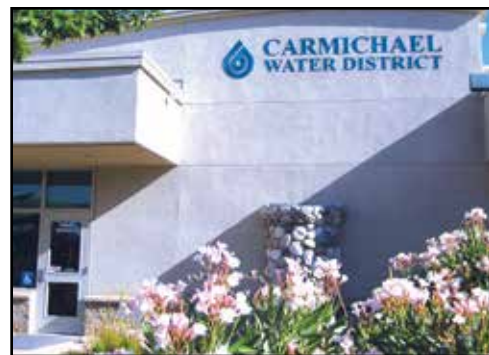




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Carmichael Times

VOLUME 43 • ISSUE 40 *Serving Carmichael & Sacramento County since 1981* OCTOBER 7, 2022

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Kiwanis' New Chief



Jenny Hawley (center) recently took over as 2022/23 President of Carmichael Kiwanis. She is congratulated by husband Clifford, daughter Priya and former club presidents Jackie Delu (left) and Sharon Ruffner.

**Story and photo
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Community College instructor Jenny Hawley has taken the Carmichael Kiwanis Club gavel.

Hawley teaches English at Folsom Lake and Modesto Junior Colleges. Married for 13 years to State worker Clifford Hawley, she is mom to an 11-year-old daughter.

New presidential duties will

include chairing meetings and performing many more volunteer hours.

Half the service group's membership is female; Hawley's appointment follows a 2021/22 presidency shared by Jackie DeLu and Sharon Ruffner. "In the last few years, a number of women have led the group," notes Hawley. "Before that, we had three male presidents in a row, so our club is evenly balanced with men and women in leadership. My dad (Wayne Lang) was president

twice. I guess this role is a family tradition."

Hawley runs activities for public open days at the Koobs Nature Area (Engle Road). The El Camino High School graduate School also leads Carmichael Girl Scout Troop 3191.

"I encourage all my girl scouts to do community service," she says. "I hope my daughter Priya will be part of Kiwanis one day. Our club's a wonderful way to get to know the community while giving back." ★

ASI Children's Center Distributes Free Diapers

**By Jennifer K. Morita,
Sac State**

SACRAMENTO, CA (MPG) - Working mom and full-time Sacramento State student Gabby McCartney doesn't have the luxury of buying just any diapers for her 2-year-old daughter, Emilia.

"I have looked at different brands and the quantity of diapers you get for the price," McCartney, 23, said. "I found one that was cheaper, and I like to get them from Costco because it's about \$50 for 160, and that lasts almost half a month.

"I spend about \$100 a month on diapers."

With the rising price of food, gas and other essentials, there isn't a lot of wiggle room in McCartney's budget - and she's not alone.

To help McCartney and other Sacramento County families struggling with the region's high cost of living, the Associated Students, Inc. (ASI) Children's Center is giving away free diapers.

The center has partnered with the Sacramento Food Bank to become a federally funded National Diaper Distribution site.

Anyone in Sacramento



Gabby McCartney, who attends Sac State full time, and her 2-year-old daughter, Emilia, were among the first to visit the ASI Children's Center to take advantage of a new partnership that allows student-parents and Sacramento County residents with young children to receive 50 free diapers each month. Photo courtesy of Sacramento State/Andrea Price

County with young children can obtain from the center 50 free diapers a month, sizes 3 through 5.

"People are struggling because of inflation and have to make some very serious choices between feeding their children or taking care of their diapering needs," said Sherry Velte, ASI Children's Center director. "So, children can be

left in diapers too long, which causes diaper rash.

"It's a health concern for children. It can be very severe when children's bottoms are bleeding and have wounds and sores."

Within days of launching on Sept. 2, the Children's Center distributed more than 1,800 diapers, Velte said.

The numbers don't lie,

said Lorena Carranza, the Sacramento Food Bank's community resource manager. When the COVID-19 pandemic hit, the number of families the Sacramento Food Bank served doubled from 150,000 a month to more than 300,000, she said.

As the world began to recover last year, the lines

Continued on page 3

Homeless Suspect Arrested for Senseless Murder of Beloved Carmichael Man

**Sac Sheriff's
Department
News Release**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Sheriff's Office Deputies have arrested Darin Chastain (54), of Sacramento County, in connection with an unprovoked and senseless homicide that occurred at 8:44 p.m. on Wednesday, September 28, 2022, on the 6200 block of Kenneth Avenue. The victim is 74-year-old James C. Raleigh of Carmichael.

Darin Chastain, who is homeless and suspected of being under the influence at the time of the murder, was randomly walking through the neighborhood. A caller to the Sacramento County Sheriff's Office Communications Center stated that an adult male subject was standing outside a neighbor's home screaming and throwing rocks at the garage door. The caller was concerned for the elderly male neighbor. The victim came outside his home to investigate the commotion when Chastain assaulted him just outside his residence. Chastain then fled the scene on foot. Deputies were able to find the suspect a few minutes later and place him in custody without incident. When deputies were interviewing Mr. Raleigh regarding the details of the incident, he collapsed on the ground and had trouble breathing. Deputies administered CPR until Metro Fire arrived to transport him to the hospital where he was pronounced deceased.

Chastain was booked into the Sacramento County Main Jail on (1) count of Homicide and is being held without bail. He will appear in Department 62 tomorrow at 3 p.m. to answer for the charges. There is no further information available at this time. ★



Playmakers Goes National

Story by Shauna Boyd

SACRAMENTO REGION, CA (MPG)

Local non-profit organization The Playmakers has been teaching character and leadership through sports since the founding in 2009. The Playmakers founder Greg Roeszler, known as Coach Roz, saw the need for at-risk kids, such as foster youth and kids with developmental differences, to have real opportunities to be included and build relationships through team sports.

Playmakers has reached thousands of local kids through their summer football camps and after-school programs, all of which are free to students and their families. And Playmakers is expanding their reach by taking the football camps national: This summer, in addition to the local Sacramento camp, Playmakers hosted camps in Ohio, Iowa, and Florida.

It costs about \$10,000 to host a camp, and they are completely free for the students and their families. The camps are funded through private and corporate donations, various fundraising events, and with support from local civic groups, schools, and churches.

The camps are facilitated by athletes from the local high schools, who oversee the activities and participate along with the kids. Coach Roz said, "It's been encouraging to see high school kids want and be willing to serve. ... A lot of kids are craving that."

