

Carmichael Times



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Chautauqua
Playhouse to open
Classic screwball
comedy

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for formerly
homeless women
for annual gala

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Serving Carmichael and Sacramento County since 1981

August 11, 2010

Confiscating Liberty



How can a "Health Care Bill" give the government the window of opportunity to steal gold and silver from the American public? It's been done before. Sal Santoro, owner of Gold Rush Coins & Jewelry at Sunrise and Madison, along with his wife Juliet, can see it happening all over again. - Photo by Paul V. Scholl

by Lee Hartline

Sacramento Region – Humans have valued, pursued and hoarded gold and silver since the beginning of history. These are the metals against which constant value is set. They're security in a brutal world or a hollow society, and currency for the Apocalypse. They're symbols of wealth, commitment, love, power and the root of greed. If you own a lot, you own a lot of security. Most people don't comprehend the security gold and silver delivers until paper currency goes bad.

The Bill Every Democrat Wrote but No Democrat Read

Since its passage Congressional staffers, lawyers and private citizens have been pulling at the bale of paper called the Patient Protection and Affordable Care Act, or more commonly, "The Health Care Bill." In 2300 pages of edicts and exceptions is embedded Section 9006, a provision forcing gold and silver coin and bullion dealers to report the name and address of anybody buying or selling \$600 or more of gold and silver coins or bullion, and the date of transaction. Reporting to the IRS begins January 1, 2012. The IRS estimates it will deliver \$19 Billion in new taxes over 10 years. The money will help pay for the universal health care we're expected to embrace. It means a wide expansion of IRS Form 1099 normally used to track and report miscellaneous income. For coin stores the cost of doing business is going up, and with it the price of over-the-counter metals. The little shops will be forced to add staff to deal with the paperwork, not to mention the cost of the attendant requirements, such as health care. The price will be unbearable. They and we will pay for it or they'll go under.

Most shops are run by dedicated coin collectors; those kids in junior high school you thought were just a

little nutty when they found an Indian head penny or Mercury dime. If you try to think of coin collecting (numismatics) as an unheralded branch of archeology, small, valuable bits of history you can hold, you'll better understand their fascination. The typical coin shop is and always has been a sole proprietorship, a husband and wife team or a partnership surviving on a slim and highly volatile profit margin in a fickle economy. Section 9006 will destroy them; there'll be a handful of big retailers left, and the price of gold and silver will go up because of government-required paperwork.

After the late night Christmas Eve passage of the health care bill a group of Democrat Party Congressional representatives were asked if they'd helped write or review the health care bill, all nodded yes. When asked about Section 9006 none knew what it said. They admitted to reading their personal contribution to the legislation, but had never read the bill in draft or finished form. They didn't know what was in it.

When the IRS was asked about the expansion of Form 1099 the reply was, "How are we supposed to make up for the \$19 million?"

The Tracking of Americans Begins

Two years after coin shop IRS reporting starts, in 2014, the first-year of the phase-in of universal health care begins. The information will be entered on to your new electronic health care card [your national ID card]. The card will carry your "electronic" health record, your banking information, gun ownership status, obesity rating and contact information. The only facts legally excluded from your card are your HIV/AIDS status and the number of abortions you've had. They'll know where you are, what you have, where you have it and how to get it from you. If you run, remember law enforcement

knows your weight and can estimate how far you'll get. Oddly the required "electronic health record" card was not written into the health care bill. It was discovered in one of the stimulus bills.

Gold Confiscation

In April 1933, President Franklin Roosevelt through Executive Order announced his famous "Bank Holiday." The nation's banks were locked-down for 1-4 days for a "cooling off period." It was done to end mass cash withdrawals from banks by people across America. The banks were broke. The money was gone due to an easy-money policy by the Federal Reserve through the 1920s, high-risk mortgage loans, terrible land investments and buying stock on margin on Wall Street. When the margins were called-in in 1929, Wall Street collapsed. It's the same speculation script that began playing-out in 2006-07, the one we're suffering with today.

During the bank holiday Roosevelt outlawed the private ownership of gold coins and bullion, and gold certificates. People were ordered to deliver their gold at the just-closed banks by May 1. While the price of gold was kept deliberately low by the government (\$20.67 an ounce), government officials and bankers paid us back in paper currency. Individuals were allowed to keep up to \$100 in gold coins (about 5 troy ounces, worth roughly \$5800 at current value). This was considered a tiny amount in the first part of the last century because gold and silver was still common currency. Much of the confiscated gold was smelted, bricked and poured into the government's money bin, Fort Knox, and for strategic purposes distributed to various Federal Reserve banks around the country.

For thirty years the US government continued subtracting value from currency. Finally, in 1964, Congress and President Johnson sucked the life out

of silver dollars, halves, quarters and dimes. In 1965 there was no silver money being minted, and no constant value left in our money. But it wasn't just in America, Euro World was being nudged and pulled by central banks, major banking houses and their own governments to twist free of the gold and silver anchoring currency and move to fiat valuation, thus allowing them to spend more, lend more and borrow more. The de-monetizing of money was initiated at a time of incredible economic and social angst, industrial expansion and needed social programs for the growing pains of a growing world. It was completed at a time of incredible social angst and questionable social programs with economies entering industrial decline. From the Great Depression and Roosevelt's New Deal; WWII, and post-war exuberance and expansion; through the Cold War and President Johnson's Great Society, the government needed constant-value wealth to operate. But we weren't quite off the gold standard yet. That happened in 1972 during the Nixon administration.

