create a relationship as equals." A frequent guest on the *Oprah Winfrey Show*, Zukav has six million copies of his books in print and translations published in twenty-four languages.

- Who:** An afternoon with **Gary Zukav**, New York Times bestselling author
- When:** Sunday September 12th, 2010 from 2:00 – 4:00 PM
- Where:** Christ Unity Church, 9249 Folsom Boulevard (off Highway 50 and Watt Avenue and East of La Riviera).
- Why:** Christ Unity Church generously shares portions of the proceeds of ticket sales with Frances House and Youth at Risk, as our commitment to empowering our community.

Tickets: Available at Christ Unity Church and online at www.christunity.com or at the door. General admission-\$35

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Carmichael Chamber of Commerce



Join us at our next luncheon at Cypress Avenue Baptist Church!

September 8th is Next Mixer

Be sure to join us for our next Chamber Mixer on Wednesday, September 8, hosted by Eskaton Village, 3939 Walnut Avenue in Carmichael. Don't miss out on the great food, wine, raffle and networking. Be sure to bring a raffle prize and plenty of business cards. Make sure to tell the guard at the gate that you are there to attend the Chamber mixer. Look for the balloon bouquet so you will know which entrance to enter. If you missed the last Chamber mixer, be sure you don't miss this one.

Mark your calendar for the Wednesday, October 13 mixer hosted by Lind Brothers and Fair Oaks Cemetery District. This Halloween mixer will be held at Lind Brothers.

Dates to Remember

- Sept. 28 Next Luncheon
Joyce Arredondo, *Juvenile Parole Board*
- Oct. 2 Community Shred Day
- Oct. 24 Boulevard Brush-up
- November Board Elections
Honorary Mayor of Carmichael applications are still available, but time is running out. Pick one up or have one emailed to you. The candidate who raises the most money wins. Who said you can't buy a race?

Welcome to these new members who have joined us since our last Commentator:

- Steven Fishbein and Steve Soboroff
Stevenson Equity, LLC.
1621 Executive Ct
Sacramento, CA 95864
916-489-9300
- Pauline Gilmour-Resident Member
Carmichael, CA 95608
916-482-7250
- Artie Van Winkle-Resident Member
Citrus Heights, CA 95621
916-726-2713
- Joe Green *Sacramento Community Connections*
Sacramento, CA 95821
- Ella Tomlin *Tomlin Academic Coaching*
6801 Fair Oaks Blvd., Suite B
Carmichael, CA 95608
916-607-1730
- Dave Wilde *Access Dental*
7141 Fair Oaks Blvd.
Carmichael, CA 95608
916-679-7068

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

'Touch of Health' Weekly Vitality Workshop

Classes begin at 6:00 pm Tuesdays
Open to Public at No Charge

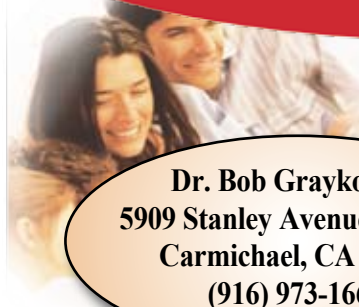
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- Oct 5 -30 NCA Bold Expressions
- November 2-20 Annual Photography Show
- November 30-December 18 Members Holiday Art Exhibit

Plein Air Workshop With Chris Van Winkle
September 25, 2010 • Carmichael, CA
9:00 AM -5:00 PM. Cost: \$100.00
(Per Person & Includes a Continental Breakfast)
Sponsored by Northern California Arts, Inc.

For more information contact Mendy Bates at 916-992-4564 or by e-mail at mendybates@gmail.com with Subject listed as "Plein Air Workshop".



"Ancient Guardian"
Artist's Magazine Award, NWS 1998

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Parkinson's Association Presents its 8th Annual Auction-4-Action

Sacramento – In the face of economic austerity and unsure expectations, the USS Parkinson is setting sail on September 11, 2010, at 5:00 p.m. at the Scottish Rite Temple, 6151 H Street, in Sacramento. Yes, it is that time of year again as the Parkinson's Association of Northern California presents its 8th annual Auction-4-Action, one of the premier auctions for a cause in Northern California.

