

Carmichael Times



Stanford Home Begins New Expressive Art and Therapy Program

Pg. 2



What You Didn't Know About Carpal Tunnel Syndrome

Pg. 3

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Serving Carmichael and Sacramento County since 1981

July 14, 2010

Meet the Del Campo Jr. Cougars!



Del Campo Junior Cougars football season starts August 28. Come show your support!

Carmichael - As the dog days of summer heat up, young student athletes throughout the Carmichael and Fair Oaks area and their parents are working up a sweat getting ready for the 2010 Football and Cheer season. The official youth football and cheer feeder program for Del Campo High School, they are training the next generation of Del Campo High School student athletes.

Throughout May and June, the Del Campo Jr. Cougars Board of Directors and coaches worked tirelessly hosting registration opportunities throughout the Carmichael and Fair Oaks area and they would like you to know that it is not too late for parents and children in the Del Campo High School District to join this great organization, or to simply show your support.

The DCJC Football and Cheer organization services families in the Del Campo High School District and are the proud Athletic Partners of the Del Campo High School Football Program, the 2009 Varsity Football Division III section champions, headed

by Varsity Football Coach of the Year, Mike Dimino.

The DCJC Cheer program works closely with Del Campo High School Cheer Coach, Jen Houck.

For their pre-season fundraiser, the DCJC Football and Cheer organization hosted a Phantom Fireworks booth the week of July 4th, staffed by Board Members, Coaches, parent volunteers, and athletes. DCJC Board Members and parents met many people in the community to tell them about their organization.

But program is not just about football and cheer. The goal of the DC Jr. Cougars (DCJC) Football and Cheer Program is to develop boys and girls into young student-athletes who learn not only the fundamentals of football and cheer, but also the importance of education, respect, cooperation, and the ideals of teamwork, courage, integrity, sportsmanship, leadership, loyalty, and pride. It is the goal of DCJC that each child who participates in the DCJC program this season will develop new skills and confidence, and have a

fun and rewarding experience.

All Del Campo Jr. Cougar athletes are expected to excel in their academic commitment as well as their athletic. Student athletes who maintain a 3.0 grade point average with no D's or lower and no "unsatisfactory" citizenship grades are eligible to receive the prestigious Academic All-American Award for the 2010 season.

The new season starts August 28th with a Football Jamboree at Rio Linda High School.

This year's Cheer Stunt Camp is July 31st at Del Campo High School. The football camp runs from July 27-29th at Del Campo High School. There is still time to sign up for either program.

The program is always looking for local donations and sponsorships. You can find out more about this young and thriving non-profit community organization. Telephone numbers and registration packets can be found on the website. Go to www.dcjrcougars.org for the most up-to-date information.

CCC Builds the O'Donnell Park Walk Trail

Carmichael - The O'Donnell Heritage Park is located at the corner of Rappahannock Way and Charleston Drive in Carmichael. The local neighborhood had teamed up with the Carmichael Recreation and Park District to jointly fund and develop this 9.3 acre park. The plan was to develop one acre, retain the rest in its natural state, and build a 2,000 foot walk trail (with volunteer labor) for easy access to the nature area.

It happens that Tony Vasquez lives near the neighborhood, works for the California Conservation Corps (CCC), and supports the retention of nature areas within neighborhood parks. When Tony learned of the neighborhood's need for a walk trail, he felt it was a perfect fit for the CCC crews. He informed the CCC of this opportunity and was enthusiastically supported by supervisors Brian Lussier (CCC-Greenwood) and Tony Steele (CCC-Sacramento). As a result, 29 of the CCC young and women came out 5 different days and contributed 400+ hours of labor to build the O'Donnell walk trail.

The O'Donnell Park Committee is deeply appreciative for the hard work that was contributed by the CCC corpsmembers. Most important, they did an outstanding job of building an attractive and stable walk trail that now provides easy access to the nature areas.

The following CCC team members were ably supervised by Team Leaders Tony Vasquez, Steve Soares and Justin Poutre: from CCC-Greenwood: Charles Coffman, D'Andre Richardson, Earle Leaman, Isiah Somonght, Jahli Mitchell, Javonatta Murphy, John Cortez, Joseph Howard, Michael Gomez, Paul Crawoigo, River Smith, Robbest Garvin, Troy Dorgeloh.

From CCC-Sacramento: Abraham McCarthy, Angelina Hernandez,



California Conservation Corps provided the helping hands.

Brandon Haynie, Candace Castanade, Carlanna Trocadero, Charles Hayes, Cierce Daniels, Courtney Sellers, Eduardo Cobian, John Harris, Michael Stallworth, Miguel Quiroz, Rahmad Woods, Xavier Williams.

Prior to working with the CCC team, the O'Donnell Park Committee was unaware of the CCC program goals, which emphasizes the development of positive values for its corpsmembers. Impressed with the CCC program effectiveness, the committee shared information with other groups currently engaged in park development about their program.

The California Conservation Corps is a state agency hiring young men and women for a year of outdoor work. Corpsmembers tackle dozens of natural resource projects such as tree planting, trail building, landscaping and park development, fire hazard reduction, energy auditing and retrofitting, erosion control efforts, fish and wildlife habitat enhancement, and more.

The CCC is also one of California's premier emergency response agencies. Corpsmembers can be dispatched within hours to fight fires, floods and

oil spills and help with earthquake recovery efforts.

The CCC hires a wide range of youth from throughout the state. They earn minimum wage and must be between the ages of 18 and 25, California residents and not on probation or parole. In the greater Sacramento area, the CCC has residential centers in El Dorado and Placer counties and a nonresidential satellite in Sacramento.

Along with the physical work, corpsmembers also work to advance their education. Those without high school diplomas can earn them in the Corps; corpsmembers who stay in a year may take advantage of a CCC scholarship to help them continue their education after the CCC.

The CCC's motto is "Hard work, low pay, miserable conditions ... and more!" The CCC was established in July 1976 by legislation signed by then-Governor Jerry Brown. Since its inception, more than 110,000 young people have participated in the program, devoting more than 60 million hours to California's natural resources.

Wimbledon Champ Vania King Joins Capitals



Vania King awaits the return as Riza Zalamada serves for the Capitals.

Sacramento Region - Wimbledon Champion and Sacramento Capitals player, Vania King recently journeyed from Wimbledon to the World Team Tennis courts in Sacramento. In just their third tournament together, Vania King and her partner Yaroslava Shvedova made a major breakthrough, winning their first Grand Slam title of any kind in the ladies' doubles at Wimbledon.

Fresh off of her victory on the grass courts, the next stop for Vania was the multi-colored courts of the World Team Tennis (WTT) Pro League, with her first match for the Capitals resulting in an overwhelming team win over Springfield.