And next summer, in addition to the existing camps, Playmakers will be expanding to Washington D.C.—hosting a camp at Gallaudet University for the deaf and hearing impaired. And the high school students who help out locally at the Sacramento camp will have the opportunity to travel with Playmakers to Washington D.C.



High school athletes volunteer as leaders at The Playmakers camps, which offer a day of fun activities for at-risk kids and those with developmental differences as they learn about the importance of character while building relationships through team sports. Photo courtesy of The Playmakers.

to help at that camp, allowing them to further practice their leadership skills in a new venue.

"There are kids everywhere that need this opportunity," said Coach Roz. "We can expand anywhere there is an interest."

For many of the kids who attend these camps, it's the first time they've had a chance to play a sport with other people and be included this way – and Coach Roz said it means so much to both the kids and their families. "It's a great experience for everyone

involved," he said.

"It all just revolves around relationships," explained Coach Roz. "We're learning so much, spending time with them." And these lessons are expanding into a new avenue for Playmakers, as they give the high school athletes the opportunity to become leaders of inclusiveness on their own campuses. Just launched this school year is a calendar of events, a playbook for the athletes to follow as they take the initiative and build relationships with the special education

classes at their schools. The Playmakers' calendar of events includes activities such as painting pumpkins for Halloween and decorating ornaments for Christmas. Coach Roz said these activities keep the kids involved and the relationships connected throughout the school year.

So, in multiple states across the country, as this new school year is getting started, high school athletes are taking those lessons of connection and inclusion to heart, and forging

relationships with special education students to make them an integral part of the social life on campus.

As Playmakers is growing and expanding, these high school students are serving as delegates, bringing that message into the schools, serving as role models to other students on how to lead with character and compassion and make a difference for those who need it most.

To donate, volunteer, or find out more about The Playmakers, visit <https://theplaymakers.org/>. ★

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ASI Children's Center Distributes Free Diapers

Continued from page 1
at the food bank diminished slightly, only to grow again about four months ago.

"It's because of inflation," Carranza said. "It's really hitting families hard, so we are right now at 250,000 families a month."

"The cost of living is very high here in Sacramento, and we see it in all the demographic groups. There are a lot of families with little ones. You have to change diapers, there's no way around it. Babies don't wait."

The Sacramento Food Bank became a national diaper distribution site in July 2021 and works with six other organizations in Sacramento County to provide diapers.

The Sacramento Food Bank also partners with Sac State to provide food for the ASI Food Pantry and knowing college students' needs makes the collaboration "a perfect fit," Carranza said.

In addition to special trainings, Velte had to determine how to transport the large boxes of diapers and find a clean, dry place to store them. "It's not what we're

designed to do. We're a child-care facility," she said. "But we're providing diapers to the campus and the community because I know this will be a tremendous service to my student-parents, who are primarily on financial aid."

McCartney picked up diapers on the first day.

"It will help out tremendously," McCartney said. "Prices for everything have been extremely high, and children go through so many diapers. I'm constantly having to buy them."

McCartney, who commutes to campus from Elk Grove, said free diapers mean she'll worry less if there's another spike in the cost of gas or food.

"The ASI Children's Center is an amazing program, and I'm very grateful I'm able to get diapers from here now."

The ASI Diaper Distribution program is open to everyone in Sacramento County with young children. For more information, contact the Children's Center by email or by phone at 916-278-6216. ★

Former Sheriff Urges Merchant Unity



Former Sacramento Sheriff John McGinness (center) was speaker for a Carmichael Chamber of Commerce luncheon. He is photographed with members Aiman Nasrawi (left), Rick Martinez, Kerri Mandes, Alex Rachal, Jim Alves, Gabrielle Rasi, Mike Blondino and Rosie Buck.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Former Sacramento Sheriff John McGinness last week urged Carmichael businesspeople to band together to protect the community from the impact of homelessness and crime.

"This is not the time to be divided by politics," said the former Carmichael resident. "I urge you to recognize your common bond and work together to make your area the best it can be."

Now a radio talk show host, the law-and-order champion was the Carmichael Chamber of Commerce's guest speaker. McGinness grew up on California Avenue and recalled his high school job pumping gas and the generosity of local merchants for youth activities.

"The nature of the good work you do can't be over-stated," he told Chamber members. "You support a community where business should thrive. One consequence of COVID is that brick and mortar stores are suffering. These are the little league sponsors. If everyone's buying online, where are local sponsorships coming from?"

"The blind eye that's being turned

(toward crime and anti-social behavior) has its impact. Having to step over people who've passed out on store thresholds, or to clean up after people who've used your property as a bathroom has a dampening effect on business."

McGinness cited Proposition 47 – the 2014 constitutional amendment that reclassified many theft and drug possession crimes as misdemeanors and authorized early release for convicted felons – for creating an environment where businesses and communities suffer. "Thieves can enter stores and steal up to \$949 a day with no compounding consequences," he said. "And we've effectively decriminalized hard drugs. Tell me what part of possessing date rape drugs should be a misdemeanor? Tell me why assaulting a police officer is not a violent crime?"

Standing up against crime, said McGinness, is not a partisan issue. "There's a common denominator. We have the bond of wanting our communities to be healthy, safe and secure."

"It's billed as compassionate to put up with the behavior of the homeless. But letting them destroy their lives and our neighborhoods is not an act of compassion. They're not all people who've

had setbacks. Look into some of their faces: they're strung out on hard drugs. They need to get into programs. They need housing and incentives to get on a better path. This serves everyone's purposes. Who do you love that you'd want to see living in filth on a city street? Not requiring people to face consequences (for crimes) does not help them turn their lives around."

"I have compassion for these people. I also have compassion for people in this room. You deal with the consequences of rampant homelessness and antisocial behavior. It's created an enormous burden on those trying to run businesses, and I believe the full consequences are yet to be recognized."

McGinness urged businesspeople to pressure elected officials for real solutions. "Be an informed electorate," he said. "So few people understand what they're being asked to vote for on ballots. Without really looking at the language of ballot measures, you can't know their consequences."

