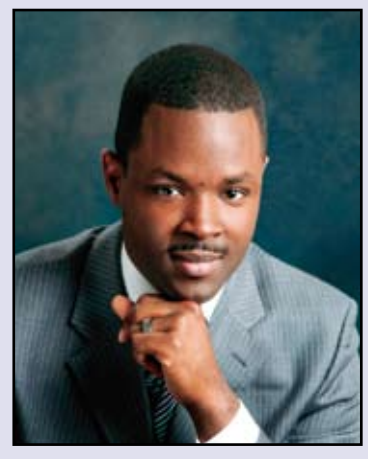
Carmichael Times

Living in the Spiritual Zone with Gary Quinn

Pg. 3



You Are Designed to Shine!

Pg. 6

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Volume 30 Issue 31 *Serving Carmichael and Sacramento County since 1981* August 4, 2010

Good Things Happen When You Have Great Neighbors

by Paul V. Scholl

Carmichael – Sometimes when people come together with a real vision for their community miracles can happen. On July 31st at 10:00 am, a new park was dedicated in Carmichael. After many years of waiting, and long hours of volunteer work from a purpose-driven board of directors, O'Donnell Heritage Park became a reality.

Local Boy Scout Troop 55 raised our nation's flag for the first time at O'Donnell Park.

O'Donnell Park had long-been a loved corner of the community, a place where neighbors walked together, grew together, kids played together, lovers kissed and families anchored their memories of their beloved neighborhood. For many years it was an unofficial park, and when the county was considering selling it for development due to the tough economic times, a group of neighbors created a group to petition the county to keep this sacred corner a place where their children and grand-children could come and play.

Over the past few years the neighborhood committee worked diligently with the county and Supervisor Susan Peters and the Carmichael Recreation and Park District to renovate and build a new beautiful park. Major donors stepped forward to contribute, contractors donated many additional hours and expertise, and the community came together to make their dream a reality.

The neighborhood committee included Ed Nicholson, Ben Yate, Vern Chang, Angela Villa Brown, Tom Gemma, Sue Bristow, Steve Cavender, Samantha Arth, Tom Hessler, Lisa Dugan, Simon & Lorna Mandell, Patrick Cavender, and janet Chapman. Community contributors included Stantec Consulting, New Directions Screen Printing, NDS Solutions, Dan Wild Landscape Architect and the Carmichael Times. There were also over forty major donors.

Kiwanis of Carmichael was one of the local groups that stepped up and helped with some of the needed labor. They came together and helped install the benches found throughout the park.

The new play structures were donated by First Five Sacramento, who were represented by Commissioner Dr. Robert Bonar at the event. They were such a hit that very few of the children heard a word any adult was saying during the entire dedication.

Sam Verner, owner of Gateway Landscaping, who played a major part in the creation of the park said "It was a delight to work with everyone involved with the project. There was such great participation by everyone that it made it easy to help." Keith Maddison from Carmichael Recreation and Parks said "After such a long wait, it's amazing how this came together in just a few short years."

This accomplishment, the design, development and creation of a new park will live for many years. For decades, the question for our generation has been "Where will the children play?" Now we have one answer because of the determination of the people of Carmichael. They will play at O'Donnell Heritage Park.

Kids, kids and more kids rode their bicycles, tricycles and rode in parent-led wagons to kick-off the celebration of the opening of O'Donnell Heritage Park

Supervisor Susan Peters performed the honors of cutting the ribbon to officially open the park. Surrounded by the O'Donnell Heritage park Committee and other local dignitaries, the park is officially opened for play and enjoyment.

Grandpa Jack Harrison of the Carmichael Recreation and Parks District celebrates the opening of another beautiful park by playing on the new slides with his granddaughters Tylee Schaedler-Harrison, age 8 and Ally Harrison, age 2.

Many children, grandchildren, grown-ups and grandparents enjoyed the ride around the entire park on a perfectly sunny day on the colorful amusement train. There were many other activities including face painting, basketball and, of course, a barbeque.

Come and enjoy O'Donnel Heritage Park.

All photos this page by Paul V. Scholl

Sac County Board of Supervisors Urge SCERS to Release Names of Retirees

Sacramento Region - In a unanimous vote on July 27, 2010, the Sacramento County Board of Supervisors voted to request that the Sacramento County Employees Retirement System (SCERS) abandon its court appeal regarding disclosure of pensions.

Referring to Stanislaus, Contra Costa and Orange County policies of making pension information available to the public, Third District Supervisor Susan Peters, who sponsored the measure, concluded that it's not logical for SCERS to proceed with the appeal, saying to her colleagues that "continuing with the appeal might suggest to some there is something to hide when there isn't."

The issue stems from a request from the Sacramento Bee in May 2009 that SCERS release information about retirees earning pension of more than $100,000 a year. The Bee amended the request in February of this year, to include all retirees. SCERS refused to disclose the requested information which led to a lawsuit filed by the Bee and the First Amendment Coalition.

Recently, Sacramento Superior Court Judge Allen Sumner ruled that the public interest in disclosing information about the names of the recipients, their pensions and other related details for all retirees outweighs any interest SCERS has in keeping that information secret. SCERS has announced its intention to appeal the court's decision.

"In this time of economic uncertainty and public distrust of government, I felt it was important to bring this to the Board for a vote. I believe it's in our best interest for the SCERS Board to be completely transparent, and discontinue any efforts to appeal the judge's ruling," said Peters.