Coach Wayne Bryan of the Sacramento Capitals expressed his excitement for King's accomplishment in Wimbledon: "The whole Caps Family is pumped. I have a feeling you're going to have a huge smile on your face the whole season."

The Capitals play all their home matches at the Galleria in Roseville. The atmosphere is very family-friendly, including the many great food and drink vendors, kids activities and a general excitement throughout the match. So far this season the weather has been perfect for each match starting time, around 7:30 in the evening.

The Sacramento Capitals are one of the most successful franchises in

the World Team Tennis (WTT) Pro League, having won six championships. This season, the Capitals will feature Grand Slam Champion Michael Chang, former World #1 Ranked Lindsay Davenport, an appearance by Billie Jean King and other world class tennis players from the ATP and WTA Tours. For more information about the Sacramento Capitals or to purchase tickets to a match, please visit www.gocaps.net. For more information, visit WTT.com.

The Sacramento Capitals World Team Tennis Pro League is presented locally by GEICO Insurance.

Sacramento Kings Dance Team to Host Auditions at the State Fair

All candidates encouraged to visit Kings.com for additional information about auditions

Sacramento Region - The Sacramento Kings will host auditions for the 2010-11 Sacramento Kings Dance Team on July 18 at the California State Fair at Cal Expo.

Auditions will be open to the public and will take place on the Cal Expo Main Stage. Registration will begin at 4 p.m. and auditions will begin at approximately 5 p.m. All candidates are encouraged to visit Kings.com for additional information.

All eligible audition candidates must be 18 years of age or older by November 1, 2010 and should wear a two-piece dance ensemble with nude nylons or tights and non-marking soled shoes. Applicants should also bring a copy of their resume and a current headshot to the auditions (photos will not be returned) and enter through the main gate. Access to watch the auditions will be available for fans who purchase a ticket for admission to the California State

Fair on July 18.

Maloof Sports & Entertainment includes the Sacramento Kings (NBA) and ARCO Arena. Led by Joe and Gavin Maloof, and owned by the Maloof family with long-term, local partners, the organization is committed to the community in Sacramento and to making a positive, meaningful difference in the lives of families in need in the Sacramento region. For more information please visit kings.com.

Don't miss this week's Concert in the Park. See full season schedule on page 3.

Stanford Home for Children Opens New Therapy Program



The new grant supports the much-needed therapy program.

Carmichael - Stanford Home for Children, which works with challenged youth in the Sacramento area to keep them connected to safe family, opened its Expressive Art and Play Therapy Program in June, thanks to a \$20,000 grant from AT&T Foundation. The

AT&T Expressive Art and Play Therapy Program is one of only a handful of art therapy opportunities in the Sacramento area that do not require private insurance.

The program will allow 30 Stanford Home therapists to treat 100-200 at-risk youth in

the next year using expressive art and play therapy integrated with the group's current evidence-based programs. Stanford Home's innovative services help youth overcome the effects of grief and loss, abuse, trauma, anxiety, sadness, fear, anger, stress, depression and low self-esteem. Art projects will include drawing, computer graphics, sculpture, painting, collage, coloring, sand trays, writing, dramatic play and photography.

Expressive art therapy is a non-threatening way for children to learn about, express and release difficult emotions that they may not be able to verbalize. Because young people do not have the same capacities as adults to express and release feelings verbally, art therapy presents more intuitive ways to express themselves.

METRO'S MESSAGE

A monthly message from the Sacramento Metropolitan Fire District



Captain Christian Pebbles

by Captain Christian Pebbles

Sacramento Region - The warm weather usually means lots of summer fun and outdoor activities. Unfortunately, the combination of high heat and humidity often become very dangerous. Temperatures over the next few days are expected to be in the upper 90's and low 100's. These conditions can often cause health problems, especially in older adults and infants. High temperatures can be very dangerous for both of these groups as well as for others who traditionally work out of doors in the element such as Firefighters, Police Officers, construction workers and road crews. One or two days of extremely high temperatures are usually not a problem for most healthy people, however,

when the temperatures remain that high for more than three or four days, that's when we begin to see the potential for a spike in Emergency Department visits by people suffering from heat related illnesses.

Metro Fire wants to remind everyone of the potential dangers associated with the hot weather. Staying hydrated is extremely important. People, especially those predisposed to heat related illnesses should drink plenty of fluids, before, during and after any outdoor activities. Anyone who will be spending time outdoors next week or at any other time this summer, should be aware of the signs and symptoms associated with heat related illness. If you think you may be suffering from the effects of the heat, remove yourself from the element and seek medical attention.

Who is most susceptible to heat related emergencies?

Very old - May be unaware of their limitations. Due to limited mobility may be forced to spend too much time exposed to as a result of slow ambulation.

Very young - Thermoregulatory system still immature, body may not be able to cool itself off naturally

Infirm - May not be able to get out of heat source on their own power.

Asthma patients - who may forget to take their medication out with them.

People who work out of doors in the elements - Firefighters, Police Officers, construction and road crews.

Hot weather tips-

Wear breathable lightweight, light colored clothing.

Limit your exposure to the heat and the sun and to places without proper ventilation.

Know your limitations. This may not be week to begin your new outdoor exercise program. Limit exercise and outdoor activities to cooler periods early in the day or later in the evening.

Check on the elderly

Drink plenty of fluids, preferably water (sports drinks are O.K.), before, during and after any outdoor activity. Avoid alcoholic beverages, although quite refreshing, they can have an adverse affect on your body's ability to regulate heat. Most of all hydrate, hydrate, and hydrate.

To find more information on heat related emergencies and preventing them log onto www.sacmetrofire.ca.gov and click on community services for a list of safety tips.

Until next time, be safe and thanks for your support.

The Banana Festival Gets Some Soul

Sacramento Region - July 1st kicked off a summertime partnership between Sacramento's local music scene and the upcoming Banana Festival.

As music lovers in Northern California know, the Homegrown Soul Show is the place to be for live and exciting performances by local and independent artists.

Every Thursday night, JB's Lounge inside the Red Lion Hotel on Arden Way buzzes with a full crowd and plenty of local artists. The air is filled with the talented beats of R&B, smooth jazz and neo-soul, as the sold out crowd enjoys their tunes with food and drinks at one of the nation's most popular R&B showcases.

On August 14th, Sacramento's first annual Banana Festival will be hosting

the Homegrown Soul Finals live on the main stage. Each Thursday night during the month of July, one or two top artists performing at the Homegrown Soul Show will be selected as finalists to perform at the festival.

The Banana Festival is a family friendly festival and will be celebrating the world's most popular fruit, as well as the many cultures that use the banana for traditional food dishes and desserts. The festival opens on Friday August 13th and continues through Sunday the 15th at Consumnes River College in Sacramento.