"Proposition 47 truly contributed to the conditions in which we now find ourselves. It was called 'The Safe Neighborhoods and Schools Act.' The reality of the results couldn't be further from the truth." ★



Sac State's ASI Children's Center distributed 1,800 diapers within the first few days of the Sept. 2 launch of a new program in partnership with the Sacramento Food Bank that allows student-parents and Sacramento County residents with young children to receive 50 free diapers each month. Photo courtesy of Sacramento State/Andrea Price



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Supervisor Rich Desmond Regarding the Death of James Raleigh

I am heart-broken over the gruesome and senseless murder of a Carmichael man outside his own home last night. The victim has been a close friend of my family for many generations and while every loss of life is hard, this one particularly hits close to home.

I am working closely with the Sheriff's department to learn more about the situation but can confirm the perpetrator was a homeless individual suspected of being under the influence at the time of the murder. They have been booked into the Sacramento County Main Jail and are being held without bail. We will continue to inform the public as additional details become available.

In the immediate, I want to state clearly that this level of crime will never be acceptable in our community. I know my constituents are frustrated over the recent increase in crime in the City and County, and I'm frustrated too. The number of unhoused on our streets has become a direct threat to our ability to create thriving, secure and peaceful neighborhoods throughout the County.

My thoughts and prayers are with the victim's family.

Rich Desmond,
Supervisor, District 3

10 Students from SJUSD are National Merit Scholarship Semifinalists

SJUSD News Release

SACRAMENTO REGION, CA (MPG) - Ten San Juan Unified students from Mira Loma and Rio Americano high schools were named as semifinalists in the 68th annual National Merit Scholarship on Sept. 14.

Nearly 16,000 students from across the United States were named as semifinalists this year and will continue in the competition where finalists will be awarded one of 7,250 National Merit Scholarships worth \$28 million in spring 2023.

Program organizers said about 95 percent of the semifinalists are expected to advance to finalist standing, and approximately half of the finalists will win a National Merit Scholarship, earning the

Merit Scholar title.

The National Merit Scholarship Program is an academic competition for recognition and scholarships that began in 1955. Approximately 1.5 million high school students enter the program each year.

A full list of all the students representing San Juan Unified as semifinalists is below.

Congratulations students!

MIRA LOMA HIGH SCHOOL

Shohom Chakraborty; Lia Durso; Oscar Lewis; Daniel Li; Niraj Navaruparajah Nadarasa; Clara Nordahl; Noramon Ransibrahmanakul; Rohan Vinil.

RIO AMERICANO HIGH SCHOOL
Cooper Dumars; Sarah Ranlett. ★

Wildfire Victims Get 'Healing' Tax Exemption from Settlement Payments



Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Wildfire victims receiving payment from PG&E's "Fire Victim Trust" will not have to pay state income taxes on those

payments with the signing of Assembly Bill 1249 (Gallagher). Senator Jim Nielsen, R-Red Bluff, is AB 1249's principal co-author.

"The signing of the measure into law was critical for the healing of the victims of the devastating Butte and Camp Fires," said Nielsen. "I am deeply grateful for the unanimous bipartisan and heartfelt support AB 1249 has received."

AB 1249 will provide financial relief to wildfire victims of the 2015 Butte Fire and the 2018

Camp Fire by exempting them from paying state income taxes on settlement payments made out of PG&E's "Fire Victim Trust" fund.

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★



GPS To Happiness

Are you really distracted these days? I mean with the pandemic and the economy and inflation and on and on, how would you not be distracted? Wouldn't it be nice to get back to a real life and true happiness? It's a gift we certainly can use. So I had **Marina Shakour Haber** on my POPPOFF Radio show, and directly asked her to give us some tips on how to be happy. She coaches people to get out from all the negativity, and change their thinking to create a happier way of life in her book "**Your GPS To Happiness**" How to navigate from where you are to fulfillment, prosperity and the life of your dreams. **Marina** is known as the Happiness Guru. She actually co-founded her spiritual activism group in response to the covid pandemic. So here's her top ten tips to reach out for happiness.

SMILE. Even if it's a fake smile, it can have a positive impact on your mood. Smiling moves the muscles which message your brain that you are happy, thus increasing levels of happiness which induce hormones like dopamine and serotonin.

1. **Focus on better feeling thoughts and positive emotions.** You can feel the joy of past and future experiences in the present moment.
2. **Express gratitude for all the good in your life.** Your brain cannot hold two opposing thoughts like lack and abundance at the same time. Focus on abundance.
3. **Calm your thoughts through mindfulness and deep breathing.** Fear and frenzy constrict muscles and breathing, thus cutting off the life force. Inhale and exhale deeply. Go to your heart space, your sanctuary, and the eye of the storm, to calm your mind.
4. **Focus on what you want.** Visualize your future vividly, dare to dream big, and feel the joy as if it were already so. When feeling

HAPPY



down, pull that vision up, and experience the joy in the now

6. **Engage in something that brings you joy and gives meaning to your life.** Meaning is found in something that is greater than yourself.
7. **Relationships are fundamental to happiness.** Develop personal connections and physical and social interactions.
8. **Stop fantasizing negatively about what could go wrong.** This type of thinking leads to chronic worrying and distress.
9. **Become aware of what you think.** Then, you write it down, so that you know where you are mentally and emotionally.
10. **Set Your GPS.** When you know where you are, which is your mindset, and where you want to be, which is your future visions, you get clarity direction, and purpose which keeps you calm. That allows you guidance to come in with actionable steps so you can arrive at happiness successfully while avoiding failure.

Happiness has to come from within, so get ready for "**Your GPS to Happiness.**" You can check out what **Marina** does at www.YourGPStoHappiness.com. My favorite tip is to smile. You would be surprised how many people will smile back. Give it a try. And may HAPPINESS be your guide!!! ★

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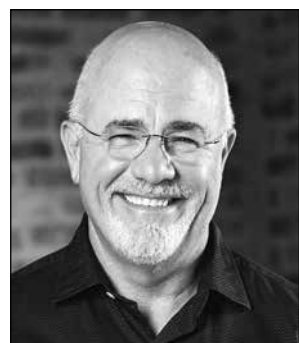


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Dave Ramsey Says

An Uncomfortable Situation

Dear Dave,

I need your advice. I just accepted a new job in a field I love three weeks ago. Yesterday, I was recruited and offered a position by a huge company for the same kind of position, and they pay more than twice what I'm making now. I did not send in a resume, or fill out an application for the job that was just offered. They came directly to me, and it was a huge surprise. I don't have a contract with my current employer, but they are good people and I want to handle things well and do the right thing. Can you help?