This year's event, entitled "Play for Parlay" promises to be the best yet, with over 150 items presented in the silent auction and 14 major items presented in the live auction. From a 7 day photo safari package in Kenya to a dinner for 8 prepared in your home by local celebrity chef Kurt Spataro; from a luxury box for 16 to a regular season game for the 2011 River Cats season to a theatre and concert package for all major venues in the Sacramento area [Sacramento Philharmonic, Sacramento Choral Society, Sacramento Opera, B Street Theatre, Cosmopolitan Cabaret, Crocker Art Museum, and more; there will be great items for all to bid for.

The event is once again being hosted by the popular radio talk

duo, Armstrong and Getty, and the entertainment this year will be provided by Dr. Bach and the Jazz Practitioners and as a special treat.

PANC is a California Non-Profit organized for the purpose of providing a support network for people in Northern California struggling with the impact on their lives, and their family's lives, due to the debilitating effect of Parkinson's, a degenerative disease of the brain. PANC currently sponsors 34 support groups; has a membership of over 700 families and individuals; sponsors conferences throughout the year bringing top neurologists in movement disorder together with patients and caregivers to explore the most recent developments in the search for the cure and ameliorative progress in fighting this devastating disease; acts as a clearing house for our membership in providing educational materials on Parkinson's; functions as a lobbying arm as concerns issues impacting those with Parkinson's at the state and national level; publishes a monthly 20 page plus newsletter; and, in conjunction with the Michael J. Fox Foundation, pledges its efforts and resources toward the search

for a cure.

"A Funny Thing Happened on the way to cure Parkinson's..." is the Michael J. Fox Foundation's annual fund-raiser held in New York City. PANC is raffling off a trip for two to attend this star-studded evening of comedy and music on November 21st at the Waldorf-Astoria. Winners will be provided with tickets to this exclusive event, airfare, accommodations in Manhattan for three nights, tickets to "Billy Elliott" on Broadway, and more. Raffle tickets are \$50 each or 3 for \$100. Need not be present to win.

At this year's auction, PANC will be welcoming as its guests the Chief Executive Officer of the National Parkinson's Foundation, Joyce Oberdorf, and NPF's Chief Development Officer, Kathleen Wiedemer. They will be visiting from Miami for the purpose of strengthening our working relationship with this national group.

Tickets for the event are available starting at \$75.00. Contact PANC at 900 Fulton Avenue, Sacramento, CA 95825, or 866-979-PANC (7262), or 916-489-0226, to purchase your event and/or raffle tickets.

Carmichael Cactus and Succulent Society

Meeting: Thursday, October 7, 10:00 am

Carmichael Park Clubhouse
 5750 Grant Avenue
 Carmichael, CA 95608

Program - Preparing & protecting cactus and succulents for winter.

Questions - Call 916-729-3475



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On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 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!

Forensic Genealogy

Root Cellar-Sacramento Genealogical Society general membership meeting Wednesday, September 8, 2010, 7pm -8:30pm. Guest speaker Colleen Fitzpatrick will present "Forensic Genealogy-CSI Meets Roots, a modern approach to family research". Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Free, guests welcome. Details at www.rootcellar.org or contact Sammie Hudgens (916) 481-4930.



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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. 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.