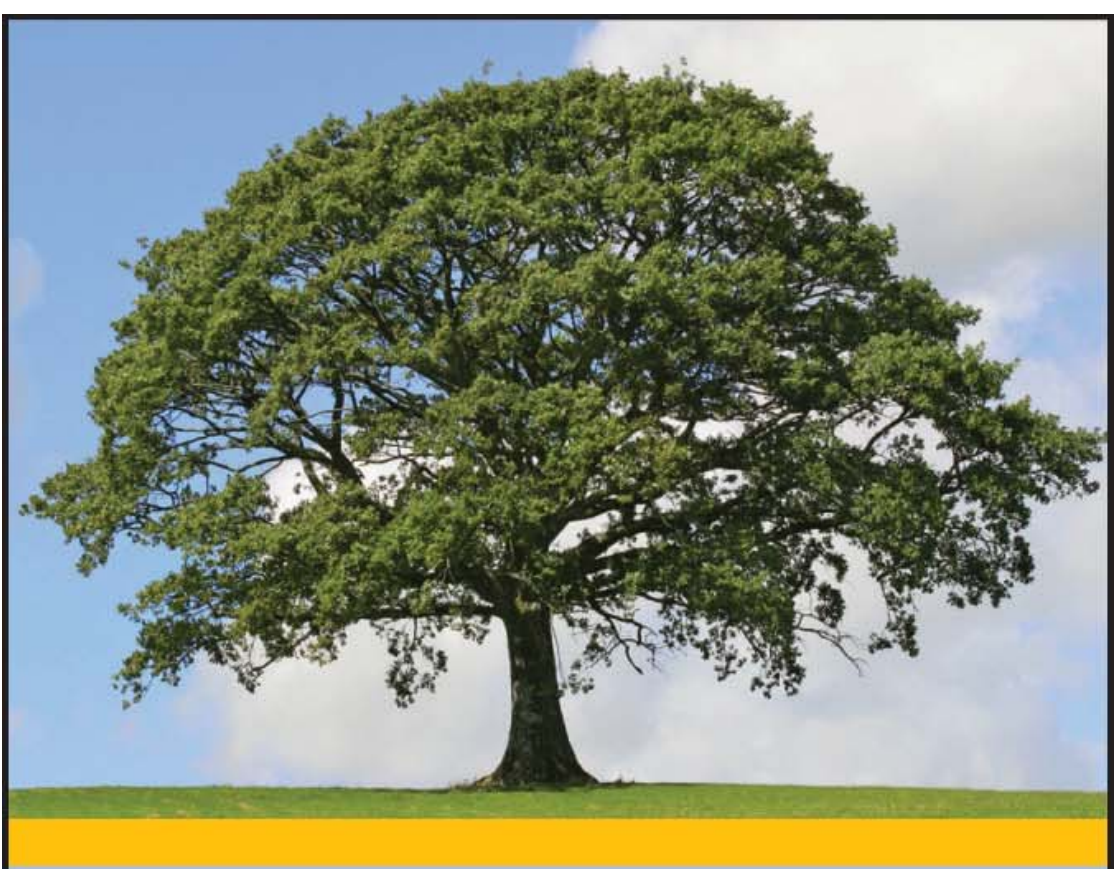
The partnership with the Homegrown Soul Show is one of the many ways the Banana Festival will celebrate the diverse cultures of our Sacramento community. Be sure to

hear the artists each Thursday at the Homegrown Soul Show or listen to them on the Homegrown Soul Radio Show, Sunday nights on V101.1.

The Banana Festival is presented by the National Academic Youth Corps and the Sojourner Truth Multicultural Art Museum, with the mission to provide an opportunity for the community to come together and experience the many cultures represented in the Sacramento region a positive and fun environment.

More information about the Banana Festival, the can be found at www.bananafest.org

More information about the Homegrown Soul Show can be found at www.homegrownsoulshow.com.



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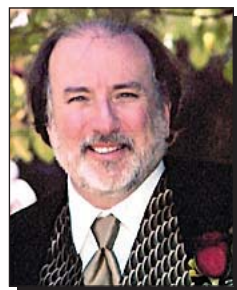
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Widowed Persons Association of California, Inc.

Office Hours
10:00 am - 3:00 pm
Monday through Friday
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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.

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)

*Saturday	July 17	Because – A Beatles Tribute Band
	6-8pm	Beatles Songs
Sunday	July 18	Gold Rush Brigade
	6:30-8:30pm	Dixieland Jazz Band
*Saturday	July 24	Jan & the Studebakers
	6-8pm	'50s and '60s Music
Sunday	July 25	Todd Morgan & the Emblems
	6:30-8:30pm	'50s Rock 'n' Roll/ Blues/30's Jazz
*Saturday	July 31	Q-Balls
	6-8pm	Classic Rock - '60s to '80s
Sunday	August 1	John Skinner Band
	6:30-8:30pm	Dance Band
Sunday	August 8	Metro Swing
	6:30-8:30pm	Dance Band
Sunday	August 15	El Dorado Brass Band
	6:30-8:30pm	Authentic 14-piece Civil War Band
Sunday	August 22	River City Concert Band
	6:30-8:30pm	50-piece Concert Band
Sunday	August 29	Capitol Pops Concert Band
	6:30-8:30pm	50-piece Concert Band

*Denotes July Saturday concerts which are sponsored by:



Carpal Tunnel Syndrome & Other Known Wrist Conditions That Mimic It



Carpal tunnel syndrome (CTS) gets a lot of press as being the primary culprit behind wrist pain. But there are a number of other diseases, harmful habits, spinal conditions and syndromes that can masquerade as CTS.

As a sports injury specialist, I focus in prevention and know how vital it is to accurately uncover the true source of patients' wrist pain.

Wrist Structure

The wrist consists of eight carpal bones arranged in two horizontal rows. A network of ligaments lashes the two rows of wrist bones together.

Who's at Risk?

Although wrist disorders may strike anyone, certain activities increase risk. Specifically, any sustained, repetitive movement stresses the wrist. Common instigators include assembly work, cashiering, playing video games and keyboarding on a computer. Any job that requires employees to continually grip with their hands, such as painters, plumbers, electricians, carpenters and artists, also compromises wrist health.

Is It Really CTS?

Overuse of the wrist may

result in carpal tunnel syndrome: inflammation of the "tunnel" between the ligament that extends across the top of the carpal bones and the bones themselves (and the subsequent entrapment of structures in the tunnel, including nerves). Symptoms of this painful and debilitating condition include numbness, tingling and loss of strength.

While CTS is a major health concern, it is not always the cause of wrist pain. There is a glut of CTS imposters. That's why it's important for all individuals with wrist problems to have a complete chiropractic evaluation.

The Spinal Link to Wrist Pain

Research reveals that symptoms from problems in the spine of the neck (cervical spine) may be "confused clinically with carpal tunnel syndrome."