Pursuant to the unanimous vote SCERS will be asked to drop its appeal and release the information in accordance with court ruling.

The SCERS Board operates independently from the County Board of Supervisors, and today's action has no legal effect on SCERS.

California State Fair Attendance Exceeds Projections with a 10% Increase

Sacramento Region - The California State Fair wrapped up its 157th year on Sunday, August 1, in traditional State Fair style – with the nightly fireworks finale, corn dogs and plenty of BIG FUN! Throughout its 19-day run, Fairgoers were encouraged to enjoy "An Adventure Waiting Inside" and take part in the affordable family fun.

Despite the difficult economy, the State Fair managed to break some important records and milestones during its season.

Before the 2010 California State Fair even started, advance online ticket sales soared to record levels thanks in part to the many discounts and package deals being offered. This year, more than one million dollars in online purchases were made- a 16% increase over the past year making it the highest ever!

For the first time in 100 years, the Fair moved away from its traditional schedule which typically lasts through the Labor Day weekend, to an earlier start date in July. By doing so, families didn't have to worry about children being back in school, and instead, could enjoy the new dates and new adventures offered by the Fair. On Tuesday, July 27, 73,363 people visited the Fair during Kids' Day: a record number of guests for a weekday. "We're thrilled with this year's attendance," said Norb Bartosik, CEO and General Manager of the California Exposition & State Fair. "With the transition to a new schedule, we didn't know what to expect. But the numbers show that Californians came out in droves to support the Fair and for that we say thanks!" Fair officials saw a glimmer of change in a down economy as the attendance numbers reached the two highest weekday attendance records in Fair history with both Tuesdays (56,505 and 73,363 respectively), and the highest recent totals for a second Wednesday and closing Saturday in the last five years. Total attendance reached 741,189 which is a ten percent increase over last year.

The nearly 100 food vendors participating in this year's Fair lowered prices 25% compared to last year allowing people to feed their appetites without emptying their wallets. Business was still booming at Sweet Cheeks with its deep-fried Moon Pies; Jungle George and the alligator-on-a-stick; and Fire & Ice Concessions with its chocolate covered bacon.

Governor Schwarzenegger made a special visit to the State Fair on opening day this year with an extended tour of "The Farm," the Jungle and Reptile Experience, the Counties Exhibits and "Days of the Dinosaur."

In addition, the State Fair drew large crowds for big name acts like Fab Four, Eddie Money, Rick Springfield, Martina McBride, Village People, Foghat and "Weird Al" Yankovic.

There were a plethora of specials and promotions that helped the Fair achieve a successful season.

The promotions and discounts proved to be the most popular thing about the State Fair this year. With the multitude of advance gate discounts and reduced food prices we felt that we offered a great bargain and a niche price program for many visitors.

"The State Fair remains the best deal in all of Northern California for families," said Bartosik. "The annual event brings back fond memories for adults and creates special family moments for children."

For more information about the California State Fair, please contact the Media Center at (916) 263-3108 or media@calexpo.com .

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

Carmichael Recreation and Park District

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)

Sunday 6:30-8:30pm	**August 8**	**Metro Swing** Dance Band
Sunday 6:30-8:30pm	**August 15**	**El Dorado Brass Band** Authentic 14-piece Civil War Band
Sunday 6:30-8:30pm	**August 22**	**River City Concert Band** 50-piece Concert Band
Sunday 6:30-8:30pm	**August 29**	**Capitol Pops Concert Band** 50-piece Concert Band

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Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981

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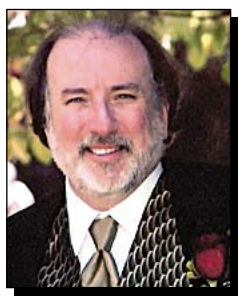

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the 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.