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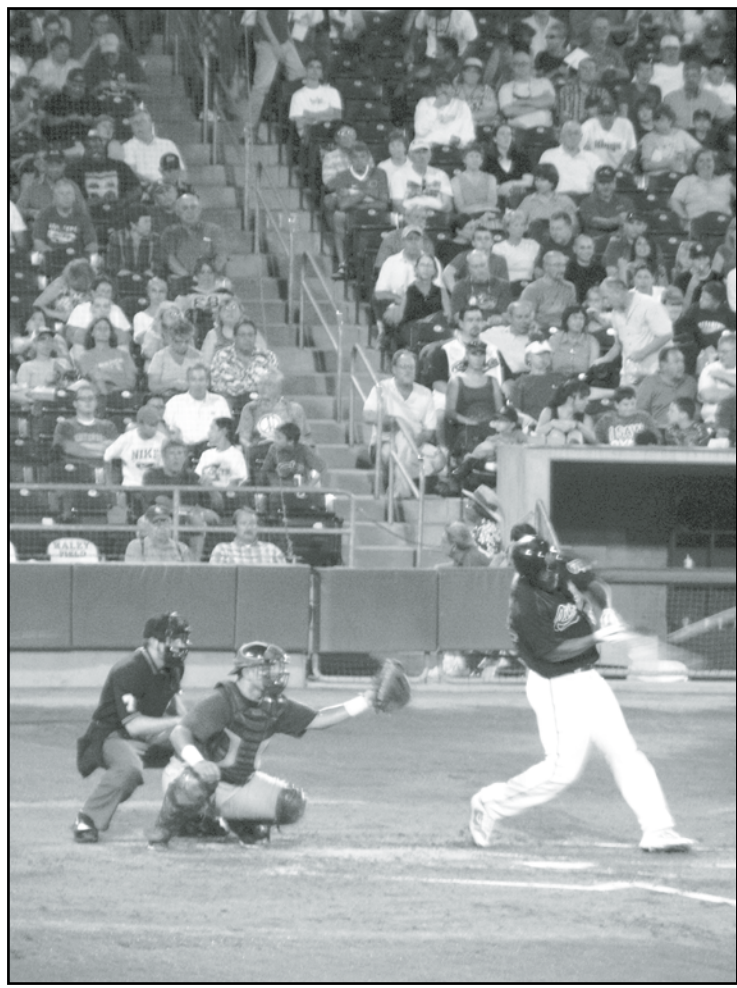
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River Cats Playoff Tickets are on Sale Now



Outfielder Michael Taylor of the River Cats homers against the Las Vegas 51s. The River Cats start their playoff runs September 8th in Sacramento.

Photo by Paul V. Scholl from his seat down the right field line.

West Sacramento – The Sacramento River Cats recently took over the first place lead over the Fresno Grizzlies. The River Cats have won a remarkable four PCL Championships (2003, 2004, 2007 and 2008) and two Triple-A

Championships (2007 and 2008) in the franchise's 10 seasons.

Should the River Cats qualify for postseason play, the team will host games 1 and 2 (Sept. 8 and 9) of the five-game Pacific Conference Championship Series

at Raley Field. Games 3, 4 and 5 (games 4 and 5 if necessary) would be played on the road.

If the River Cats advance to the PCL Championship Series (also a best-of-five format) they would again host games 1 and 2 (Sept. 14 and 15) at Raley Field. Games 3, 4 and 5 (games 4 and 5 if necessary) would be played on the road. If the River Cats were to win this series and be crowned Pacific Coast League Champions, they would then play the International League Champion in the Triple-A Baseball National Championship Game in Oklahoma City on Tuesday, September 21.

Playoff tickets are available for purchase now with individual game tickets ranging in price from \$7 to \$60. For the best value fans may also purchase full Playoff strips, which include all four (4) potential Raley Field Playoff games, starting at \$24. Also, groups of 20 or more can purchase Playoff tickets at a special rate. Individual game tickets for the Playoffs will be available at the Raley Field Ticket Office, all Ticketmaster outlets and online at rivercats.com/playoffs. Full Playoff strips and Playoff group outings are available at the Raley Field Ticket Office and by calling 916-371-HITS.



Will Governor Refuse to Represent the Will of the People of California, Again?