- Jenny

Dear Jenny,

Long story short, I think you take the new job. Now, how do you handle this with your present employer? With total honesty, respect and a lot of gratitude. Walk

into your boss's office, and lay out the whole situation truthfully. Let them know what has happened, how it happened, and while you feel awful about how things worked out, you had no intention of misleading them or causing problems. On top of all that, promise to do everything possible to make the transition as easy as you can.

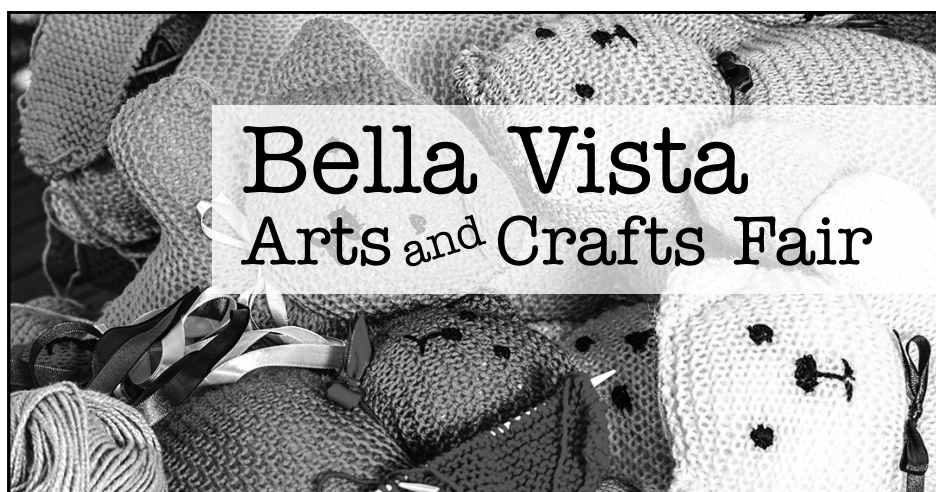
In uncomfortable scenarios, it's always a good idea to try to put yourself in the other person's shoes. Let's pretend you own a business, and you just hired a young lady. A few weeks later, someone comes in, completely out of the blue, and offers her more than double what she's making with you. I can tell you what would happen at my company. I'd tell her to take it. I'm serious. I mean, as an employer I'm certainly not going to double her income that quickly. And while I'd be surprised, and a little disappointed, I'd be happy she has the chance to take such a big step up.

If an organization cares about its people, and one

of those team members has the opportunity to significantly increase their income - and they're not breaking a contract or promise in the process - this type of scenario is perfectly reasonable, even if it's a little inconvenient for the current employer in the short term. I know it'll be uncomfortable for you, Jenny, but they can't realistically expect you to pass up a chance to do what you love at double-plus what you're making now. Congratulations!

- Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★



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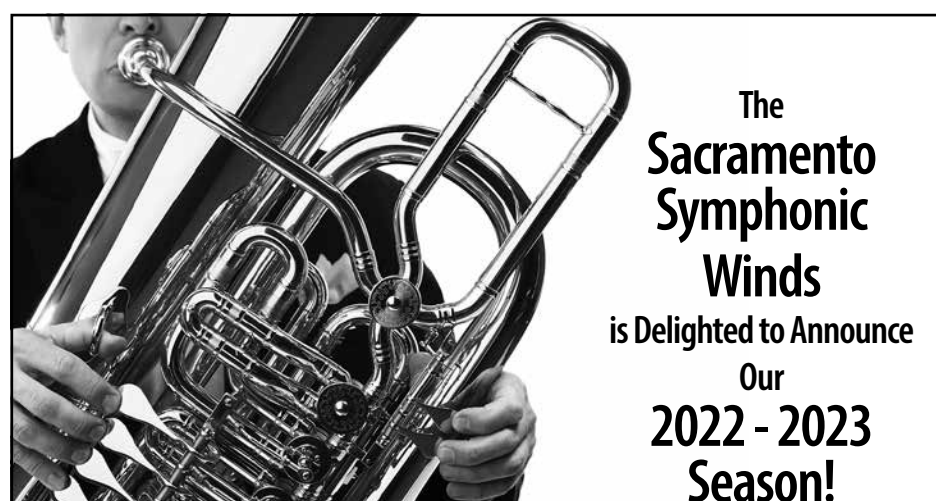
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California Refusing to Release School Test Results



By Dan Walters, CALMatters.org

California's Department of Education has finally acknowledged the obvious: It is arbitrarily delaying the release of results from this year's round of academic testing.

In years past, scores from the spring Smarter Balanced tests of academic achievement have been released in late summer or early fall, but this year, the department denied a request for statewide results even though it authorized individual districts to make their data available.

Why? Mary Nicely, chief deputy state superintendent for instruction, told EdSource, a website devoted to California education issues, which had requested the data, that the numbers would be released as part of a "dashboard" that includes other "metrics" on how schools are performing.

"We are on track to release the data as we did last year. If we can come out sooner, we will," she said. "We are not withholding anything; people are working hard to finalize the data."

That doesn't wash. There's absolutely no reason that data already given to school districts should not be made public now and included in the

"dashboard" later.

It's likely that the test results will show a sharp decline in the abilities of California's school children in basic skills, such as reading and math, due to the state's shutdowns of schools during the COVID-19 pandemic.

State officials probably want to sugarcoat the bad news by delaying it until after the Nov. 3 election and combining it with other material that would dilute its importance. Tony Thurmond, the state schools superintendent, will be on the ballot along with Gov. Gavin Newsom and other Democratic officeholders and while all are favored to win re-election, bad news on schools would be embarrassing.

We know that the post-pandemic test results are likely to be disappointing. That's been the pattern in other states. Los Angeles Unified has already released its quite negative test results, reversing about five years of gradual progress in the state's largest school system.

In LA Unified, about 72% of students did not meet state standards in math, five percentage points higher than pre-pandemic testing. In English, 58% were subpar, two points higher.

"The pandemic deeply impacted the performance of our students," said LA Unified Supt. Alberto Carvalho. "Particularly kids who were at risk, in a fragile condition, prior to the pandemic, as we expected, were the ones who have lost the most ground."

If LA Unified had

enough guts to tell its voters and parents the harsh truth, there's no valid rationale for Thurmond not to do so for the entire state.