As was stated above, the corner coin store exists for collectors of history and for neighborhood buyers and traders who want to own constant value. They're for the lady who instead of playing the lottery buys a one-ounce silver coin each week because she doesn't trust banks anymore and wants "backup." Or the guy who believes buying a new car and making \$500 a month payments is a shabby investment. Instead he drives an older car and buys a quarter-ounce gold coin or small bullion block each month because he knows gold and silver increase in value, and cars decrease in value. Someday he'll buy something that matters.

see Gold: to page 5

Regional Parks Implement New Hours

Sacramento Region – 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.

To get more information about Regional Parks, visit www.sac-parks.net

Neighborhood Centers Reduce Hours

Sacramento Region – Effective August 6, 2010, the East Area Neighborhood Service Center public counter will be closed noon to 1 p.m., Mondays through Thursdays, and all day on Fridays. The County Clerk-Recorder counter will remain open five days a week, 9 a.m. to 4 p.m., including noon-1.

"This is part of an ongoing effort to provide county services as efficiently as possible with the resources that we have available," said Paul Hahn, Municipal Services Agency Administrator. "We know that our service centers have been well received by the public, and our goal is to continue providing our customers information and access to a wide variety

of County services without having to come downtown."

Visitors to the Service Center can purchase animal licenses and annual parks passes, view and pay property and utility bills, get building permits, discuss traffic and code enforcement neighborhood issues, and access clerk-recorder services. To get a full list of the hours of operation and services available at the service centers, visit <http://www.msa2.sacounty.net/dns/Pages/default.aspx> or call the East Area Service Center at 916-876-5622. Center Location: East Area Neighborhood Service Center 5229-B Hazel Avenue (near Madison), Fair Oaks, CA 95628.

Assemblyman Niello Issues Statement in Response to the Proposition 8 Ruling



Assemblyman Roger Niello

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) issued the following statement on August 4th, in regard to the U.S. District Court of Appeals

ruling on Proposition 8:

"By overturning Proposition 8 today, the court has once again trampled all over the will of the voters. More than 7 million Californians voted in support of Proposition 8 in 2008 and expressed their desire to have marriage remain an institution between a man and a woman," said Assemblyman Niello.

"I call upon the 9th Circuit Court and, if necessary, the Supreme Court to review this decision immediately and affirm the people's right to a direct democracy," said Assemblyman Niello.

www.asm.ca.gov/Niello
Assemblymember.Niello@assembly.ca.gov

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www.CarmichaelTimes.com

School's Opening, Drive Carefully

Sacramento Region – With more than six million California students heading back to school, AAA Northern California is warning drivers about the dangers these excited young students, and newly licensed teenage drivers, add to the roadways.

“At the beginning of a new school year, children are often distracted by new books and friends, instead of paying attention to their surroundings,” cautioned AAA Northern California spokesperson Matt Skryja. “It’s important for motorists to pay extra attention when driving through school zones

and residential areas.”

Although school zones legally require a reduced speed for motorists, simply following posted signs is not enough; paying attention to one’s surroundings while on the road is equally as important. Many youngsters have trouble making accurate judgments about traffic speed and distance, so drivers have to be particularly aware. AAA urges motorists to abide by the following guidelines when driving near schools and in areas where children may be present:

Slow down near schools and in

residential areas. Pay particular attention near schools during the morning and afternoon hours.

Look for clues that children are in the area, such as AAA School Safety Patrollers, crossing guards, bicycles and playgrounds.

Scan between parked cars and other objects for signs that children might dart into the road.

Always stop for school buses that are loading and unloading students. It is illegal to pass a school bus when its red lights are flashing.

Leave a little early so you are not

rushed as you travel to work or school. Back to school often means increased congestion and longer commute times.

Practice extra caution in bad weather. Drive with your headlights on, so children and other drivers can see you.

Drive without distractions. Don’t use cell phones, eat, or attend to personal grooming.

Be aware of teen drivers. Newly licensed drivers are not accustomed to driving in congested areas such as school zones. Watch out for unexpected driving behaviors like sudden stops or abrupt changes in speed.

For more information on school zone safety visit www.aaa.com/saferdriving.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to nearly 4 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded more than 100 years ago.