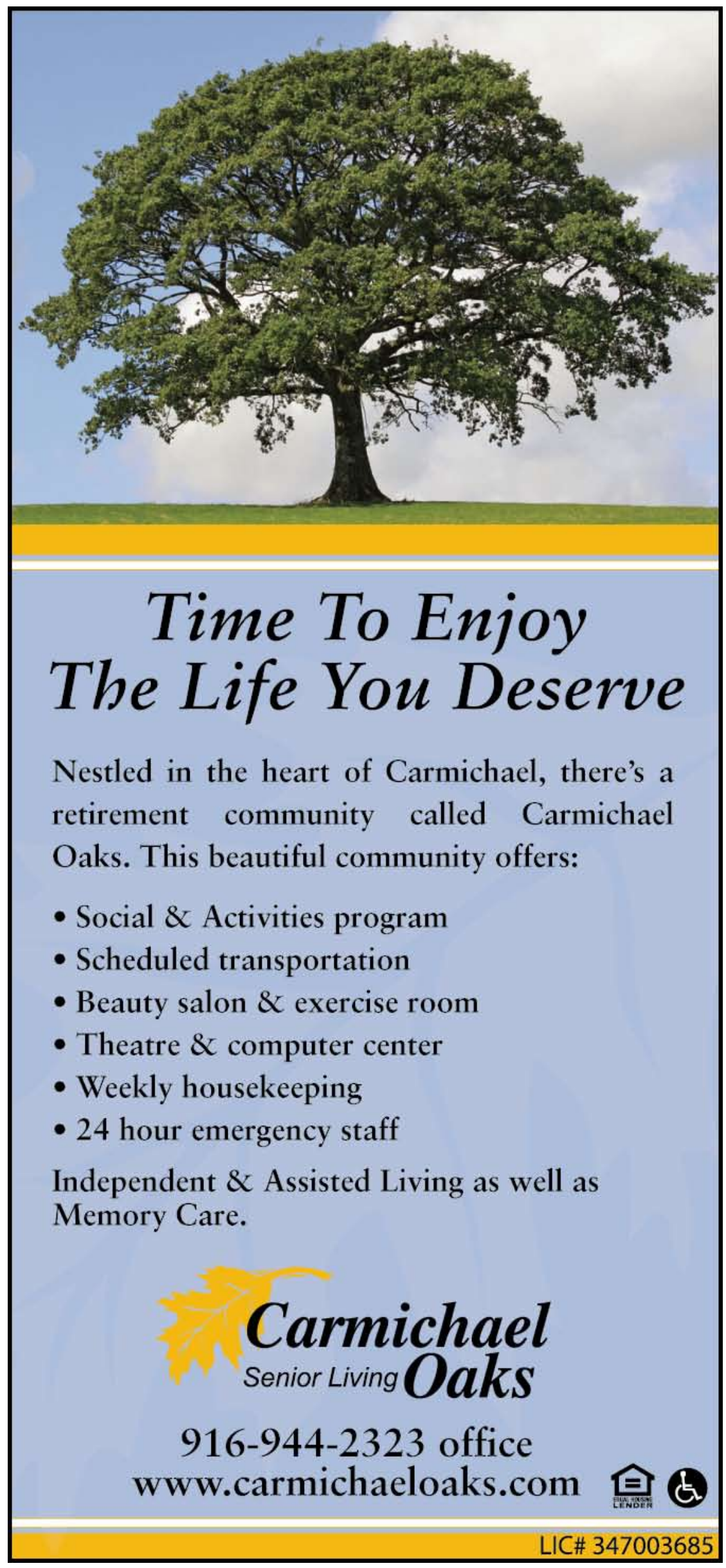
Sunday Support

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.



'Living In The Spiritual Zone' Offers New Insight to Achieving Success

Gary Quinn, Life Coach and Best-Selling Author

Sacramento Region - International best-selling author and former Sacramentan Gary Quinn recently returned to Sacramento to share his valuable insights and knowledge as well as news regarding his upcoming projects.

From his best-selling book, Living in the Spiritual Zone—10 Steps to Change Your Life and Discover Your Truth, to his participation in the new film The Invocation (executive produced and narrated by Sharon Stone) and author of the companion book The Invocation (a follow-up to the best-selling book The Secret), Gary is often described as a inspirational life coach. He provides simple but effective methods to access the true power within ones self. He is the founder of the Life Coaching Center in Los Angeles, which empowers individuals to create fulfilling lives.

Gary's teachings have been embraced by people from all walks of life including entertainers, Olympic athletes and corporate leaders. Among his many clients are Academy Award winners Roberto Benigni and Geoffrey Rush, Grammy winner Seal, and well known actors such as Nastassja Kinski. Among his corporate clients are MSNBC, Mattel, Merrill Lynch and the Lynx Corporation.

In conversation with Gary, it becomes very clear that his determination and focus was learned at an early age and has elevated his career to new heights…

How did your upbringing influence your professional career?

I grew up in Carmichael and learned at an early age through athletics how important determination and focus were to achieving success. As part of the Arden Hills Country Club Swim Team and the Sherm Chavoor Olympic coaching-era, I competed alongside Debbie Meyer and Mark Spitz. We were swimming every day and I learned how to stay motivated and to push through challenges to remain competitive. When I continued my athletic career as part of the UCLA swim team, I took my determination and goal setting skills to a whole new level. These experiences were really the foundation for my professional career as a business entrepreneur and talent manager. When I decided to begin writing and become a life coach, while expanding my spiritual awareness, it was a matter of setting higher goals and taking the right steps to achieve them. I had already learned these skills at an early age and I continued to employ them at each step of my professional career. It has had a magnificent impact on my life.

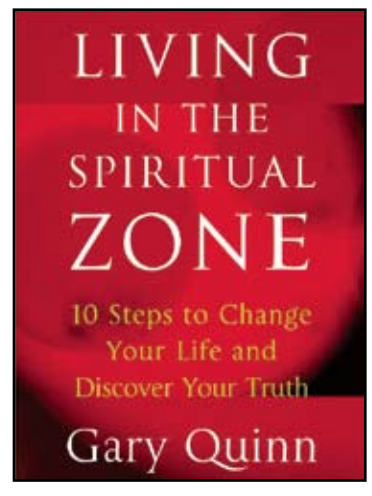
Gary Quinn with actress Jamie Lee Curtis.

Gary, you speak all over the world. What is it that people want to learn from you? What do they most often ask you?

Quite often, people want to know how to tap into their strength to achieve success, overcome a problem—whether it's personal or professional. I provide 10 steps that can help all of us believe in ourselves and become empowered to take charge of your present situation, access your divine energy, overcome fear and self-sabotage, create financial freedom and meet your most precious goals. Here's a sampling of those questions and thoughts to achieve success…

Can I have a more lucrative and fulfilling career?

Yes! Finding strength to pursue a more lucrative career exists! Spiritual Financial Freedom teaches us that we are powerful beings who deserve what we desire in life and that it's never too late to start. These



Gary Quinn's Best-Seller Book Jacket - Living In The Spiritual Zone…

are empowering words for anyone who is seeking to be more successful and get more satisfaction in their career.