After its request for statewide results was denied, EdSource pressed the issue with a letter from its attorney requesting reconsideration.

"EdSource considers delay tantamount to denial as it effectively robs the public of its vital role in overseeing the CDE (Department of Education) and individual districts and in holding both accountable to its students and the public. This is especially important during what continues to be one of the most challenging and impactful times to our educational system due to the COVID pandemic," EdSource attorney Duffy Carolan wrote.

EdSource's letter told the Department of Education that it "cannot identify any 'public' interest in non-disclosure that could justify its denial position, let alone an interest that 'clearly outweighs' the substantial public interest in access to this information."

This is not only a politically tinged education issue but a major test for the state's Public Records Act, which allows public agencies to withhold information only under extreme circumstances. If records can be withheld for obvious political purposes in this case, the Public Records Act might as well be junked entirely.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

Social Security Matters Veteran Asks About Disability and Ex-Spouse Benefits



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am a military veteran with a total & permanent disability. I was married for over ten years to a military man who has since honorably separated from military service. I was originally on Social Security disability, which automatically converted to regular Social Security retirement benefits when I turned 65 -- with the amount remaining at the "disabled" level instead of the "regular" rate based on my Social Security employment contribution record. Why wasn't my "regular" Social Security rate used when I turned 65? Also, I contacted Social Security regarding my ex-husband's Social Security since I was married to him for over 10 years but was told I am not entitled to a portion of his Social Security benefit. Why not? I was told the amount I would receive wouldn't subtract from his SS entitlement. **Signed: Disable Veteran**

Dear Disabled Veteran: First, I want to thank you for your service to our country. Your sacrifice is sincerely appreciated, and I'll be honored to answer

your Social Security questions.

Regarding your current Social Security amount versus your previous disability amount, the Social Security Disability Insurance (SSDI) benefit you were receiving was, in fact, the amount you were entitled to at your full retirement age, even though you claimed disability benefits earlier. Your SSDI benefit, when awarded, was computed using your entire lifetime earnings history up to the point that you became disabled, resulting in you getting your earned full amount as your disability benefit before you reached your full retirement age. And that is why the amount stayed the same when it automatically converted to your normal SS retirement benefit (at your full retirement age which, by the way, was 66 if you were born before 1955). Said simply, SSDI is the full Social Security amount you have earned up to the point you stopped earning, so it stays the same when you reach your full retirement age.

As for additional benefits from your ex-husband, although you meet the length of marriage rule for ex-spouse benefits, there are additional criteria as well - you must not have remarried and remained so, and your ex-husband must be already receiving his own Social Security benefit (unless you've been divorced at least two years, in which case your ex need only be eligible to collect).

But you can only get an additional benefit, known as a "spousal boost," if you meet all the other criteria and half (50%) of the benefit your ex-husband is/was entitled to at his full retirement age is more than your current Social Security benefit. Since Social Security said you aren't entitled to an ex-spouse benefit, you apparently do not meet all of the eligibility criteria mentioned above. And to address your last point, if you had met all criteria and been entitled to an ex-spouse benefit it, indeed, would not have affected your ex-husband's benefit in any way.

Again, please accept my sincere gratitude for your military service. You may wish to visit the "For Veterans" section at our www.amacfoundation.org website.

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Del Campo Forfeits Win Against Bella Vista

Story and photos by Shaun Holkko, sports editor

CARMICHAEL, CA (MPG) - The Del Campo varsity football team's 19th straight win against bitter rivals Bella Vista on September 2 has been forfeited due to a CIF Sac-Joaquin Section rule violation.

According to The Sacramento Bee, the case involved the suspension of a player from last season who played in the Cougars' first three games of this season. The player had his junior season cut short in 2021 when he was ejected from the first round of a Division IV CIF SJS playoff game. Del Campo lost 51-7 at East Union of Manteca.

The player should've sat out for the first game of 2022. However, the ineligible senior's action didn't affect his team until the conclusion of the third game. That is because the Cougars lost their first two games, 28-20 at Golden Valley of Merced on August 19 and 35-7 at Del Oro of Loomis six days later.

Del Campo dominated the "Battle for Fair Oaks" in front of a large and rowdy crowd on both sidelines. The winless Cougars beat the undefeated Broncos 31-7. Bella Vista fans spent pregame and part of the first quarter chanting "BV due" to indicate this was their year to finally defeat Del Campo.

Alas, the Cougars defeated the Broncos for the 19th straight game dating back to 2003. At least for a couple weeks, that is. The rule violation was discovered following the win, forcing Del Campo to forfeit its first win of the season.

Matt Costa is in his first season as head coach for the Cougars and was unaware of the looming suspension entering a new campaign.

"I'm a new coach with new administration and no one told me or seemed to even know we had a player ejected," Costa told The Bee on September 21. "Why didn't Bella Vista tell us? Why wait? Even my player said he didn't know about the rule. Now we're (1-4) and we beat those guys handily. I think it's because we had a couple of Del Campo coaches who now coach at BV, and they waited because they didn't like that I fired them and didn't bring them back. That's not the way it should work.

"Shoot, man, had I known he wasn't supposed to play, I wouldn't have played



Del Campo senior running back Nas Jones high steps into the end zone during a 31-7 victory over Bella Vista on September 2 in Carmichael.



Bella Vista senior quarterback Ian James attempts to dive into the end zone during a 31-7 loss at Del Campo on September 2 in Carmichael.



Del Campo junior running back Jordan Wiley prepares to juke Bella Vista junior defensive end Damian Rickett during a 31-7 victory over the Broncos on September 2 in Carmichael.

him in the first game. That's not what we're about or what I'm about. I don't know if I want to even play BV next year if this is what we've got going on."

Bella Vista and Del Campo have been playing each other since 1963 when the latter was founded. The home of the Broncos had been built three years prior about four miles away. Bella Vista coach Jim Gray disagreed with Costa about his staff's knowledge of the suspension prior to the game.

"Had I known about (the player ejection), I would have told coach Costa before our game, so it didn't catch up to them because that's not how we want to win games," Gray said to The Bee. "But my point is, you're telling me no one at Del Campo remembers that player got ejected and has to sit out? And come on, man. You can't play him, by rule, and it's your fault, not mine."

The matchup between the Broncos and Cougars was widely attended by the Fair Oaks community. The actions in the stands by the fans is what has started to concern Gray.