Most people are unaware that the spine has a direct link to wrist health. When spinal bones (vertebrae) become misaligned or restricted, the result is a condition known as vertebral subluxation. The outcome is linked to a variety of wrist conditions.

Chiropractors correct vertebral subluxations with safe and gentle maneuvers called chiropractic adjustments.

The median nerve controls the thumb, index and parts of the middle and ring fingers. It extends from the fingers through the two rows of wrist (carpal) bones. From there the nerve travels past the elbow, up the arm, through the shoulder, up the neck and finally to the spinal cord.

And that's when things can get a bit dicey. The median nerve connects to the spinal cord through openings between vertebrae in the neck (cervical spine). Then movement is restricted in these cervical vertebrae, the result is tingling, numbness, and pain in the fingers and wrist.

Maintaining optimal spinal health, which includes regular chiropractic visits, is the key to wrist wellness. Chiropractic adjustments realign errant cervical vertebrae and free the median nerve to do its job without interference.

We may further suggest rehabilitative exercises and discuss ways to minimize future on-the-job wrist injury (such as taking sufficient rest breaks).

Thoracic Outlet Syndrome

Known as TOS, symptoms of the affliction also mimic CTS. TOS involves the "compression of the neurovascular structures in the region between the scalene muscles and the first rib or by anatomical abnormalities, such as cervical rib, fibrous bands and other variations."

Double Crush

According to one scientific study, "Lower cervical spine disease sometimes occurs concomitantly with entrapment of the ulnar nerve at the wrist. This condition, termed the 'double crush injury,' may produce ulnar nerve symptoms that are referred proximally into the upper arm, shoulder, neck and chest wall. In such cases, both the cervical spine and the wrist must be treated."

Diseases and Harmful Habits

Nerve entrapment and symptoms associated with CTS can also be brought on by diabetes, smoking, alcohol consumption, rheumatoid arthritis and hypothyroidism; although these disorders typically produce simultaneous symptoms in both arms, not just one.

One Last Word on Prevention

Make an appointment today with your doctor of chiropractic and discuss ways to adjust your work and postural habits to minimize wrist and neck pain. Don't wait for pain to signal it's time for another visit!

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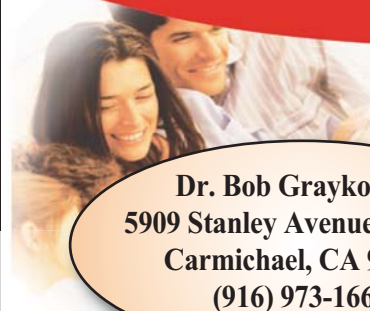
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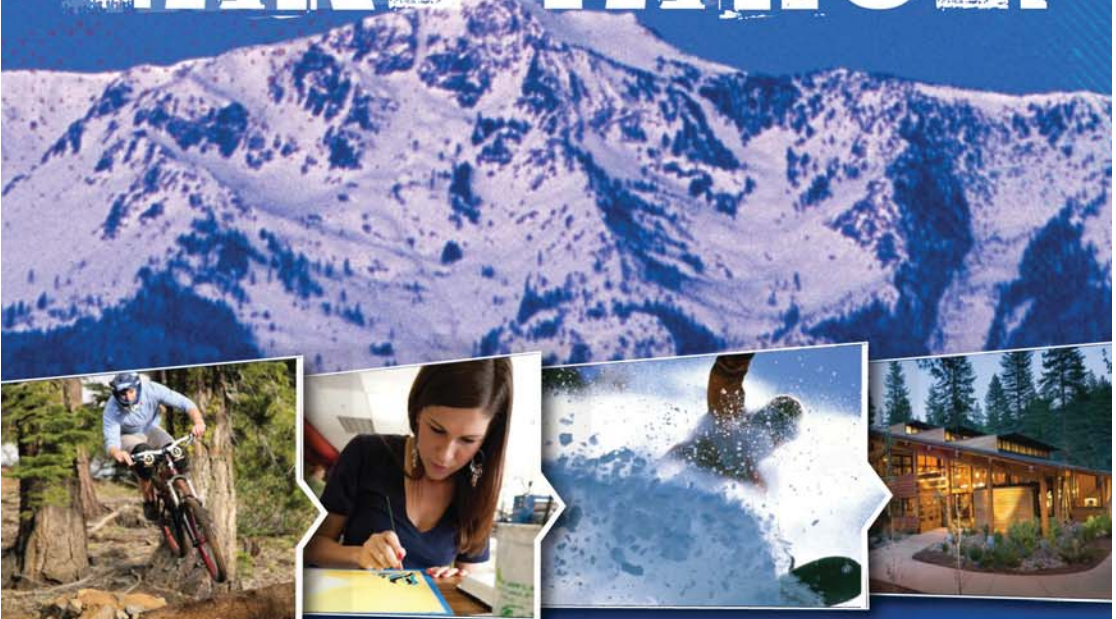


We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.

Are you a veteran from WW2, Korean War, Vietnam War, Desert Storm, Iraq, Afghanistan War? If you been honorably discharged and have a current DD214, Please Contact The Post Commander Edward B. Holm. PH (916)722-9603 or Post Quartermaster Steven H. Rambo PH (916) 847-5496.

On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

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

How to Set Up a Temporary Outdoor Home Theater

Create Your Outdoor Summer Cinema on a Budget

With budgets tighter than ever, inexpensive entertainment options are in high demand – particularly those close to home. But there's no need to waste time and money holed up at the local cinema when you can watch a movie amid the fresh air in your own outdoor home theater.

According to Paul Holstein, COO of industry-leading eTailer CableOrganizer.com (<http://CableOrganizer.com>), "It's easier and more cost effective than you might think, and much more fun!"

Here's CableOrganizer.com's advice on what you'll need to transform your backyard into a slice of home theater heaven:

Video Screen: When it comes to setting up a budget-friendly outdoor movie screen, just about anything goes, including white bedsheets, blackout cloth (available at most fabric stores), canvas dropcloths, plywood, backer board, or even a smooth white wall.

Projector: Dust off an old LCD or DLP projector and bring it outside. If you need to start from scratch, projectors can be purchased new for anywhere from \$500 - \$1500. Or scour classified ads, garage sales and reputable

online home theater forums for less expensive used projectors.

Speakers: Don't jump to the conclusion that you need to invest in full-on Surround Sound or dedicated outdoor speakers – while they do sound great, you're better off saving your cash and pumping the audio through old stereo speakers, instead.

DVD Player: Start by looking at what you already own before buying a new DVD player for your outdoor home theater. But even if you don't have an extra DVD player lying around, a brand-new basic model can be had for under \$50.

Video Game Console: If you or the kids are feeling too antsy to sit through an entire movie, break out the Xbox or PS3, hook it up to your projector, and find out how much fun the combination of summer breeze and Rock Band 2 can be.