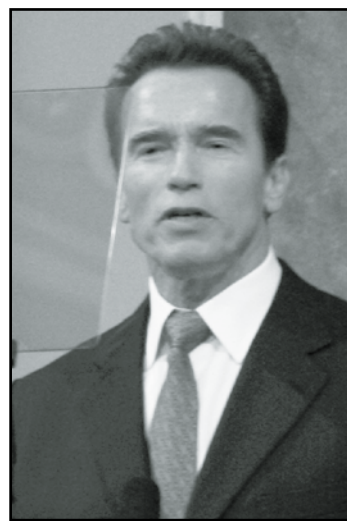
Ultra Liberal Bills, Passed Legislature, Now Go To Gov. Schwarzenegger

By Yolanda Knaak

Four ultra liberal bills passed the California State Legislature. **SB 906**, changes marriage to "civil marriage". **SB 1460** provides financial aid for illegal aliens. **SB 543** provides mental health treatment for minors without parental consent. **SB 810** establishes a new state bureaucracy for a single-payer health plan.

SB 906 which is already on the governor's desk, changes marriage to "civil marriage", inserting the new term in various places in the family code. The author of this bill is Mark Leno who previously authored several failed same-sex marriage bills. This new bill SB 906 lays the groundwork for legalizing same-sex marriage in the future. Prop 8, marriage between a man and a woman, passed with a majority of the people's vote and thus is the will of the people. The California State Legislature should have respected the will of the people and opposed this bill. Will Governor Schwarzenegger respect the will of the people and veto it?

SB 1460, financial aid for illegal aliens, is a bill that is also on the governor's desk. It requires the California State University System and California community colleges to offer grants, scholarships, and loan programs to some students who are in this country illegally. In the light of the state's fiscal



Governor Schwarzenegger

instability, passing this bill through the legislature was irresponsible, now we will see what Governor Schwarzenegger does.

SB 543, mental health treatment for minors without parental consent is also on the governor's desk. This bill authorizes a minor as young as age 12 to consent to mental health treatment or to residential shelter services without the consent of a parent, if the minor is "mature enough" in the opinion of a "professional person" (as defined in the bill). This bill undermines parental authority and unless parents have been accused of abuse or present a threat to the health and safety of a minor, they must be contacted prior to professional treatment. It is shocking that this bill which tramples on parent's rights, passed the State Legislature, will Governor Schwarzenegger stand up for parental rights and veto the bill?

SB 810 is a bill that establishes a new state bureaucracy and imposes single payer healthcare, it prevents any health care service plan or health insurance policy except for the new California Health

Insurance System Plan. This bill has passed the State Legislature and could go to the governor at any time. **SB 810** would ruin the health insurance industry, and could cause financial ruin for the state, because any government provision must be paid for by raising taxes or charging fees. Again in the light of the state's fiscal instability, how could the State Legislature pass this bill? And more importantly, will Governor Schwarzenegger veto it?

These four ultra liberal bills are on the verge of becoming law. **SB 906**, which creates "civil marriage" and lays the groundwork for same-sex marriage. **SB 1460**, that provides financial aid for illegal aliens, which could cause financial ruin in our state. **SB 543** which allows minors to access mental health care without parental consent and thereby tramples on parental rights. Then lastly, **SB 810**, which establishes a new state bureaucracy, imposes single payer health-care and thereby could cause financial ruin in our state.

Remember that we have a representative government and our elected officials want to hear from their constituents. If you want to make your views known, contact Governor Arnold Schwarzenegger, his phone # is: 916-445-2841, his fax # is 916-558-3160 and his address is: State Capitol Building, Sacramento, CA 95841.

Yolanda Knaak has a Masters Degree from UCLA in Nursing and works as a Home Health Nurse. She also is an elected member of the Republican Central Committee. She regularly writes for Messenger Publishing Group on political matters. For comments or questions: Contact YolandaKnaak@hotmail.com.

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Genealogical Association of Sacramento

PO Box 292145, Sacramento, CA 95829-2145 916-383-1221

The Genealogical Association of Sacramento will meet Wednesday, September 15, 2010 at the Belle Coolidge Library at 5600 South Land Park Drive, Sacramento.