Patricia Diane “Trish” Scholl

August 2nd, 1958 – August 6th, 2009



*To My Loving Wife:
May Angels Share Your Love,
Joy and Enthusiasm Forever
You are truly missed
by all those who loved You*



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

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

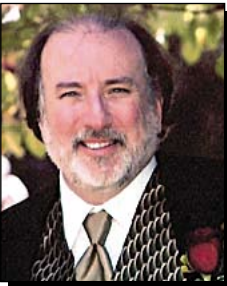


Sunday 6:30-8:30pm	August 15	El Dorado Brass Band Authentic 14-piece Civil War Band
Sunday 6:30-8:30pm	August 22	River City Concert Band 50-piece Concert Band
Sunday 6:30-8:30pm	August 29	Capitol Pops Concert Band 50-piece Concert Band



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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Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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We are proud members of these newspaper associations.



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.



St George's Episcopal Church

PRESENTS

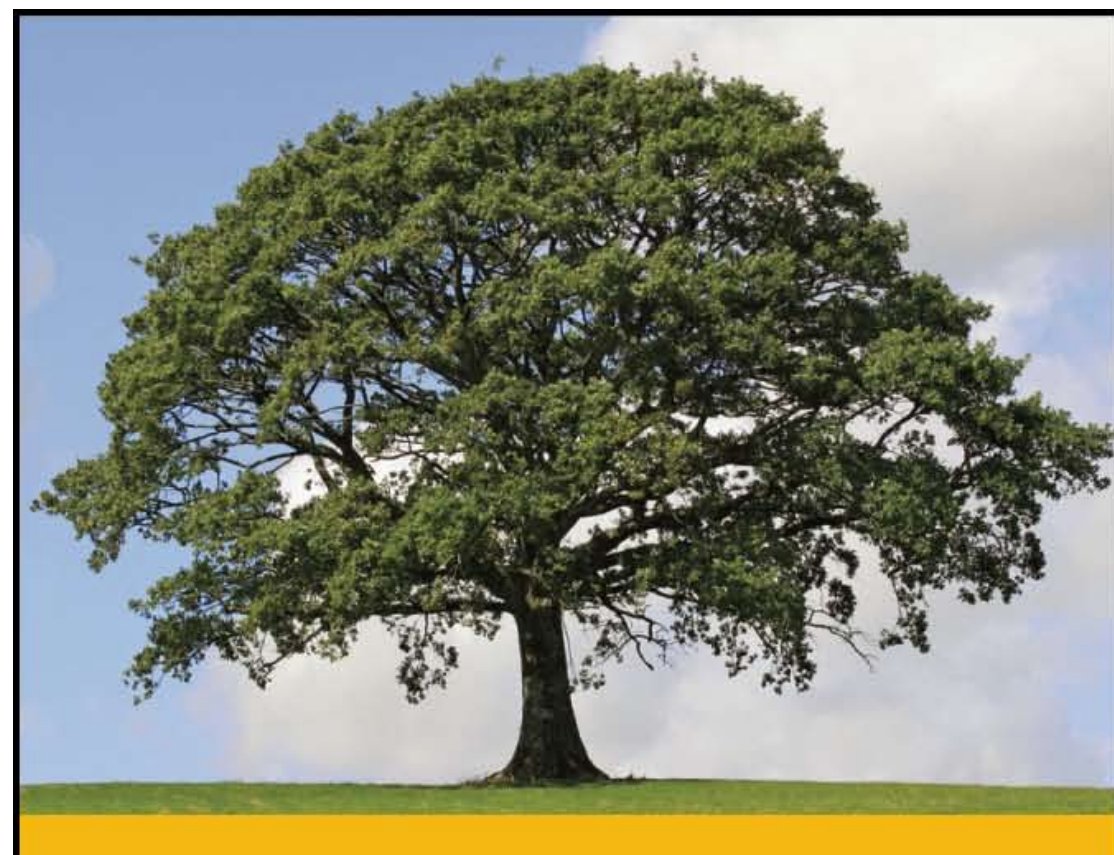
Evensong Service
A Traditional Service of Hymns and Prayers

Followed by
Recital To Benefit Gulf Coast Disaster Relief

Featuring
Cellist Rejean Anderson And Pianist Jami Piper-Mizer
The Music of
Mendelssohn, Part, Schumann, Chopin, Faure, Beethoven

Where:
St. George’s Episcopal Church
5600 Winding Way,
Carmichael 95608
When: Sunday, August 15, 1010
Evensong - 3:00-3:45 P.M.
Recital at 4:30 P.M.

Donations may be made at Church Entrance



Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there’s a retirement community called Carmichael Oaks. This beautiful community offers:

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LIC# 347003685

'Cowgirl' Robs Local Bank



Official FBI photo of "Cowgirl"

Sacramento - Sacramento Sheriff's deputies and FBI agents are trying to identify a woman who robbed the Bank of the West at 2581 Fair Oaks Boulevard at 5:50 p.m. on July 23, 2010. Wearing what can best be described as a

cowboy outfit, an unidentified female entered the bank just before the close of business and presented a note to the teller demanding cash.

The robber also placed a small, dark colored handbag on the teller counter and from a small hole at the bottom of the bag the teller could see the black barrel of a handgun pointed directly at her. The teller handed her the money and she fled the bank in an unknown direction.

The suspect is described as a white female, 50 to 60 years old, approximately 5-foot-5 with a thin build. She was wearing a cream colored "ten gallon" style cowboy hat, a long sleeve plaid button-

down shirt, blue jeans and dark sunglasses.