Outdoor Extension Cord: Made to withstand weather and the kind of wear and tear that can only occur in open-air environments, outdoor power cords are the safest and most effective way to power home theater equipment under the stars.

Surge Protector: Leave the expensive surge suppressor

indoors where it belongs, and use a simple surge-suppressing power strip, like the SocketSense™ adjustable surge protector, instead.

Cord Covers: Don't let the fun be interrupted by a trip-and-fall accident; instead, protect moviegoers by keeping power extensions concealed (and safely traversable) with rugged cord covers, like Rubber Ducts by Electriduct.

Rolling Equipment Cart: Rolling carts reduce equipment-hauling woes by saving time, preventing lifting injuries, and decreasing the chances of that butterfingers neighbor dropping your projector.

Light Strands: It's always a good idea to have a little light to move around by without tripping in the dark. Create a soft glow that won't detract from the onscreen action by hanging a few strands of Christmas lights around your theater's perimeter.

Consumers may order a wide selection of home theater solutions online at <http://CableOrganizer.com> or via toll-free telephone at 1-866-222-0030.

100 Rescued Dogs Arrive in Sac

Sacramento Region – On July 12, the Sacramento SPCA received the final group of dogs that were rescued from an overcrowded property in Kern County. The animals, primarily small dogs, were rescued from an organization called Chihuahua Rescue in Tehachapi, CA. The Humane Society of the United States (HSUS) removed the animals last week after Chihuahua Rescue's director was evicted from the property.

More than 100 dog arrived at the Sacramento SPCA sometime around 4:30 pm in an air-conditioned HSUS semi-trailer.

The first group of animals, arrived at the Sacramento SPCA on Saturday, July 10, and are being evaluated by SPCA veterinarians and staff, and given the time they need to settle in prior to being put up for adoption.

When HSUS rescuers arrived on the scene in Kern County last week, they found a large number of dogs living in a crowded home. There were additional dogs, and other animals, living in an adjacent barn. In total, rescuers found more than 150 dogs, 18 cats, 10 chickens, as well as several rabbits and other small animals living on the property. This is

not being treated as a criminal hoarding case, but as a situation where a well-meaning rescuer got in over her head and needed assistance with the animals in her care.

The Sacramento SPCA was selected to receive, treat and place the animals because of the SPCA's unique track-record of finding adoptive homes for dogs, particularly small dogs, from over-crowded shelters throughout California. Upon their arrival at the SPCA, the animals were evaluated by SPCA staff, received necessary care and veterinary treatment and are to be placed up for adoption through the SPCA.

First Tax Increase in New Healthcare Law Takes Effect

The first tax in the new healthcare law went into effect July 1st, and it falls on the backs of the very people who can least afford it – our nation's small businesses.

The tax, known as the "tanning tax," levies a 10 percent tax on tanning services and is predicted to raise \$2.7 billion (over 10 years). The revenue raiser will fall disproportionately on "mom and pop" small businesses, typically owned and operated by women, and is designed to pay for the nearly \$1 trillion healthcare law.

"I hardly think this is the appropriate time to raise taxes on our nation's smallest businesses, the very people who can least afford new and complicated taxes," said Dan Humiston, president of the Indoor Tanning Association. "This directly violates the promise President Obama made not to raise taxes on the middle class. A tax like this could be devastating to thousands of 'mom and pop' tanning businesses across the country."

The tax could hit an estimated 18,000 small businesses nationwide, jeopardizing thousands of jobs and unfairly hitting working women and college students, who comprise the majority of indoor tanning customers.

"Right now small businesses need to concentrate on making payroll and encouraging customers to come through their doors," said Bill Rys, tax counsel, NFIB.

"New taxes like this amount to a 10 percent increase in the cost of doing business, and that money has to come from somewhere. Higher taxes mean less investment, reduced growth and fewer customers – hardly the prescription for future job growth our country needs."

Tax paperwork is already a huge burden for small businesses, averaging more than \$74 per hour in compliance costs. The tanning tax is reported and paid quarterly, and business owners are responsible for tracking, filing and collecting payment from customers.

"This tax will prevent job creation and possibly cause the elimination of jobs," said IFA Vice President of Government Relations David French. "When the nation is struggling to create jobs, imposing a tax on one sector of the business community seems punitive and counterproductive."

Because tanning is something generally purchased with disposable income, this industry has already been hit hard by the recession. As owner Dan Caskey of Cincinnati Tanning Company said: "I'm already strapped in my business. Times are tough and I need to keep the customers I have. I'm just not sure how I'm going to deal with yet another new cost of doing business. Washington just doesn't seem to get it – this is a punitive tax levied on me to pay for this

healthcare law. We're supposed to be supporting and encouraging businesses like mine to grow and hire, and taxes like this encourage just the opposite."

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

The International Franchise Association is the world's oldest and largest organization representing franchising worldwide. IFA members include franchise companies in over 90 different business format categories, individual franchisees and companies that support the industry in marketing, law and business development.

The Indoor Tanning Association represents thousands of indoor tanning manufacturers, distributors, facility owners and members from other support industries. The Indoor Tanning Association (ITA) was founded to protect the freedom of individuals to acquire a suntan

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On Saturday, August 14, from 9 am to 12 pm in the Rubicon Meeting Room at the SMUD Customer Service Center on 6301 S Street, Sacramento, SMUD Energy Advisors will present a free workshop for homeowners. SMUD energy specialists will

demonstrate how to cool your home while keeping bills low. Topics include basic equipment maintenance, insulation, shading, and cooling and ventilation strategies. Customers can register online at smud.org, e-mail etemail@smud.org, or call 916-732-6738. Class space is limited and pre-registration is required. For more information, contact Jodi Newman Cordone, jnewman@smud.org

For more information, contact Jodi Newman Cordone, jnewman@smud.org

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July 7, 14 and 21: 6:30-8:30 p.m.

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- 7/14 - Social Life & Volunteering
- 7/21 - Spirituality for Maturing Adults

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Riley Reviews



A Film Review by Tim Riley

DESPICABLE ME (Rated PG)

The Disney/Pixar animation crowd is getting a run for its money from an unlikely source in Universal Pictures, and not for any reasons involving superior graphic design. Though no slouch in its own right, "Despicable Me," realized by French animators, combines American ingenuity and outsourced cartooning. The result is a quirky blend of familiar storyline and the international flavor of fascinating artwork. "Despicable Me" so defies custom that it is almost impossible to pin down the film's actual setting, a matter further complicated by the wide range of accents given to key characters.