Can I find the love I deserve?

We can all use some constructive advice on finding a partner who is available and loving. Countless self-help books guide us to find the love by playing by "the rules" when really the answer lies with honesty and trust in oneself and in the gifts that the universe has to offer. Letting go of the Emotional Past and Choosing to Love Yourself shows us that we must love unconditionally and purely and it is only then that we will find our true soul mate.

Gary Quinn with actress Sharon Stone.

Can I feel the inner strength to carry me through all situations?

How can we help instill confidence in our children so that we can reduce the violence in schools and on the street? Recognizing you have Support gives us feelings of self love and acceptance and allows us to see the world in self-promoting way. Self-confidence is at the root of all successful, happy people.

Can I be a winner?

What is the secret behind the success of athletes such as Serena Williams and David Beckham? In sports, our career, our personal lives, Activating the Power of Choice shows us that our journey to success and happiness is really a very simple one. If we ask for help and guidance and trust ourselves, we can achieve anything.

Can I get everything from life?

Imagine what a better world we'd live in if individuals devoted more time and energy to pursuing their own dreams instead of destroying others'. Getting To Know Yourself as The Creator allows us to imagine the life we want and gives us the confidence to believe that it's achievable, and Visualizing The Life You Want helps us figure out, pragmatically, what we need to do to achieve those goals.

What will some of your new projects offer to people who continue to be open to spiritual awareness and achieving successful lives?

As founder of Our Living Center-Touchstone For Life, I have developed a Life Coaching certification program that trains and transforms individuals to create fulfilling lives. I've also produced a CD The Power of Yes which offers affirmations that empower individuals to improve their lives. When utilized daily, it can have a very influential impact on a positive way of life.

And my most recent project, the film, The Invocation, is about spiritual reflection and peace with the wisdoms of many respected world leaders. It is a call for global harmony through foundations of religion, spirituality, history, science, politics and art. It challenges us to go beyond our differences in seeking the common goal of peace.

With these new projects and speaking all over the world, I always emphasize that it is important to include some level of spiritual self-awareness in our daily lives. It will change the way you look at your life and move you in a positive direction—which is something we all desire! I have experienced so many powerful, life-changing stories with people, that I know this is possible. We are each very special beings and have the strength, passion and ability to change our own lives as well as those around us. What could be more important than that?

For more information about Gary Quinn, his books, CD's and workshop calendar of events, visit www.GaryQuinn.tv

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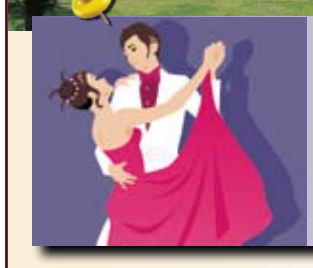

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February 14-28, 2011 • $4,699

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.

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FACILITY RENTALS

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Area Sales Up Sharply

Carmichael – Overall home sales have taken a hard hit in our region, much like the rest of America. But not at Clayton Homes Sales Centers, including the stores serving Carmichael. Clayton's numbers for the first half of 2010 are in and the company's sales are up 22 percent from this time last year.

Clayton Homes' results are astonishing considering the challenges homebuilders face. The nation's seasonally adjusted annual rate of new single-family house sales in May 2010 was 300,000. That's down almost 33 percent from the month before, which was down 18 percent from the month before that according to the U.S. Census Bureau and the Department of Housing and Urban Development. In fact, new home sales in May 2010 were a record low.

But Clayton customers, both here and elsewhere, are keeping the numbers from going even lower. According to The New York Times, nationally, manufactured homes made up nearly a quarter of all new homes sold for less than $200,000 in 2009. Manufactured homes are a major factor in the affordable-housing sector.

So why is manufactured housing bouncing back when traditional site built homes are still fatigued? Essentially, purchasing a manufactured home gives buyers more "bang for their buck." Clayton Homes offers amenities like flexible floor plans, a size that suits their family and more style choices than ever before.

"A Clayton home buyer will ultimately receive more amenities than someone who buys a traditional site-developed home," said Russell Perryman, Zone Vice President, Clayton Homes. "Prices of residences that are built on-site are soaring, and if you find one that is affordably priced, it probably doesn't have many features or luxurious amenities like a manufactured home can offer."

Another concept Clayton Homes has adopted is conserving resources and keeping the building process environment-friendly. For each home that Clayton builds, only two trash-cans of waste are produced. Measure that against the full dumpsters you see at site built homes.

In addition, while most people associate having an energy efficient home with a premium price, Clayton Homes even sells homes that are friendly to the environment and the buyer's wallet, on the front end and on monthly utility bills. Options like standard CFL lighting, programmable thermostat, low "e" windows and a superior insulation package saves the owner hundreds of dollars each year.

Sales are expected to remain strong for the next few months as area Clayton dealerships participate in the National Open House program, designed to get people inside homes and considering purchases.

"Home construction and sales are important economic drivers," said Kevin Clayton, President and CEO of the company. "We hope the trend we're seeing is part of an economic turnaround for all industries."

Lungren Bill Causes Democrats to Scramble

Bill to repeal burdensome 1099 tax filing provision in Universal Health Care Bill pulled from consideration

As the Democrat Majority was set to vote on their Investing in American Jobs and Closing Tax Loopholes Act of 2010, Congressman Dan Lungren (R-Gold River-CA) worked with the Republican leadership to bring his own jobs language to the floor for consideration. Realizing that the Lungren language was likely to win, the Democrat Majority pulled their bill thus blocking any further consideration.