Our meeting this month will feature a sharing session of our summer finds and discoveries.

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Monthly Military Retiree/Spouses Meeting September 14

Our next monthly meeting is scheduled for 14 Sep at the North Highlands Community Center, corner of Watt Ave and Freedom Park Drive. Our meeting starts promptly at 1030 hrs. Our speaker is Lisa Olson from TransitionsForVeterans, a nonprofit organization.

Come on out and enjoy a cup of coffee and a cookie. Questions can be referred to our volunteer staff at 561-7476.

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 24 Sep 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

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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 18, 25, September 1, 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 18, 25, September 1, 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

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

FICTITIOUS BUSINESS NAME STATEMENT #1007077. Mona Nemetz, 2015 Lux Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Alta Tech Solutions" at 2015 Lux Court, Carmichael, CA 95608. Filed with the Clerk of

Sacramento County on Aug. 6, 2010. Publish: August 25, September 1, 8, 15, 2010.

ALTATE 00804 9-15-10

FICTITIOUS BUSINESS NAME STATEMENT #1006935. Carmichael Overhead Door, Inc., 4045 California Ave. #A, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Carmichael Garage Doors; Placer Garage Doors" at 4045 California Ave. #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 3, 2010. Publish: August 25, September 1, 8, 15, 2010.

CARGAR 00804 9-15-10

FICTITIOUS BUSINESS NAME STATEMENT #106893. Alliance Medical Resources, Inc., 167 Briggs Ranch Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Alliance Medical Resources, Inc." at 167 Briggs Ranch Dr., Folsom, CA 95630. Filed with the Clerk of Sacramento County on Aug. 2, 2010. Publish: August 25, September 1, 8, 15, 2010.

ALLIAN 00804 9-15-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00084711
 WHEREAS, Marcos Robert Denda has filed a petition with this court for a decree changing name of Marcos Robert Denda to Willie Kent. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 21, 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: Aug. 10, 2010. Kevin R. Culhane Judge of the Superior Court

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00084711
 WHEREAS, Marcos Robert Denda has filed a petition with this court for a decree changing name of Marcos Robert Denda to Willie Kent. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 21, 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: Aug. 10, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

15, 2010.
 KENT 00804 9-15-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #204892

WHEREAS, Irene Lucyndia Dinkins has filed a petition with this court for a decree changing name of Irene Lucyndia Dinkins to Danifa Edna Renia Grigsby. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Sept. 21, 2010 in the Family Relations Courthouse, Dept. 130 located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order 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. 17, 2010. Publish: August 25, September 1, 8, 15, 2010.

SACCHI 00804 9-15-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #09FL04571
 NOTICE TO RESPONDENT: SARBJIT SINGH. You are being sued. PETITIONER'S NAME IS: NAVJEET KAUR

You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee,

ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local county bar association.

The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Rd., Sacramento, CA 95826. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Navjeet Kaur, petitioner in pro per, 2585 Millcreek Dr. #105, Sacramento, CA 95833, 916-929-3211. Dated: July 9, 2010. Publish: August 25, September 1, 8, 15, 2010.

SUPCAL 00804 9-15-10

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: Christina Guerrero and Tony Enzo Guerrero are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 6530 Fair Oaks Blvd., Carmichael, CA 95608 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: August 18, 2010. Publish: September 1, 8, 15, 2010. ROMASP 00901 9-10

FICTITIOUS BUSINESS NAME STATEMENT #1007557. Rancho CPD Inc., 3450 Recycle Rd., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Rancho Ford Truck" at 3450 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on Aug. 23, 2010. Publish: September 1, 8, 15, 22, 2010.

RANCHO 00901 9-22-10

FICTITIOUS BUSINESS NAME STATEMENT #1007633. Tony Guerrero, 449 Trowbridge Ct., Folsom, CA 95630 is doing business under the Fictitious Business Name "Roma's Pizza & Pasta" at 6530 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of

Sacramento County on July 19, 2010. Publish: September 1, 8, 15, 22, 2010.