Putting aside this animated film's interesting artful details, "Despicable Me" is for more appealing for its congenial, charming sense of fun. This extremely delightful comedy is equal measure funny, charming and heartwarming. The film's antihero Gru (voiced by Steve Carell in a vaguely Russian accent) is a preening villain seemingly oblivious to his egregious incompetence. With the help of his henchman Dr. Nefario (Russell Brand), who appears to suffer borderline dementia but is still a mad genius, Gru desperately wants to make the evening news as the World's Top Villain. To make matters worse for him, Gru still endures criticisms and verbal slights from his dismissive mother (Julie Andrews).

NOTHING DREADFUL ABOUT THE WONDERFUL, FUNNY "DESPICABLE ME"

But nothing hurts Gru more than being upstaged by his snotty archrival Vector (Jason Segel), who pulls off an incredible heist of Egypt's Great Pyramid. Gru can only claim recent success in stealing the Eiffel Tower and the Statue of Liberty, but sadly they are the replicas found in Las Vegas. The kind of villainy Gru loves to practice is usually found in his delight in popping kids' balloons or using his freeze gun at a coffee store to turn those ahead of him in line into blocks of ice.

Gru, who looks vaguely like Doctor Evil and lives in a massive lair stocked with James Bond-like gadgets, is busy plotting his next big move, even though he can't even secure a loan from the Bank of Evil. His ambition is so big he's literally shooting for the moon. But in order to steal the moon, Gru must possess the shrink-ray gun, but unfortunately it falls into the hands of Vector. In what is the film's best plot twist, Gru figures that his best weapon to retrieve the ray gun is to adopt three little orphan girls who are quite convincing at door-to-door cookie sales.

The adorable girls - Margo (Miranda Cosgrove), Edith (Dana Gaier) and Agnes (Elsie Fisher) - prove to have a formidable impact on their adoptive "father," whose cold heart melts as they chip away at his resistance to take them to dance class or to visit an amusement park. At first, Gru is hardly attentive to his young charges, except for his nefarious plans to use them to infiltrate Vector's fortified mansion. Gradually, though, he gives in to demands for bedtime stories and other signs of fatherly affection. The big villain's steady transformation is predictable but no

less touching and heartwarming. While Gru's makeover is foreseeable, the central core of "Despicable Me" is the enchanting, pleasing way that the three adorable girls have such a profound effect on the big lug. Meanwhile, there is plenty of bouncy fun to be found with Gru's other secret weapons, namely the energetic Minions, the small yellow creatures who vigorous serve their master's grand schemes. Not surprisingly, the Minions offer great comic relief.

Much like the "Toy Story 3" pitch to the young and old audience, "Despicable Me" offers the same type of pleasure across the age spectrum. Abundant with pointed dialogue and witty zingers, "Despicable Me" ranks as one of the best cleverly written animation comedies that I believe adults should truly enjoy. If you happen to see the 3-D version, be sure to stay through the end credits, since that's when the technology is most impressive.

DVD release update

It's not too soon to start thinking about the return of "Mad Men" on the AMC Channel later this month. With the fourth season just around the corner, this would be a good time to pick up the DVD release of "Mad Men: Season Three." The third season originally aired in the fall of 2009, which now seems like a long time ago. The DVD contains all 13 episodes, including the brilliant final episode that should have everyone breathlessly waiting for the new season. "Mad Men: Season Three," aside from the genius of one scandalous surprise after another in each episode, is loaded with special features that showcase interviews with the cast and crew and examine the historical events that shaped 1963. To that end, there's a documentary on Dr. Martin Luther King's March on Washington. Another feature is "Clearing the Air: The History of Cigarette Advertising," which is a visual depiction of the relationship between Big Tobacco and Madison Avenue.

Boulevard Brush-up Plan for July 25

Carmichael - The Carmichael Chamber of Commerce, Carmichael Creek Neighborhood Association, Carmichael Colony Neighborhood Association, and the County of Sacramento is sponsoring another Boulevard

Brush-up day, Sunday, July 25. Participants will be picking up trash, documenting problems for code enforcement, and removing weeds on Fair Oaks Blvd. Meet at Carmichael Park by the tennis courts at 8:00 a.m. Coffee and

donuts will be served. Remember to wear a hat and bring a pair of gloves. For more information, contact Anne Berner at 944-1042.

Lungren Announces Summer Town Halls

8/11 Wednesday; 7 - 8:30 pm
La Sierra Community Center - John Smith Hall
5325 Engle Road. Carmichael, CA 95608

8/14 Saturday; 10:30 am - noon
City of Jackson Civic Center
33 Broadway, Jackson, CA 95642

8/19 Thursday; 7 - 8:30 pm
Wackford Community and Aquatic Complex - Valley Oak Ballroom
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FICTITIOUS BUSINESS NAME STATEMENT #1005293. Pinnacle Capital Mortgage Corporation, 1620 East Roseville Parkway #248, Roseville, CA 95661 is doing business under the Fictitious Business Name "Stanford Mortgage" at 4025-C Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 10, 2010. Publish: June 23, 30, July 7, 14, 2010. STANFO 00604 7-14-10

the petition. Dated: June 14, 2010. Kevin R. Culhane Judge of the Superior Court. Publish: June 23, 30, July 7, 14, 2010. BACON 00604 7-14-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF THOMAS DALE GILMORE ESTATE NO. 34-2010-00080777 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of THOMAS DALE GILMORE:

A petition has been filed by Douglas Nowka in the Superior Court of California, County of Sacramento, requesting that Douglas Nowka be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 22, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Catherine A. Lawson, Esq., 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-6860. Publish: June 30, July 7, 14, 2010. LAWSON 00605 7-14-10

WHEREAS, Lori Jane Bacon has filed a petition with this court for a decree changing name of Lori Jane Bacon to Loni Jane Bacon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 27, 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

FICTITIOUS BUSINESS NAME STATEMENT #1005548. Lalaine's Corporation, 3207 Kaiser Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Lalaine's Professional Care Home for the Elderly" at 3207 Kaiser Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 17, 2010. Publish: June 30, July 7, 14, 21, 2010. LALAIN 00605 7-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

WHEREAS, Cynthia Jean Tierney has filed a petition with this court for a decree changing name of Cynthia Jean Tierney to Cynthia Jean Saracino. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 3, 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: June 22, 2010. Shelleyanne W.L. Chang Judge of the Superior Court. Publish: June 30, July 7, 14, 21, 2010. SARRAC 00605 7-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00080141

WHEREAS, Loni Stribling has filed a petition with this court for a decree changing name of Derrick Devon Stribling to Derrick Allen Kenner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 27, 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: June 14, 2010. Shelleyanne W.L. Chang Judge of the Superior Court. Publish: June 30, July 7, 14, 21, 2010. STRIBL 00605 7-21-10

2010. STRIBL 00605 7-21-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF DALTON JEROME MELVOLD aka TONY JEROME MELVOLD ESTATE NO. 34-2010-00081504 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of DALTON JEROME MELVOLD aka TONY JEROME MELVOLD:

A petition has been filed by Sharon Kaye Melvold in the Superior Court of California, County of Sacramento, requesting that Sharon Kaye Melvold be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 30, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Catherine A. Lawson, Esq., 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-6860. Publish: June 30, July 7, 14, 21, 2010. LAWSON 00605 7-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00080141

WHEREAS, Loni Stribling has filed a petition with this court for a decree changing name of Derrick Devon Stribling to Derrick Allen Kenner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 27, 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: June 14, 2010. Shelleyanne W.L. Chang Judge of the Superior Court. Publish: June 30, July 7, 14, 21, 2010. STRIBL 00605 7-21-10

2010. STRIBL 00605 7-21-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF DALTON JEROME MELVOLD aka TONY JEROME MELVOLD ESTATE NO. 34-2010-00081504 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of DALTON JEROME MELVOLD aka TONY JEROME MELVOLD:

A petition has been filed by Sharon Kaye Melvold in the Superior Court of California, County of Sacramento, requesting that Sharon Kaye Melvold be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 30, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Catherine A. Lawson, Esq., 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-6860. Publish: June 30, July 7, 14, 21, 2010. LAWSON 00605 7-14-10

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Job Networking Workshops Set at Sacramento's Central Library

Job seekers can attend networking meetings to share ideas and experiences, and gather contact information and perhaps a few job leads at a free series of job-networking meetings on selected Sundays, from 1 p.m. to 2:30 p.m., at the Central Library, 828

I Street, Sacramento.

Each week, participants will discuss a different related topic which will help to sharpen job-search skills.

Scheduled meetings are July 18, August 1, August 15, September 19, October 3, October 17, November 7,

November 21, and December 19. All meetings will be facilitated by career counselor Joanne Verdon.

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

Defensive Driving Class for Military Retirees/Spouses

The next class is scheduled for 17 and 18 Aug 2010. We will be meeting at the Aerospace Museum of CA and the class will run from 0900 to 1300 hrs each day. For AARP members, cost is

\$12; for nonmembers, cost is \$14. You must register for this class in person at the Retiree Activities Office. When you come in to register, we will need your AARP Membership Number.

Please do not call us on the telephone to sign up. It won't work. Questions can be directed to our volunteer staff at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.



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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playhouse



(Clockwise from top left) Rodger Hoopman, Warren Harrison, Salina Diane, David John Silva

Anything Goes

Chautauqua Playhouse's summer show, the Cole Porter musical ANYTHING GOES, opened on June 25, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through July 18. All performances are being held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

Anything Goes debuted on Broadway in 1934 and introduced many of Cole Porter's biggest hits – "You're the Top", "All Through the Night", "Blow, Gabriel, Blow", "I Get a Kick Out of You" and starred a young Ethel Merman. The show was revised in 1962 and added several other Porter songs, including "It's Develovely" and "Let's Misbehave". The musical show tells the tale of a cruise ship sailing from New York to London, carrying a stowaway, a gangster and his moll, an Evangelist turned nightclub singer, an English nobleman and his fiancé. Cases of mistaken identities complicate matters as the passengers on board think they are sailing with Public Enemy Number One.

The show, produced in association with Dreams-n-Stuff Productions, features Salina Diane, Warren Harrison, Rodger Hoopman, David John Silva, Monica Parisi and Lyra Dominguez. Choreography is by Pamela Kay Lourentzos. Set direction is by Rodger Hoopman.

For tickets or more information please visit the Chautauqua website at www.cplayhouse.org or call the theatre at (916) 489-7529 (PLAY).

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Wall of Honor Nominations Needed

Nominations are being accepted for the Wall of Honor at Patriot's Park. The purpose of the wall is to provide a lasting monument to residents of the Carmichael Recreation

and Park District who gave their life for their country or community. Candidates must have given their life for their country or community, was a resident of the park district,

and must not have been convicted of a felony. Deadline for nominations is July 31. To get a nomination form, or for questions, please call 485-5322.

43 Businesses Sold in June in Sacramento County

Sacramento Region - Sacramento County recorded 43 sales of small and mid-sized businesses last month, matching the total of closed deals during June 2009. The city of Sacramento was responsible for 25 deals; next highest volume was in Citrus Heights, with six. County year-to-date figures are 200 vs. 279 closed escrows thru June 2009.

While the statewide count was up for the month, California's year-to-date transaction volume dropped nearly 17 percent compared to the same period last year, according to figures released by BizBen.com - businesses for sale in California.

"Monthly volume of transactions has been moving up and

down since the mortgage meltdown in fall 2008. And that makes it particularly challenging to identify a sustaining trend," said Peter Siegel, MBA, Founder and CEO of BizBen.com.

He noted that California's June 2010 sales totaled 1,090, up from 986 in the same month last year. Transaction volume of 6,481 so far this year represents a decline from the 7,793 deals closed the first half of 2009.

"The mix of good news and bad news in the small business sales sector demonstrates that we're experiencing the same uncertainties that impact most parts of our economy. It's a reminder to buyers and sellers, and the professionals who help them, that we're working in a

new business environment. It's far different from what we experienced say, two years ago."

Among those differences, according to Siegel, are "the manner of financing, the calculation of business value, the need for creative deal making and the speed at which market circumstances change.

"Is SBA-backed funding available with incentives included to encourage financing for small businesses? The answer to that question has been changing week to week," said Siegel.

BizBen.com, founded in 1994, is one of the nation's leading online marketplaces for small businesses and resources.



Carmichael Chamber of Commerce



Linda Melody of the Carmichael Chamber of Commerce welcomes two new members; Nancy Chase, (left), Auto Medics; Anna Makovsky, (center), First Bank. Learn about the Chamber at (916) 481 1002.

Need Mixer Hosts

July 14, August 11, November 10

The Carmichael Chamber is looking for member businesses to host a Chamber mixer for July, August, or November. Mixer's are held on the second Wednesday of each month from 5:30 p.m. - 7:30 p.m. This is a great opportunity to showcase your business and increase awareness of your company or organization. Hosts must be Chamber members. For more information, or to host a mixer, please call Linda at the Chamber office at 481-1002.

The New Website is Here!

The Carmichael Chamber will have a new website this month. There will be different levels of sponsorship for your business. This will give you and your company or organization much more exposure. To get more information, please contact the Chamber office.



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



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Call 916-972-1313 or visit AegisofCarmichael.com for more information.