Congressman Lungren released the following statement:

"The decision by the Majority to pull their bill from the floor and not bring it up for consideration shows a clear indifference to the plight of small business in this struggling economy. My language would repeal Section 9006 of the Patient Protection and Affordable Care Act. This section requires all businesses, small and large, to file 1099 forms with IRS for every business to business transaction of more than $600. This misguided provision will certainly increase costs on all small businesses.

"We are about to leave for a six week district work period and the economy continues to struggle. It is unfortunate that the Majority is making this a political issue. Every time I listened to local businesses in my district they want solutions. I have been fighting since April to alleviate this mandate on businesses across the United States and I will not rest until we are successful in this fight."

Linfield College Releases Spring Dean's List

Linfield College, located in McMinnville, Oregon, has released its spring semester Dean's List. Brianne K. Durkin, Scarlett R. Sanford of Carmichael were named to the list. In order to be named to the Dean's List, students must complete 12 graded credits and be in the top 10 percent of their class.

Congratulations Brianne and Scarlett!

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). 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.

Congratulations Krista!

Hometown Hero

Air Force Airman Zachary E. Patton

Air Force Airman Zachary E. Patton

Air Force Airman Zachary E. Patton graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Robert Patton of Pueblo St., Carmichael, CA., and Julia Frields of Moses Lake, Wash.

Patton is a 2007 graduate of Mesa Verde High School, Citrus Heights, CA.

Special Added Attraction
Barry McGuire

Benefit Concert
Saturday
August 7, 2010
7:00 P.M. 100% tax deductible tickets $20.
Veteran's Memorial Amphitheatre
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Tickets & Information: www.fairoakstheatrefestival.com Phone: 916-966-3683
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The holidays are often filled with warmth, laughter and time spent with family. They are also a time when adult children notice changes in their older parents. Áegis Living, a national leader in assisted living and memory care communities, understands this period in adult children's lives. If you recognize a change in your family member and would like help with next steps, please contact us at Áegis of Carmichael.
Call 916-972-1313 or visit AegisofCarmichael.com for more information.
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In 2009, Identity Theft Cost Americans
Over $54 Billion.
Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report." February 2010.
Help Protect Yourself Today.
A Serious and Growing Problem.
Identity theft is one of the fastest growing crimes in the nation. Over 11 million Americans fell victim to the crime in 2009, at a cost of over $54 billion. (Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report." February 2010.)
As thieves employ more sophisticated and high-tech methods, the number of identities exposed in a single theft increases dramatically, as does a consumer's level of risk. Every week, retail companies, financial institutions, and national organizations are breached, and the personal and financial information of hard working Americans is stolen.
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DVBE Networks Opportunity for Business

Sacramento Region - Anyone who served in the U.S. Armed Forces should attend this meeting of the non-profit Disabled Veteran's Business Enterprise Alliance, Central Valley Network Chapter Tuesday, August 10, 11:45am - 1 pm at the Lions Gate Conference Center, McClellan Park, 3410 Westover St. With state, federal and many private industry companies seeking to buy from disabled veteran owned business, the DVBE Regional Network is 'opportunity knocking!' for California's entrepreneurial veterans. Free membership, business training and certification assistance are available. With millions of dollar in guaranteed contract opportunity for certified disabled California veterans, disabled veteran business owners and those interested in creating new companies to provide goods and services should plan to attend.

Guest speaker for this monthly network meeting is Carol Bowyer with the Federal Technology Center on how to do business with the Federal Government. Learn more at http://www.theftc.org/index.html.

Cost is $20.00 lunch and reservations are recommended. RSVP at cvdvbe@comcast.net or call Michael Grabow at 916-541-9161.

Serving statewide, the DVBE Alliance supports more than 1100 member businesses by creating opportunity with State agencies, private industry and other veteran companies. Visit www.cadvbe.org for more information.

Regional Parks Implements New Public Counter Hours

Sacramento, Calif. – Effective August 1, 2010, the remaining Regional Parks public counter, located at 4040 Bradshaw Road, will now be open Tuesdays through Saturdays from 10 a.m. to 6 p.m. The counter will be closed on Sundays and Mondays. On the days that the public counter is closed, the Regional Parks business/information line, (916) 875-6961, will go to voicemail that will be monitored once a day. The park ranger dispatch number, (916) 875-PARK (7275) will continue to be answered.

"Due to budget reductions, we have had to make some difficult decisions about what services we can provide with the resources available, and we need to reduce our hours to ensure that parks staff is working as efficiently as possible" said Janet Baker, Regional Parks Director.

Visitors to the Regional Parks public counter can purchase annual parks passes, make picnic reservations, purchase maps, ask general questions and speak with park rangers and staff. Annual passes can also be purchased at the Parks website and at any park entry kiosk.

For more information visit www.sacparks.net.

River Cats Offer Special Ticket Packages

Sacramento Region - The River Cats are offering several special ticket packages for the month of August. These packages are a great value for families looking to end the summer with some fun, affordable entertainment. Included is the opportunity to see Chicago Cubs Hall of Famer and current Iowa Cubs Manager, Ryne Sandberg, the chance to experience the Highway 99 Showdown against the Fresno Grizzlies in a hotly contested playoff race, and several family packs that offer fans exclusive merchandise and meal deals.