"The game's going against Del Campo, and I'm trying to coach, and we've got parents from both sides fighting in the stands," Gray recalled to The Bee. "Maybe we need to settle this all down. Maybe it's become too heated in this rivalry. I don't remember a rivalry like this being so intense."

After the win, Costa was asked by the Messenger Publishing Group about whether the rivalry between Del Campo and Bella Vista still exists, considering one team has dominated the matchup for nearly two decades.

"It's always going to be a rivalry because it's close proximity," Costa said September 2. "We share a lot of kids and it's in the same neighborhood so yeah it is still a rivalry. I still want to keep them on the schedule because they bring in a great gate."

In response to the same question, Costa mentioned a matchup that started in 1976 but ended in 2015 due to tempers flaring amongst players and fans.

"Honestly the rivalry that I want to get back going again is Casa [Roble]," Costa said September 2. "I think that's one that interests me a little bit more right now."

Following the forfeit, the Cougars are now (2-4) overall and the Broncos are (4-2). ★

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ABOUT KEN COOLEY



Assemblyman Ken Cooley

and his wife of 47 years, Sydney, have made their home in eastern Sacramento County since 1977. They raised their sons here and passed their love of camping and hiking in California's mountains, rivers and lakes. As a young man, Ken worked in the Legislature and today he is the only sitting lawmaker who has run a multi-year program of active executive branch

oversight and also supported a successful veto override. Both are vital to fulfilling the Legislature's role as a co-equal branch of government.

Ken's experience and skill have earned him leadership duties in the State Capitol as Chair to both the Assembly Rules Committee and the Joint Senate and Assembly Rules Committee. As a strong advocate for the communities he represents, in recent budgets he helped local projects access about \$50 million dollars in state funds.

Ken believes the most uniquely "American method" in problem-solving – seen in churches, service clubs and PTA's – is based on listening, so that all are encouraged to speak up so a sense of the group can emerge, often reflecting parts of all the ideas shared. Ken thinks this "American method" is how all governments should make decisions.

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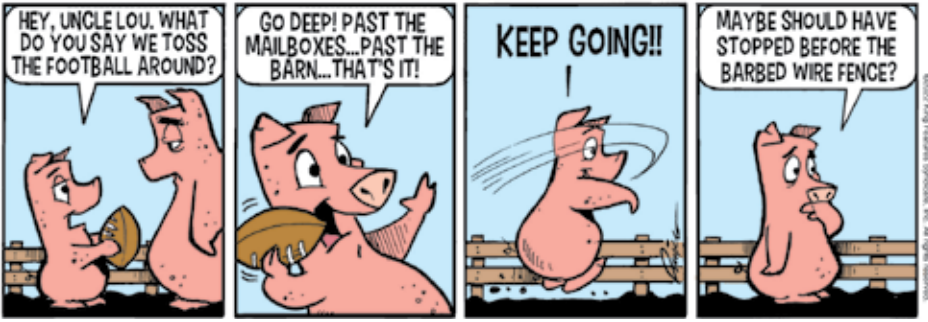
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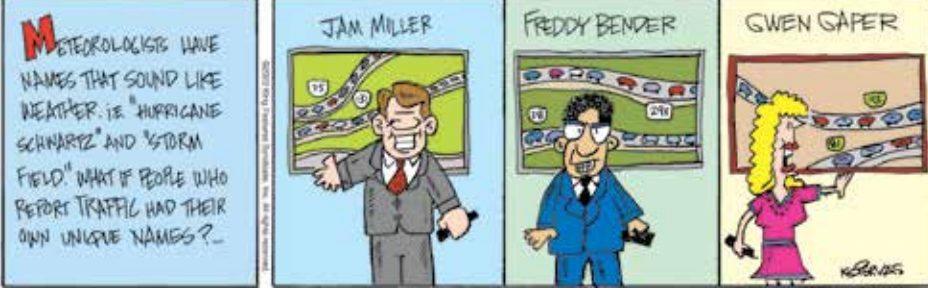
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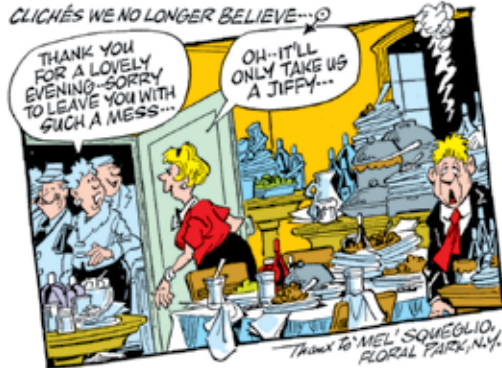
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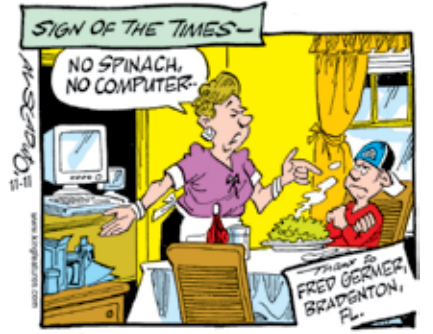