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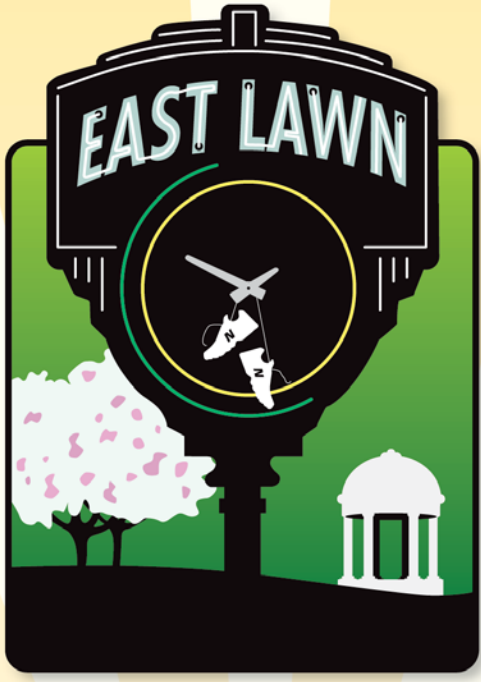
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Exhibition Schedule

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| July 6-31 | Magnum Opus XXI |
| Aug 3-14 | Docents Show and "Pinup" Show |
| Aug 17-Sept 4 | Phyllis Eymann and Students |
| Sept 7-Oct 2 | "Go With The Flow 2010", WASH Open Watercolor Show |
| Oct 5-30 | NCA Bold Expressions |
| November 2-20 | Annual Photography Show |
| November 30-December 18 | Members Holiday Art Exhibit |

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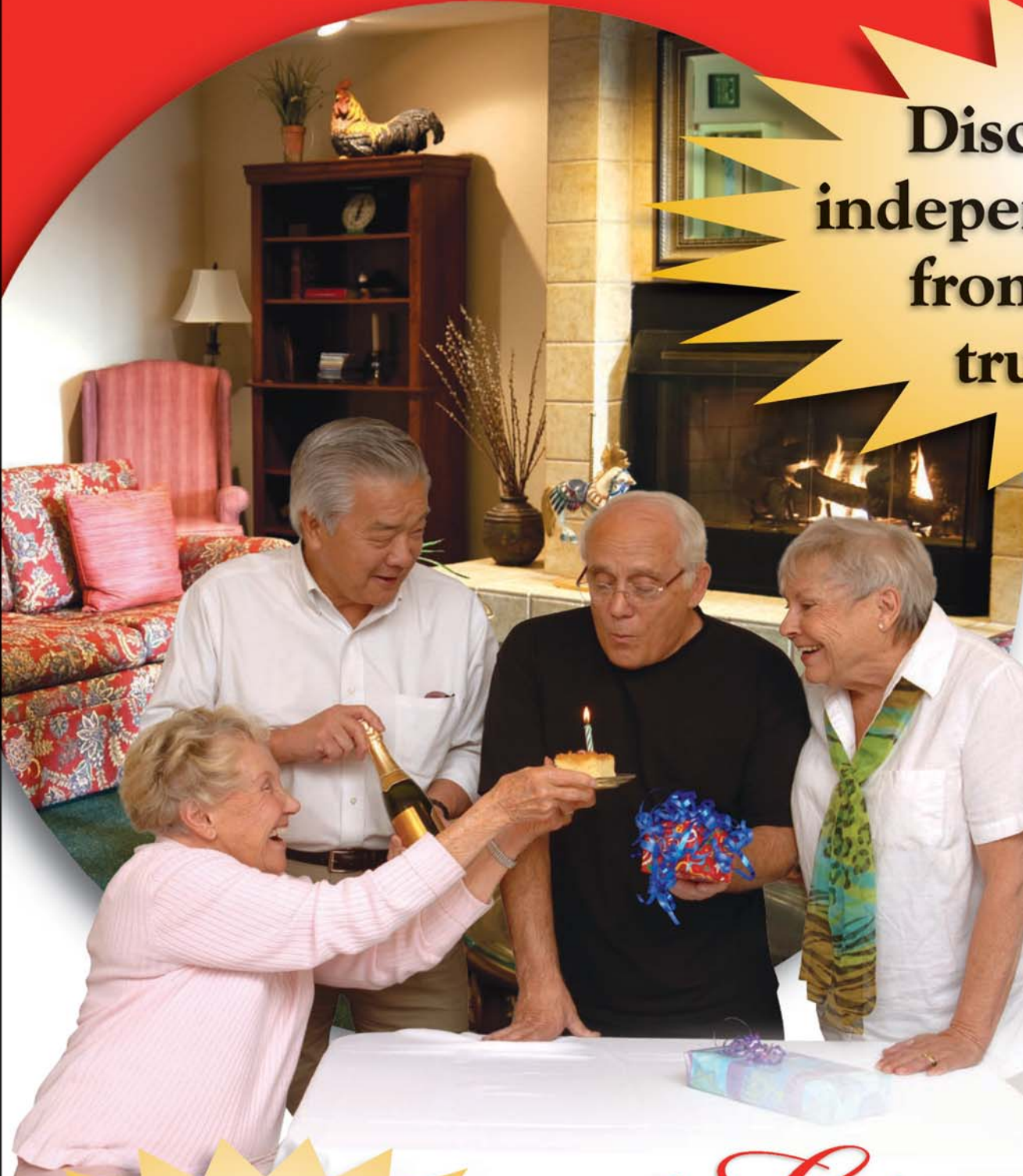
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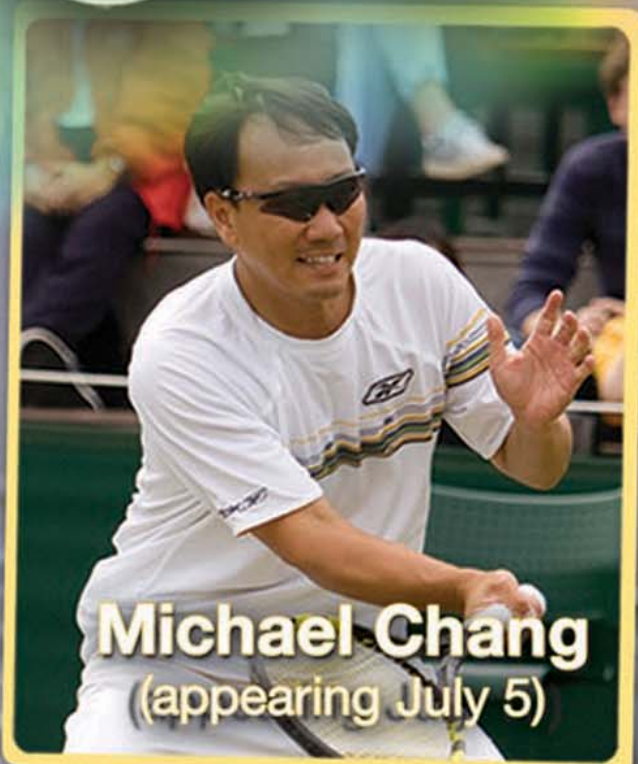
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