The Sacramento Violent Crimes Task Force comprised of FBI agents and Sacramento County Sheriff's Department robbery detectives, are seeking information on this unidentified female bank robber. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.



Dr. Bob Graykowski



With a new school year about to get underway, Backpack Safety America™/International along with Chiropractic USA is reminding parents and school administrators that wearing backpacks improperly, or too heavy, can put children at risk for painful back and neck problems and structural damage that can lead to long term health problems.

"There is growing evidence that backpacks may be a threat to spinal development." Some 11,500 emergency room visits in 2009 were related to backpack injuries, according to U.S. Consumer Product Safety Commission. These numbers do not include student's who went to doctors of chiropractic or other healthcare providers. Another recent study of backpacks carrying Pre-K through 9th graders showed that unhealthy changes in posture are magnified if the backpack weighs

Will Your Child's Backpack Make the Grade?

more than 10-15 percent of the body weight.

Our office at ChiropracticUSA joins thousands of healthcare professionals and educators throughout North America and around the world in helping school-age children use their backpacks safely and properly. We recommend following the safety tips from Backpack Safety America™:

- Choose right: Choose a backpack designed for safety and comfort, with padding in the back and shoulders. A backpack should have a strap around the waist for extra support. Look for pockets and compartments inside the backpack to more evenly distribute the weight across the back. Look for a backpack with straps on the sides or bottom to compress the contents, so that items are as close to back as possible. Look for a backpack with reflective strips for increased visibility at night.
- Pack right: The maximum weight of the loaded backpack should not exceed 15 percent of your body weight. Pack only what you need for the day. Carry a book or two by hand to relieve the load if necessary. If the backpack forces the wearer to lean forward to carry, it's overloaded.

- Lift Right: Use these steps for proper lifting to prevent injury:

1. Face the pack
2. Bend at the knees

3. Using both hands, check the weight of the pack
4. Lift with your legs
5. Apply one shoulder strap at a time
6. Avoid slinging the pack quickly over one shoulder.

- Wear it right: Use both shoulder straps at all times to avoid unnecessary pressure to one side of your body. Make the shoulder snug, but not too tight. When your backpack has a waist strap, use it to stabilize the load.

These additional tips can help prevent injury or accident:

- Keep backpacks off the floors and clear of walkways. Prevent to possibility of someone tripping over your backpack. Do not swing your backpack. It could hurt you and it is dangerous to those around you.
- Make sure that pens, pencils and other sharp objects are stored in a safe spot so they don't poke through and injure you or someone else.

For more information on backpack safety America and how you can bring a program to your school or school district, visit www.Chiropractic-USA.com or contact Dr. Graykowski (916)973-1661.

Creating a healthy community
Dr Bob Graykowski



to open

Room Service on August 13

Chautauqua Playhouse announces the beginning of its 34th Season with the opening of the comedy ROOM SERVICE by John Murray and Allen Boretz, starting on August 13, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 19. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.



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

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

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

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

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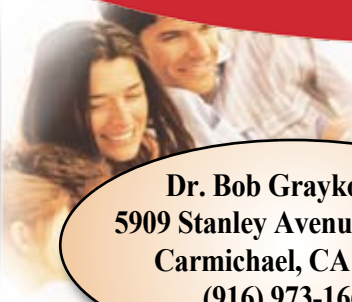
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MISSION OAKS COMMUNITY CENTER

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

- *Le Grande Cirque Show*
August 29-30, 2010 • Trip to Reno and Virginia City \$159/person double occupancy
- *Red Hawk Casino & Apple Hill*
Tuesday, Sept 14, 2010
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.

NEW FALL FITNESS CLASSES AND NEW INSTRUCTORS AT MISSION OAKS COMMUNITY CENTER

Zumba Starts August 2

Monday 7-8pm • \$20/month
Zumba is a Latin and international dance fitness program that feels more like a party than a workout. Ditch the workout and join the party! Dance your way to a fitter you!

Instructor: Ruth Oggins

New Yoga Class Starts Sept 2

Tuesday and Thursday 8-9am • \$18/month
Gentle yoga for flexibility, stress relief and core strength.

Instructor: Peggy Shepard

Functional Fitness Fun Starts Sept 6

Wednesday and Friday 8-9am • \$24/month
Introductory offer \$12/month September only
A fun motivational workout using free weights, resistance tubes and loops. Class includes exercise stressing balance, flexibility, strength and range of motion.

Instructor: Becky Foley

Chair Yoga Starts Sept 6

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
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Ballgowns Needed for Formerly Homeless Women to Wear at Annual Gala



A Women's Empowerment graduate poses in the dress she wore to the group's annual gala.

Sacramento Region — Women's Empowerment is seeking used, prom dresses, bridesmaid dresses or other formal gowns for formerly homeless women to wear at this year's Celebration of Independence Gala. Plus-sized gowns are especially needed. Dresses

strengthen a formerly homeless woman's independence and self-esteem," said Lisa Culp, Women's Empowerment executive director.