Family Packs: August 14

Purchase family packs for the River Cats game on Saturday, August 14 vs. Omaha Royals (Triple-A Affiliate of the Kansas City Royals) and you'll not only get four (4) tickets to the game, but four (4) food vouchers (each voucher good for (1) hot dog, (1) soda, (1) chip, (1) fudge bar), four (4) tickets to Fairytale Town and four (4) tickets to the Sacramento Zoo! Family Pack pricing starts at just $56 for four (4) people for lawn seating. Additional ticket levels are available.

Back 2 School Package: August 15

The River Cats host the Omaha Royals (Triple-AAffiliate of the Kansas City Royals) on Sunday, August 15 at 1:05 p.m. and fans can purchase a Back 2 School Package for as little as $79 for Delta Box seats. Additional ticket levels are available. Package includes: Four (4) tickets (additional tickets may be purchased), four (4) food vouchers (each voucher good for (1) hot dog, (1) soda, (1) chip or veggies) and four (4) River Cats spiral notebooks. In addition, package purchasers can play catch on the field postgame!

Ryne Sandberg Package: Aug. 17-20

The River Cats host the Iowa Cubs (Triple-A Affiliate of the Chicago Cubs) August 17-20. Come see Raley Field transformed into Wrigley Field with a special $23 ticket package available for any game in the series which includes a Gold Rush seat and a special Ryne Sandberg T-shirt. Fans purchasing the package will also be entered to win the opportunity to sing "Take Me out to the Ball Game" from the suite level for each game of the series, just like Harry Caray!

Summer of '69 Package: August 18

For just $69 fans purchasing the Summer of '69 Package will get four (4) Gold Rush tickets and four (4) limited edition River Cats tie-dyed T-shirts. In addition, the first 2,500 fans entering the ballpark on August 18 will receive a River Cats classic toy.

Highway 99 Showdown Special Ticket Offer: August 25-29

Experience the excitement of the Highway 99 Showdown and the PCL Playoff race! Fans who purchase tickets for two games of the Fresno series, will receive a ticket for a third game for FREE during the five-game series with the Fresno Grizzlies (Triple-A Affiliate of the San Francisco Giants) August 25-29!

For more information visit www.rivercats.com or call (916) 376-4676. Ticket packages are available for purchase at the Raley Field Ticket Office or ticketmaster.com.

Sacramento Veterans Resource Center Offers Employment Assistance Program

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.

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You Are Designed to Shine!

Reverend Kevin Kitrell Ross

By Kevin Kitrell Ross

In a troubling economy, a polarized society, a crumbling educational system, and an environment filled with toxins and pollutants, it is understandable why someone might feel hopeless and maybe even, helpless. Some argue that these are end times or that God is punishing us and therefore, not only is it hopeless, but there is nothing we can do to change our fate. While I empathize with those whose experiences lead them to think this way, I believe it is this very type of thinking that creates the conditions for many of the social ills we face in society.

To convince a person that he is helpless and hopeless to improve his lot and that he has to beg a reluctant deity, who is "somewhere else, sometime else" to come back and save him is to sentence him to a life of chance and victim living. This type of thinking contradicts every divine urge a person feels within himself that is seeking to express, especially in times of crisis. What I have come to discover is that a crisis is an opportunity for God - the Divine Presence-to make entrance into this world through the head, heart, and hands of people.

You are not an original sinner, sent to suffer. You are an "original center", sent here to prosper, to glow, and to radiate the life and the light of the same Divine Presence that pressed you out into existence. So, if you are experiencing a tough time, you can choose a new thought about yourself that says "you are not a victim, but a victor." Choose a new thought about God, that changes God from being an absentee landlord to your true indwelling Power that, by means of you, wants to express fully and to shine the light of peace, love, plenty, and purpose into this world.

Allow these challenging times to call forth your inner splendor, your light, your genius, your greatness, and your creativity. Remember tough times don't break men, they make men (and women). Remember, you are designed to shine. Now, go forth courageously and light up the world!

Kevin Kitrell Ross (36), is the new Senior Minister and Spiritual Director of Christ Unity Church of Sacramento. Christ Unity Church is located at 9249 Folsom Boulevard, Sacramento, California 95826. Service times are 9:00 a.m. and 11:00 a.m. each Sunday. All are welcome to attend.

About the author

A native of Chicago, Rev. Ross brings his experience as an author, inspirational speaker, award-winning youth humanitarian, trainer, and life and business coach to his new spiritual community. He has been featured in several national publications including the Chronicle of Higher Education, Ebony Magazine, and the Chicago Sun Times. He is the recipient of numerous honors, including being inducted into the Martin Luther King, Jr. International Hall of Fame at Morehouse College, and most recently honored by the Mayor and City Council of Sacramento with a proclamation. Kevin is married to Anita Ross and together they are the co-founders of Teen Dream Camp, a 501 c (3) tax exempt organization designed to empower teens to identify, awaken, and fulfill their dreams. The two live in Sacramento with their daughters Angelina and Kameela. For more information about Christ Unity Church and to attend Sunday services visit www.christunity.com or call 916-368-3950.

Let the Clouds Roll By!

Marlys Norris, Christian author

by Marlys Norris

Discouragement happens to all of us from time to time. We should expect it to happen when life's circumstances are not what we would like it to be. It happens when we have "expectations" about people and events which will lead always to big disappointments. In the moment we realize we are discouraged, we need to accept our saddened state of mind and realize that we must not wallow and linger in it indefinitely. We need to recognize it is only temporary and find a way to overcome our dilemma and come out of discouragement and its effects. God will help us if we go to Him.