ROMASP 00901 9-22-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00085986

WHEREAS, Veanna Irene Gales has filed a petition with this court for a decree changing names of Jesse Emilio Aragon to Jesse Emilio Gales; and Jaeden Michael Smith-Gales to Jaeden Michael Gales. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 5, 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. 24, 2010. Kevin R. Culhane Judge of the Superior Court

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-0008
 WHEREAS, Colby Tyler Sayles has filed a petition with this court for a decree changing name of Colby Tyler Sayles to Colby Tyler Black. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 13, 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

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

WHEREAS, Aza Sanducci and Ray Sanducci have filed a petition with this court for a decree changing names of Aytaj M. Sandugi to Aitaj Santucci and Mehdi M. Sandugi to Michael Sheldi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 15, 2010 in Dept. 54, located at 800 9th St.,

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. 30, 2010. Kevin R. Culhane Judge of the Superior Court

Publish: September 8, 15, 22, 29, 2010.

BLACK 00902 9-29-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00086507

WHEREAS, Kymberly M. Wright has filed a petition with this court for a decree changing name of Chase Wright Wilson to Chase Charles Wright-Wilson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 13, 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: Sept. 1, 2010. Kevin R. Culhane Judge of the Superior Court

Publish: September 8, 15, 22, 29, 2010.

GALES 00901 9-22-10

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

WHEREAS, Aza Sanducci and Ray Sanducci have filed a petition with this court for a decree changing names of Aytaj M. Sandugi to Aitaj Santucci and Mehdi M. Sandugi to Michael Sheldi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 15, 2010 in Dept. 54, located at 800 9th St.,

Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 3, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: September 8, 15, 22, 29, 2010.

SANDUC 00902 9-29-10

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Supervisor Susan Peters Sponsors Two Family Concerts



The John Skinner Band playing in Foothill Farms on September 11 And October 2. Photo by Susan Skinner.

Carmichael - Two "Concert in the Park" events will be held in the Foothill Farms area - Saturday, September 11, at Pioneer Park and Saturday, October 2, at Foothill Community Park. Both outdoor celebrations are open to the public and being co-sponsored by Sacramento County Supervisor Susan Peters and the Sunrise Recreation and Park District with corporate support from Mercy San Juan Medical Center and McClellan Business Park.

John Skinner's Fabulous Band will be the featured entertainment at both venues playing a variety of easy listening music oriented for the entire family.

The September 11 event will be at Pioneer Park, 5100 Verner Avenue, is near Pioneer School, in Old Foothill Farms. The fun begins at 3 p.m. with the concert from 4 to 6 p.m.

The October 2 celebration will be an encore performance of the Skinner Band at Foothill Community Park, 5510 Diablo Drive, in Foothill Farms. The fun that day begins at 2 p.m. with the music playing from 3 to 5 p.m.

"The Foothill Farms area has a strong sense of community and holds a special place in my heart because it is the part of Sacramento County where I was raised," says Peters. "To assist in maintaining that

neighborhood spirit, I am pleased two 'Concert in the Park' events will be held this fall that are oriented for the entire family to enjoy along with activities for all generations."

"Everyone is welcome and the best way to enjoy the day is to bring a picnic, blanket and lawn chairs for a relaxing time in the late afternoon concluding in the evening's early hours."

Both events will feature children's activities, information booths and refreshments for sale. More information can be obtained from the Sunrise Recreation and Park District by calling (916) 725-1585.



POPPOFF!

with Mary Jane Popp

MEDICAL MYTHS THAT CAN KILL YOU

Getting the right kind of information seems to be swimming in a sea of misinformation these days, so when I had the opportunity to interview Dr. Nancy Snyderman, NBC's Chief Medical Editor on the POPPOFF Radio Show, I was all ears and taking notes as fast as I could. From the Today Show, Dr. Snyderman sets the record straight in "Medical Myths That Can Kill You" and the 101 Truths That Will Save, Extend, and Improve Your Life. And the truths she passed on to me really had me going.