The 9th Annual Celebration of Independence Gala will take place 5:30-9 p.m., Sept. 30, at The Grand, 1215 J Street, Sacramento, and will feature a formal dinner, live auction, live music, and presentations from the graduates and local community leaders. Tickets are \$75 each. For tickets or sponsorship opportunities, call (916) 669-2307.

Women's Empowerment is the only job-readiness program exclusively serving homeless women in the greater Sacramento region. The 2009 Nonprofit of the Year has graduated 685 homeless women and their 793 children, with 91 percent of them finding permanent housing and 60 percent finding jobs or enrolling in school, despite the current economy. This unique program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. For more information visit www.womens-empowerment.org.

can be delivered to Women's Empowerment, 1400 North C Street, Sacramento, Monday through Friday, 9 a.m.-4 p.m. Dresses are needed by Sept. 1 to allow time for alterations.

"This is a chance for women in the community to let their old dresses take on new life as they

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

"Paint the Fine Arts Center"
Workshop with David Peterson
Saturday, August 14 • 9:00 a.m. to 1:00 p.m.
Fee - \$40

Location: Sacramento Fine Arts Center,
5330B Gibbons Drive, Sacramento, CA 95826.



"Paint the Center" is a 4-hour Workshop about using watercolor creatively, boldly from life. Participants at all levels of experience will sketch and paint outdoors. After a short lecture and demo, the class will work outdoors and indoors making a design sketch and then paint a half-sheet watercolor, followed by a 30-minute critique session. The purpose of this workshop is for participants to practice and learn how to paint fast and loose from life.

The subject matter is, as indicated, the Sacramento Fine Arts Center. This is an exercise in creating a beautiful, moving painting out of an old, boring, mundane 1950's school building. Images of the participants' work may be used in SFAC publicity, with the student's permission, of course.

The Cappuccino Cruisers Classic Car Club will provide a couple of period automobiles to enhance our compositions. A live model has been found to pose!

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours Open 11 AM to 3 PM Wed. thru Sun. • Tuesdays 11 AM 7 PM.



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Gold: from page 1

The shops are there for someone who bought Krugerrands, Sovereigns or a bag of 1964 quarters twenty-five years ago and is ready to sell or trade up, or both. Many do it because they don't trust banks, don't believe in government declared (fiat) or market valued currency and they want something, no matter how small, in case of natural or man-made disaster (Bernie Madoff, Congressman Barney Frank, Senator Christopher Dodd, Al Qaida, China, North Korea, banking collapses). Equally as important, Americans expect minimal government involvement in their lives, how they live, what they own and what they do with it. It's a Constitutional guarantee. We're Americans. It's ours. We're free to have that freedom, or we ought to be. Or maybe we used to be.

Resistance
When Republican Congressional staff members, citizens and lawyers digging through that mountain of paper pulled out the toxic nugget that's Section 9006, Congressman Dan Lungren understood it would wipe out the people in an industry mostly run by

mom and pop, partnerships or a single person – and not only coin shops, but all small business. Lungren understood its intent. It would eventually separate small-capital citizens like you and me from value-metal ownership, and burden every small business in ways not imagined.

Section 9006 is an easy-to-follow path to confiscation, and an end to private ownership of gold and silver – and a holocaust on small business everywhere in all categories. Lungren organized opposition to the section and introduced H.R. 5141 to strip it from the bill. At this writing there are 169 co-sponsors supporting his attempt to repeal the section. There's a similar bill in the Senate that parallels Lungren's counterattack. But Lungren needs far more than 169 Congress members to cut out this tumor of malignant government. The real question is why isn't support for Lungren's action unanimous among Republicans in the House and Senate? And where are the Blue Dog Democrats, or whatever color they are this month, and the moderate, fiscally responsible Democrats, if there are any?

Finally

If government can prevent you from owning gold or silver for hoarding and investing, if it can confiscate the little pieces of history people collect, the gold Walking Liberty's and double-eagles; Greek and Roman silver coins; silver dollars and 1964 quarters, what's to stop it from taking your Confederate paper currency, Japan occupation money, Weimar Republic "one-side" currency and two-dollar silver certificates? They have collector value. It will take away proof of history, and take away the truth. You'll know only what they want you to know, and own only what they let you have. If government can do that, it owns you.

A Soldier on the Firing Line

Sal Santoro, owner of Gold Rush Coins & Jewelry at Sunrise and Madison, has the strong look of an urban adventurer and appears to be leaning hard against 40. He's collected, traded and hoarded coins almost from the time he was a toddler. Evolution made him a coin dealer. When asked about the problem of currency versus metals he said, "The first problem was going off the gold standard completely. Today everybody knows the dollar's not backed by anything, except that people still accept it and will trade it. Every day people greatly fear inflation. They know it's coming, but with so many people out of work it's being kept in check. We're in deflation. No one's spending, and that keeps inflation in check. Getting back to normal's going to be hard, if there is a normal. No one knows what normal's going to be." Perched on his chair behind the counter he says, "You see, the value of gold, silver, platinum and copper is constant. Oddly, gold and silver's worth nothing." He chuckled. "Gold and silver tell you what the dollar isn't worth compared to an ounce of either metal. The problem America has is we're not just broke, we're in debt. America has to get out of debt first."