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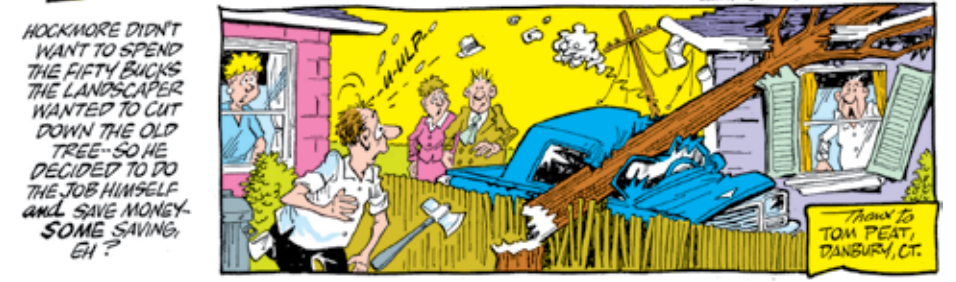
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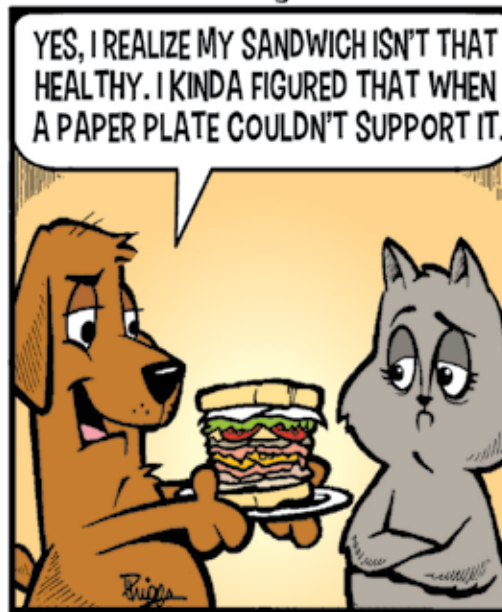
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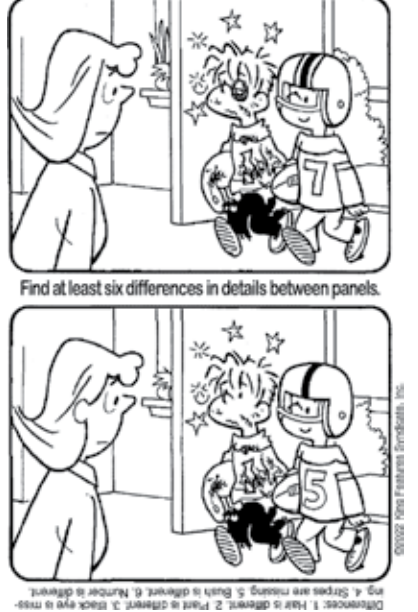


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\$100 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337
Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family CHM
Effective 10/5/22 - 10/11/22

COUPON
2 FREE CANS OF PREMIUM FUSSIE CAT FOOD
2.8 Oz Tin Black Label Only
With Any Purchase of Pet, Fish Food, or Supply PLU 349
Limit: 1 Coupon Per Family CHM
Effective 10/5/22 - 10/11/22

Look for Advertised Sale Items Everyweek at www.petclubstores.com

NATURAL BALANCE DRY DOG FOOD
22-24 Lb Bag
Lamb Meal & Rice (Reg & Lrg Brd) • Sweet Potato & Salmon • Sweet Potato & Chicken • Sweet Potato & Venison • Sweet Potato & Bison
Limit 2 Bags Per Family
\$5 OFF
Our Regular Price
Effective 10/5/22 - 10/11/22

AVODERM NATURAL DRY DOG FOOD
26-30 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice •Chicken Meal & Rice •Lite •Senior •Large Breed
\$4 OFF OUR DISCOUNT PRICE!
Effective 10/5/22 - 10/11/22

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Lamb Meal & Rice 30 Lb Bag
•Small Bites (•Adult •Large Breed \$42.99)
Limit 2 Bags Per Family
\$41.99
Effective 10/5/22 - 10/11/22

FRISKIES DRY CAT FOOD
16 Lb Bag
•Tender Crunchy Combo
Limit 2 Bags per Family
\$12.99
Effective 10/5/22 - 10/11/22

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
ON SALE Everyday
Effective 10/5/22 - 10/11/22

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label Gold Label 2.8 Oz.
Limit 2 Cases Per Family
ON SALE
Effective 10/5/22 - 10/11/22

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER
20 Lb Box •Unscented •Double Duty
•Clump n Seal 19 lb
•Slide 19 lb
•Absorbx 15 lb
Limit 2 Boxes Per Family
ON SALE
Effective 10/5/22 - 10/11/22

SCOOPAWAY CLUMPING CAT LITTER
42 Lb Bag
•Multi-Cat Formula
Limit 2 Bags Per Family
\$13.99
Effective 10/5/22 - 10/11/22

PURINA PRO-PLAN CANNED CAT FOOD
•Selected Varieties 3 Oz (Focus & Selected Varieties \$1.25) Limit 1 Case
\$1.09
Limit 2 Cases
EARTHORN HOLISTIC CANNED CAT FOOD
•Catalina Catch •Harbor Harvest •Monterey Medley •Chicken Calciatori 3 Oz. 5.5 Oz.
\$1.25 \$1.79

NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER
Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags
\$7.49

FANCY FEAST CLASSIC BROTH
1.4 oz. All Varieties Limit 2 Pkgs
\$1.19

EARTHORN HOLISTIC DRY DOG FOOD Limit 2 Bags Per Family
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch
•Weight Control •Large Breed 25 Lb Bag
\$43.99

MEOW MIX CAT FOOD
Market Select 2.75 Oz Cup Limit 1 Case
69¢

9 LIVES DRY CAT FOOD
•Grilled Tuna & Egg 12 lb Bag
Limit 2 Bags Per Family
\$10.99

GRAVY TRAIN DRY DOG FOOD
35 Lb Bag Limit 2 Bags
\$19.99

NATURALLY FRESH CAT LITTER Limit 2 Bags
100% Natural Walnut-based
10 Lb Bag Pellets
•Clumping \$7.49 (S2 Off)
•Multi-Cat \$13.99 (S3 Off)
•Clumping \$12.99 (S3 Off)

CORE GRAIN FREE DRY DOG FOOD
•Original •Reduced Fat •Ocean 22-24 Lb Bag
\$6 OFF OUR REGULAR PRICES

GREENIES DOG TREATS
12 Oz Pkg Value Pack
•Chewy Texture •Easy to Digest •Regular •Grain Free 12 oz \$15.99
•Teeny (42 Ct) •Reg (12 Ct) •Petite (20 Ct) •Large (8 Ct)
Limit 2 Bags Per Family
\$13.99

ROYAL CANIN ORGANICALLY GROWN KITTEN GRASS
•Single Tub
\$2.99

CHUCK IT FETCH GAMES
•Ball Launchers •Flying Squirrel •Tennis Balls •Glow Balls •Fetch Toys All Varieties
20% OFF OUR SUPER LOW PRICES

EVERCARE PET PLUS NEVERHAIR Lint Rollers
60 Sheets
Regular Size
\$2.99
(Refills 60 sheets \$2.29)

VAN NISS ENCLOSED CAT PANS
Regular Translucent
Large CP6 - CP6TR \$13.99 \$15.49
Giant CP7 - CP7TR \$17.99 \$19.99