The length of its stay is usually is a choice we make. We can stay in it or move in a different and more positive direction. We must recognize who and what is responsible for bringing it about and not walk in a state of denial. We need to know who and what is responsible and how we can move out of it as soon as possible forgiving those involved.

Causes for discouragement can be many of the following: Verbal or physical abuse; unrecognized efforts; unresolved & repentant sin; financial stresses; health issues; divorce; expectations of another person; poor self-image; negative spirit; anger and frustrations; and feelings life isn't worth living anymore All these events have consequences and they most always lead to discouragement and depression.

Focusing on the negative things in life usually leads no where! We need to read and understand God's prescription for good health and focus our thoughts on living successfully. God's Holy Word states, "Delight thyself in the Lord and He will give thee the desires of your heart, in all your ways acknowledge Him and He will direct your path" (Palms 34) and "Finally beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you" (Philippians 4:8-9) When this cloud comes your way, let it roll by quickly!

A Film Review by Tim Riley

Riley Reviews

THRILLING "SALT" PEPPERS THE ACTION GENRE TO THE HILT

SALT
(Rated PG-13)

In the role of a robust, hard-bitten secret agent, Angelina Jolie achieves equal status with Daniel Craig and Matt Damon in their tough-guy personas of James Bond and Jason Bourne, respectively. Arguably, Jolie's top ranking as Hollywood's female action star is anything but a matter of hype in "Salt." Any doubts of her durability are erased in the film's opening minutes when she endures the harsh torture dished about by Kim Jong-il's thugs in a North Korean prison. "Salt" wastes no time in setting the stage for full-throttle action in the service of one really exceptional thriller.

The ad campaign poses the question of "Who is Salt?" True enough, in the titular role Angelina Jolie's CIA agent Evelyn Salt, an identity that she by the way steadfastly refused to give up to her North Korean captors, is an enigma. But that's the fun of an action thriller that seems like a throwback to the waning days of the Reagan era when the Cold War was slipping into permanent oblivion. Yet, "Salt" engages a contemporary premise that the glory days of the Soviet Union are just about one serious international incident away from being revived from a moribund state.

Two years after her release from the communist torture chamber, Salt is back at the CIA and married to a German civilian (August Diehl) who researches spiders. Now working a desk job, Salt is pulled into the interrogation of supposed Russian defector Orlov (Daniel Olbrychski) who claims that the old Evil Empire peppered America with sleeper cells of true believers ready to act upon a moment's notice. Orlov tries to peddle the notion that there is a plot to assassinate the Russian president when he attends the upcoming funeral of the American vice president. He boldly claims that Evelyn Salt, no matter how stellar her CIA service record has been, is in fact a Russian sleeper spy.

Salt's superior, Ted Winter (Liev Schreiber), is highly dubious about Orlov's wild claims. On the other hand, top agency official Peabody (Chiwetel Ejiofor) is, for reasons not really clear, almost immediately skeptical about Salt's loyalty. I wouldn't waste much time thinking about Salt's allegiance or even motives, but she instantly leaps to action to break out of the CIA headquarters and to evade her colleagues in a series of daring stunts staged in and about Washington, D.C. One moment she is even more resourceful than MacGyver, as she builds a rocket launcher with the help of cleaning supplies and metal tubes. The next she can leap from one speeding truck to another with the dexterity of Spiderman.

I would like to tell you more about the plot, but that would be a disservice to anyone who would like to enjoy the abundant surprises in store. There appears to be no obstacle that is insurmountable for Salt. No prison can hold her. No foe can overcome her skill and fearsome tenacity. The film's funniest scene may be on the occasion she enters the White House disguised as a male military officer. Maybe it was funny because, while wearing a short dark-haired wig, Salt looked uncannily like MSNBC's Rachel Maddow. Fortunately, on all other occasions, Salt looked remarkably hot and sexy, even after being bloodied in a fight.

Some cranks will quibble that "Salt" lacks plausibility and that the action is too over-the-top. Well, all of that is true, but nobody should really care. This high-octane action spy story is so amped up on thrills that one should easily overlook any plot deficiencies, of which there are many. Still, "Salt," for all its preposterous exploits, has enough twists and turns to keep anyone guessing deep into the storyline. I'll take the straight up excitement of "Salt" any day over the self-conscious pretensions of a film like "Inception."

DVD RELEASE UPDATE

It's not every week that I get to absolutely rave about a new DVD release, but I eagerly anticipated the arrival of my screener for "Sergeant Bilko: The Phil Silvers Show, The First Season." Delightfully, this outrageously funny TV comedy series holds up remarkably well after more than 50 years. In Army Sergeant Ernie Bilko, Phil Silvers created television's most beloved conman and comedic character. Fort Baxter sets the scene for the hilarious antics of Bilko as he attempts to swindle, bluff and flatter his platoon and fellow comrades in his hilarious attempts to enrich himself at their expense. This is the kind of DVD release where the episodes are so damn good that I care not at all about the extras. Nevertheless, two special features are worth noting. One is the rarely seen live audition show that was never broadcast. The other is a classic episode of "I Love Lucy" in which Phil Silvers guest stars, in true comedic form, as an efficiency expert who takes over Lucy's office.