When I asked about the new broader and deeper reach of IRS Form 1099 and the \$600 rule, he turned away for a moment. Speaking quietly but firmly, "it's one thing to report a \$10K or \$20K bulk sale. Everybody should do that. It could be money laundering, drug money, you know, and I won't be a part of that. But \$600 transactions?! Come-on! It means the Federal Government's micro-management of your assets, of everything that's you. That's Aunt Tillie's silver coin collection she wants to pass on to the grandkids. It's the gold and silver Stan the Survivalist needs when civilization collapses, and it's my wife's small investment in our kids' future! That's going after me, you, and everyone around us."

Pointing at one of his glass display cases, "People come in here with a little bit of money and buy little bits of metal once a week or once a month because they understand the dollar's shaky and getting more so. They know there's nothing behind our currency but words. Someday people aren't going to believe authority, and it won't be business as usual. We're not there yet, but everybody should own gold and silver for security, if for no other reason." When asked about confiscation he said, "People won't stand for it. Too much gold and silver's in private hands, and they won't give it up. The government would be lucky to get a fraction. There's too much metal out there."

Sal the coin dealer's right. When it's not business as usual anymore, and things stop working, the only things worth owning are gold and silver. He didn't say anything about lead.

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Wake Up the Dream in You!

Despite our many imperfec-



by Reverend Kevin Kitrell Ross

down, is the human imagination. What's required in periods of seeming contraction is an expanded idea of what's possible. The imagination is one of man's spiritual faculties that enables him to envision, shape and form new worlds with his thinking. I like to think of the imagination as our own individual "nation of images." When the imagination is fully activated, man releases his most God-like power – creativity. It is through the creative process that we receive Divine ideas that furnishes us with higher solutions and that contain evolutionary power. Thus, our seeming problems are challenges that comes to assist us in evolving as a people through innovation and the development of more sophisticated ways of functioning. The light bulb, the automobile, the cell phone, the internet, the heart defibrillator, and other great innovations advanced society as people allowed themselves to access the limitlessness of their dreams and imagination, rather than the appearances of lack and scarcity.

save your life and for that matter, all of our lives. The Master teacher, Jesus is quoted in the lost Gospel of Thomas as saying, "If you bring forth what is within you, what is within you will save you. If you do not bring forth what is within you, what is within you will destroy you." Right now, more than ever is the time for you to wake up the dream in your heart. Give yourself full permission to dream out loud. Our gifts expressed are God's way of making entrance into this world to heal, transform and to renew. Let yourself be used to release the magnificent splendor that is your genius. Choose today to be an undefeated dreamer!

Kevin Kitrell Ross is the new Senior Minister and Spiritual Director of Christ Unity Church of Sacramento, 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. For information about Christ Unity Church visit www.christunity.com or call 916-368-3950.

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tions as a nation, the United States of America is still the great incubator for dreams.

Given these challenging economic times, with job loss at an all time high, the real estate market in crisis, and financial institutions tanking, there is one thing that we must preserve at all costs, "The American Dreamer."

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Worship of the King



by Marlys Johnsen Norris

God and loves Him with their whole heart and soul, pleasing God in all the aspects of their life is the focus of all their decisions.. Talking and praying to God is like a sweet fragrance He enjoys immensely and sent to honor Him. We were created by God for relationship and when it happens the Father rejoices in His heart. One is walking in God's perfect will for their life.

When we were created in the image of God, possibly "love" actually much had more to do with our creation, than we could ever understand. God's personal need to have the love returned He gives so freely, describes a nature so much like our selves. The basic need of every single creature on this earth has the need to be loved. The Greek word for love is charis and includes the beauty and wonder of the grace and mercy of God. Grace is a gift of God. Grace provides the unsought and unconditional love of God "providing" what we don't deserve. The mercy of God "withholds" what we actually do deserve. "For by grace you have

been saved through faith and this is not your own doing; it is the gift of God — not the result of works so that no one can boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life" (Ephesians 8-10)

God's demonstration of unconditional love was sending His Beloved Son to earth to reconcile the sinful man back to Himself. We didn't do anything to deserve this kind of love or Jesus sacrificing His life that paid our sin debt. God is the full essence of "love". This should prove to every individual the magnanimous love of God. The story and proof of Jesus Resurrection proves His deity. He IS the true Messiah!

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Marlys Johnsen Norris, Christian Author Marlys5934@sbeglobal.net



A Film Review by Tim Riley

THE OTHER GUYS (Rated PG-13)

Comedian Will Ferrell, who's been at best a hit-or-miss proposition in recent films, looked desperately lost in last year's dreadful "Land of the Lost" as his career appeared to be heading over the cliff. Fortunately, there's good news in store for him, as well as for us the audience, in that his titular role as a sad sack cop in "The Other Guys" is a hilarious bit of comedic redemption. As the title implies, "The Other Guys" is a buddy-cop comedy, but this one has the good fortune of burnishing the image of a genre that had been sullied only most recently by Bruce Willis, of all people, and Tracy Morgan in "Cop Out." You probably would have forgotten about "Cop Out" had it not been released on DVD about three weeks ago.