Here are some of the myths that are really surprising:

1) Annual Checkups are Obsolete... Dr. Snyderman explains the importance of seeing your physician on a regular basis. She provides charts for men and women, and yes, they are different like regular screenings for mammograms to colonoscopies.

2) Vaccinations are just for kids... Vaccines have medical value throughout our lives and should not be forgotten when childhood is left behind.

3) Doctors don't play favorites... that's what you think. There are disparities based on gender, income level, race, and more. It's imperative to find the right doctor and demand respect.

4) Only old people get heart disease and strokes...High cholesterol, diabetes, high blood pressure, stress, lack of exercise, and obesity all lead to heart disease and stroke at any age.

5) We're losing the war on cancer... We know more about cancer than ever before and treatment is shifting away from, not just trying to cure it but control it as well.

6) Natural means safe...Natural substances can be dangerous or even deadly.

7) You can just snap out of mental illness...Mental disorders like depression and anxiety are illnesses, and you are no more responsible for them than you would be if you had diabetes.

There's lots more in the book too, like unfiltered coffee can clog your arteries. Seems that filtering removes a natural compound that can increase

levels of artery-clogging LDL cholesterol in your blood. How about donating blood may reduce your risk of heart disease. It actually helps rid the body of excess iron. Ladies, listen up to this one. Bone density tests may be relatively worthless. Tests are not reliable enough yet. Feed a cold, but don't starve a fever. Your body needs nutrition at all times for healing. Remember mom saying don't read in dim light because it can ruin your eyesight? I do, but Dr. Snyderman told me dim light has no permanent effect. Where is your medicine cabinet? Is it in the bathroom? Well, maybe you should move it because humidity and temperature changes can age medicines prematurely.

There are so many more enlightening tidbits that can change your life and lifestyle. With some thirty years experience as a physician, Dr. Snyderman brings us not only knowledge, but practical application from the questions she had from her own patients. You can also check out her website at www.bewell.com and look out for those "Medical Myths That Can Kill You." I sure will!!!

Join Mary Jane for the KAHN Noon News Monday-Friday and then again for POPPOFF 10 PM-Midnight.

Firefighters Assist Fire Victims and Create Fund



By Christian Pebbles, Sac Metro Fire Captain

Sacramento - on August 28, 2010 Firefighters rescued a four

year old boy from a burning apartment on El Camino Ave. The boy is currently in Shriners' Hospital being treated for his injuries and is improving. The Thomas family lost everything in the fire and is without a home or possessions. A Fund was created thru the Fire Family Foundation for members of our community to assist. Just go to the website www.firefamilyfoundation.org and click on "How to Donate" to

make a tax deductible donation to the JT Thomas account. A Metro Fire Battalion Chief has secured them a hotel for a week and with contributions to the Fund from the Sacramento Area Firefighters Union and the Sacramento Firefighters Association we are of to a good start. We hope to raise enough to put them back in a home before little Jeremy is released from the hospital.

Save with Daily Grocery Coupons at www.CarmichaelTimes.com

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Children's Celebration

Saturday, October 9, 2010 • 10 am to 4 pm
Fairytale Town and William Land Park

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Face Painting
Free Kit for New Parents
Great Raffle Prizes!

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Whiskers and Wine Fundraiser to Benefit County Animal Shelter

Supervisor Susan Peters encourages Public Support



Carmichael - The public can demonstrate their support for Sacramento County's state-of-the-art 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 barbecue, 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.



Carmichael Recreation and Park District is announcing upcoming events

Capra Park Working Farm Community Introduction

Join us for pony rides, a petting zoo, arts and crafts and more as we introduce Capra Park's Working Farm to the Carmichael community!

Limited parking, but FREE ADMISSION for Everyone.

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

Halloween Carnival

Children 8 and under join us for some spook-tacular 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.



Now Playing

Room Service



Appearing in "Room Service": Paul Fearn and Cindi Williams

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.

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A Non-Profit Organization

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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