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00082727

WHEREAS, Mindee K. Mortimer and Jay Richins have filed a petition with this court for a decree changing name of Kara Kuulei Mortimer hins to Kara Kuuleihulu Mortimer Richins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 26, 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 15, 2010.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: July 21, 28, Aug. 4, 11, 2010.
MORTIM 00703 8-11-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00082675

WHEREAS, Tiffanie Sun and Wayne Cheng have filed a petition with this court for a decree changing name of Aidan Ryan Cheng to Aidan Hao-Yuan Cheng. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 26, 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 15, 2010.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: July 21, 28, Aug. 4, 11, 2010.
CHENG 00703 8-11-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00082348

WHEREAS, Tanya Sirugo has filed a petition with this court for a decree changing names of Breanna Rose Sirugo-Cooke to Breanna Rose Sirugo; and Hayden Walter Sirugo-Cooke to Hayden Gary Sirugo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 24, 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: Jul 12, 2010.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: July 21, 28, Aug. 4, 11, 2010.
SIRUGO 00703 8-11-10

NOTICE OF NON-RESPONSIBILITY

I, Thomas L. Griffen, will no longer be responsible for any and all debts past, present or future, generated or incurred by Elvira D. Griffen as of July 28, 2010. Publish: Aug. 4, 11, 2010.
GRIFFE 00801 8-11-10

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 Bacich, 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 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

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We are hiring positive friendly plumbers who are able to articulate well with customers. This is a part time - full time position and must be willing to work weekends and nights. We are a growing company interested in people who are also interested in customer service. Every person we hire needs to be drug free, background checked, tobacco free, cleaned shaved (this is a non negotiable standard). We are interested in you joining our team!
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Medical plan offered after 180 days.
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Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.con, or call (916) 725-1054 (MPG)

Prayers & Novenas

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

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Volunteers Needed

Volunteers Needed: The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG)

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Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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Carmichael RECREATION AND PARK DISTRICT

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. 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.

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

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Las Vegas 51s 8/30-9/2

Tickets available at the Raley Field Ticket Office, online at Ticketmaster.com, any Ticketmaster outlet or rivercats.com

Area Gas Prices Up 1.5 cents

Sacramento Region - Average retail gasoline prices in Sacramento have risen 1.5 cents per gallon in the past week, averaging $3.10/g yesterday. This compares with the national average that has increased 0.6 cents per gallon in the last week to $2.75/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 27.4 cents per gallon higher than the same day one year ago and are 0.1 cents per gallon lower than a month ago. The national average has decreased 2.1 cents per gallon during the last month and stands 21.6 cents per gallon higher than this day one year ago.

"Gasoline prices in a majority of the United States have been stuck in narrow range over the past several weeks," said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. "The longer oil and gasoline prices remain in this tight range, the harder it will be for prices to break out of that threshold." DeHaan cites the lack of significant economic improvement and quiet tropics thus far as a reason prices have failed to move significantly. "Unless we start seeing consistently good economic news or several large tropical storms, gas prices should remain relatively muted," he adds.

GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com.

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FIRST 5 SACRAMENTO

Carmichael Chamber of Commerce

Carole Elbert of Attic Antiques and More prepares to cut the ribbon and officially open the doors at 6210 Fair Oaks Blvd. in Carmichael.

Chamber Mixer August 11
Join us for our next Chamber mixer on Wednesday, August 11 from 5:30 - 7:30 p.m. at Armor Mini Storage, 5714 Auburn Blvd in Sacramento. Hosted by Attic Antiquities & More and Armor Mini Storage, the event is a great opportunity to meet Chamber members, new guests, and network. Enjoy food and drink and maybe even win a raffle prize. For more information, contact the Chamber office at 481-1002.

Dates to Remember
Friday, Sept. 24 - BBQ, Beer and Boogie hosted by Carmichael Oaks.
Saturday, Sept. 25 - 101st Founder's Day

General Meeting & Luncheon
Tuesday, Aug. 24 from noon – 1:00 pm. (Networking begins at 11:30 a.m.), at Cypress Avenue Baptist Church, 5709 Cypress Avenue. Bring a raffle prize and plenty of business cards to network. Guest speaker is Congressman Dan Lungren.

Community Shred Day
Saturday, Oct. 2, 8 am – noon; location TBA. Start collecting your confidential information to be shredded. Cost is $5 for a grocery bag, $10 for a banker's size box, and $15 for a large trash bag. All proceeds benefit the Carmichael Chamber of Commerce.

Contact us for more information on the Carmichael Chamber of Commerce
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Sacramento Public Library Events

Financial money management workshop for teens presented at Carmichael Library, Aug. 11

Teens can learn ways to manage their personal finances work at a free program at 6 p.m., Wednesday, August 11, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

A Golden 1 Credit Union representative will lead a discussion of teaching teens the value of money.

To register for the program, visit saclibrary.org or call (916) 264-2920.

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 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.

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

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

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

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

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

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

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

History books discussed at Carmichael Library monthly meetings

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

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

October 5: The Spartacus War, by Barry S. Strauss
November 2: The Skystone, by Jack Whyte
December 7: The Bridges at Toko-ri, by James Michener
January 4: The Things They Carried, by Tim O'Brien
February 1: The Worst Hard Time, by Timothy Egan
March 1: In the Valley of the Kings, by Daniel Meyerson
April 5: The Great Mortality, by John Kelly
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, or by calling (916) 264-2920.

The programs are sponsored by Kaplan Test Prep and Admissions.

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