If Will Ferrell can bounce back from disaster, I am hoping the same happens for Bruce Willis. Meanwhile, let's give credit to the dynamic duo that starts off the action with a big bang in "The Other Guys." The New York Police Department is graced with the presence of two superstar detectives, Highsmith and Danson, played by Samuel L. Jackson and Dwayne (formerly The Rock) Johnson, respectively. They love to conduct high

Riley Reviews

SMOKIN' HOT ACTION AND WILD COMEDY SUITS "THE OTHER GUYS"

speed chases on the streets of Manhattan in a souped-up 1967 Chevy Malibu (or maybe a '68 Chevelle or another smokin' hot car of that era). These guys are more reckless than Mel Gibson the actor in a "Lethal Weapon" movie or Mel Gibson the person after too many drinks while driving on Pacific Coast Highway.

The trash-talking Highsmith and Danson, who have a habit of trashing the city streets, set the tone for the action at an impossibly high level to maintain. This is especially true when mild-mannered, wimpy forensic accountant detective Allen Gamble (Will Ferrell) and his partner, rogue cop now desk jockey Terry Hoitz (Mark Wahlberg), finagle their way into an investigation of white collar crime. No two cops are more mismatched than Allen and Terry. Allen, a nebbish who has never fired a gun, is perfectly happy to be a paper-pusher. On the other hand, the hotheaded Terry is itching for field work, but he's been sidelined after a very unfortunate incident involving Yankee icon Derek Jeter.

The movie loses some of its momentum when Highsmith and Danson suddenly leave the police department searching for heroes to fill their shoes. Terry, suffering from anger management issues, and Allen, anguished by his lack of grit and self-esteem, are the unlikely candidates. Terry flips out every time Allen hums while typing police reports. Allen insists on arguing mundane matters with his partner, and then torments Terry by playing "Little River Band"

CDs in his red Prius unmarked police vehicle. This very same car later ends up being covered in cocaine and then vandalized by the homeless for sex orgies.

Some of the funniest scenes involve Terry's inability to accept that his nerdy partner has an unbelievable hottie for a wife (the always sultry Eva Mendes) and routinely attracts the attention of other good-looking women. Meanwhile, Terry abruptly confronts his former girlfriend at a ballet school in a failed attempt at reconciliation. "The Other Guys" has a tendency, just like this review, to wander all over the map. The fact that the odd couple detectives are investigating Wall Street whiz David Ershon (Steve Coogan) for a Ponzi scheme is treated as a secondary matter of little importance to the overall picture. This movie is all about finding laughs in every corner, even at the expense of their Captain (Michael Keaton), who happens to be moonlighting as a night manager at a Bed Bath and Beyond. It should also be noted that this action comedy does not stint on the car chases and shootouts, with an explosion thrown in for good measure.

A good buddy-cop comedy depends on the chemistry of its partners. Will Ferrell and Mark Wahlberg, at first glance, are the most improbable collaborators. Until "Date Night," Wahlberg had shown no aptitude for comedy, and here he proves that being the "straight man" is remarkably rewarding when paired with the right funnyman. For his part, Ferrell does not play the fool for the sake of being the fool; he masters the conviction that timing is everything. "The Other Guys" uses Ferrell's comedic talents to maximum effect, and the result is one hilarious, riotous comedy that is definitely worth seeing.

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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 Kuuleihulu Mortimer Richins 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 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

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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00083813
 WHEREAS, Dominique Ladejah Robertson has filed a petition with this court for a decree changing name of Dominique Ladejah Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 29, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 11, 18, 25, September 1, 2010. HERMAN 00802 9-1-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00083825
 WHEREAS, Bryana Angeliq Mixon has filed a petition with this court for a decree changing name of Bryana Gabrielle Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 29, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 11, 18, 25, September 1, 2010. HERNAN 00802 9-1-10

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00083309
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not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 29, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 11, 18, 25, September 1, 2010. HERNAN 00802 9-1-10

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Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden.com or c/c Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

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American Lawn Service Weekly Service \$15/week. Quote for one time service. 487-7905 (MPGM)

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Miscellaneous

If you used TYPE 2 DIABETES DRUG AVANDIA between 1999-present & suffered stroke, heart attack or congestive heart failure, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727 (SWAN)

Richmond's Hunting Club Come hunt with us - 20K acres. Doves, Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

TUPPERWARE Please call for a Free Catalog. Chris Kromer 916-483-1671 (MPG)

Miscellaneous Items For Sale

Wood Chipper 5HP Yard machine - runs good, needs minor work \$250 (916)

Culture Shock: End of the Dusty Trails

Sacramento - As part of a special Demonstration Day at Sutter's Fort State Historic Park, find out how California's early emigrants -- tired and exhausted from their long journey -- were welcomed at the Fort by John Sutter, known for his generous hospitality. Also, experience how early settlers had to quickly learn how to adjust to the so-called "Promised Land," learn

new ways to plant crops, work the land and what they needed to survive in a new climate. Don't miss a special Demonstration Day "Culture Shock: End of the Dusty Trails" on Saturday, August 21. For more information about this hands-on event, or other events and activities at Sutter's Fort, call 916-445-4422 or visit www.parks.ca.gov/suttersfort

Sutter's Fort State Historic Park, 2701 L Street, Midtown, Sacramento
 Saturday, August 21, 2010 - Fort hours: 10 a.m. to 5 p.m.
 Cost: \$6.00 per adult (18 and older), \$4.00 per youth (ages 6-17), free for children 5 years and under. For Info: Call 916-445-4422 or visit www.parks.ca.gov/suttersfort



Carmichael Recreation and Park District is announcing upcoming classes and events

Estate Planning – Taxes and You

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

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

Writing and Scrapbooking Your Life Story

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

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

Peanut Butter and Jelly Again?

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

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

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.

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 8/17-8/20

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 8/30-9/2



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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

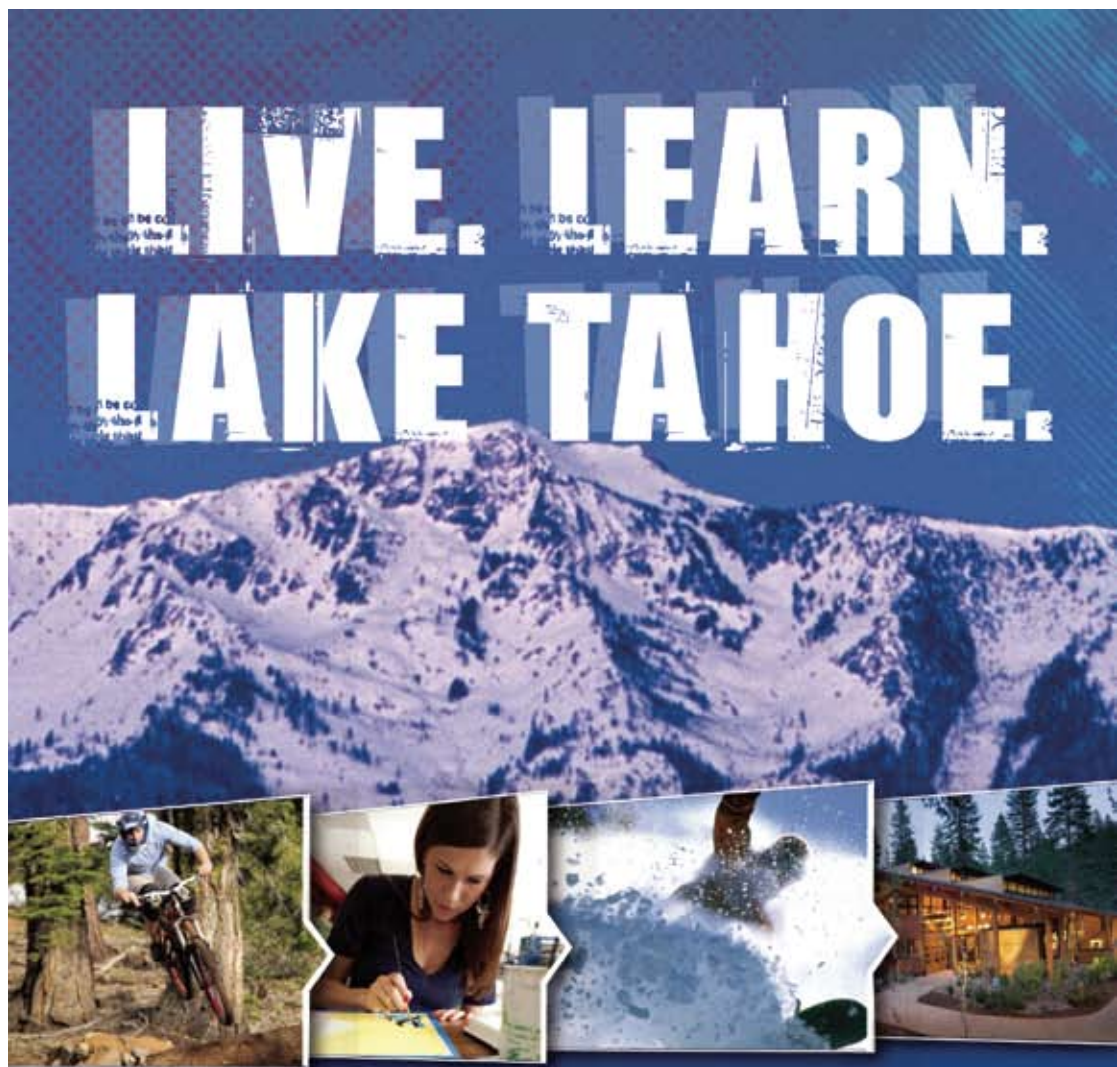
Free SAT practice test offered for college-bound students at Carmichael Library

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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