BOXED GLASS TANK WITH STARTER KIT
10 Gal Tetra LED Deluxe... \$66.99
20 Gal Tetra LED Deluxe... \$113.99
29 Gal Tetra LED Deluxe... \$136.99
55 Gal Tetra LED Deluxe... \$224.99

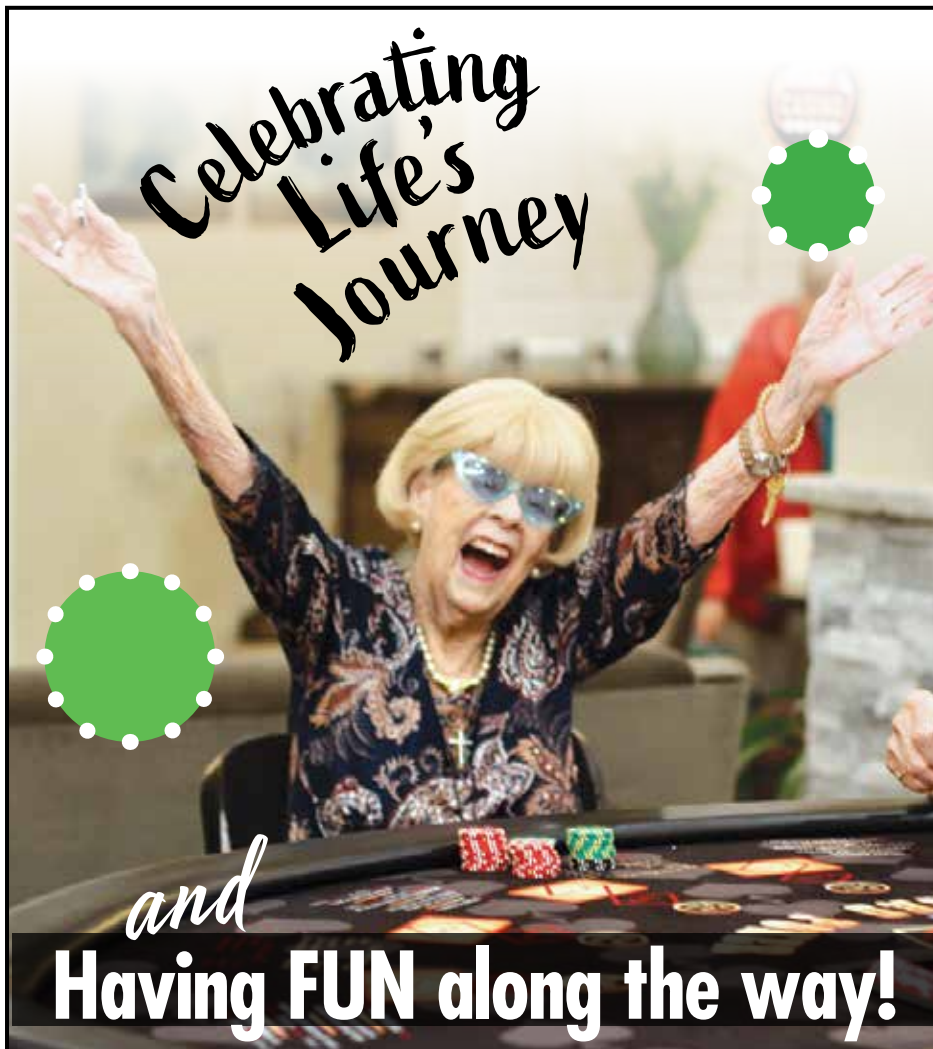
REEF CRYSTALS
50 Gal. Salt Mix
\$19.99

BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/5/22 - 10/11/22
ON SALE Everyday CHM PLU 361

BONUS COUPON FRISKIES PARTY MIX CAT TREATS
2.1 Oz • Selected Varieties
Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/5/22 - 10/11/22
\$1.49 CHM PLU 573

BONUS COUPON JONNY CAT JONNY CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/5/22 - 10/11/22
\$5.39 CHM PLU 362

BONUS COUPON AQUEON BOXED 10 GALLON TANK With Economy Kit
Just add Heater For Tropical Fish
Limit 1 Per Family
\$48.99



Summerset offers restaurant style dining. Pets are welcome. Visitors are encouraged and **welcomed**.

Call to schedule a tour **TODAY!**

Summerset
Senior Living
Independent • Assisted • Memory Care
2341 Vehicle Drive • Gold River/Rancho Cordova

summersetseniorliving.com
916-562-1036

License: 347005361 RCFE #347005361



Spruce Up Your Home in Time for the Holidays

Fall is just around the corner - a good time to start your home improvement projects so that they are completed in time for the holidays.

With a Home Equity Line of Credit (HELOC), you'll have convenient access to a reusable funding source, ready for home upgrades and repairs, or anything else you need or want.

- ★ Save with an introductory APR of just 3.99% for three months, then an APR as low as Prime + 0%
- ★ Enjoy No Annual Fees and No Application Fees
- ★ Save with the lower payments of a full 20-year draw and repayment period

Visit firstus.org Call (800) 556-6768 Stop by your local branch

FIRST US
Community Credit Union
2150 Watt Avenue in Sacramento

Annual Percentage Rates (APRs), terms and offers accurate as of 10/01/22 and subject to change without notice. APR is variable and based on Prime Rate as published in The Wall Street Journal on the last day of the previous month (currently 6.25%). Your actual rate may vary based on your credit history and CLTV. Minimum APR 3.99%. Maximum APR 15%. 20-year draw/repayment period with no annual fee. \$499 opening fee for 2nd trust deeds or \$799 for 1st trust deeds (waived if \$5,000 initial advance is taken and account remains open for 3 years), plus recording fees. Certain restrictions apply. Appraisal fee may be required. Owner-occupied, CA properties only. \$200,000 maximum loan amount. Cannot be used to refinance an existing First US loan. Not available for purchases. Payment example, 3 monthly payments of \$6.06 for each \$1,000 borrowed, followed by 237 monthly payments of \$7.31 for each \$1,000 borrowed. If only minimum payments are made, a balloon payment will result.

MEMBER OWNED AND OPERATED SINCE 1936

KP International MARKET
10971 Olson Drive, Rancho Cordova, CA 95670
916.853.8000
Market: 7 Days: 6am - 9pm
Food Court: 7 Days: 11am - 7:30pm
Korean/Mex/Viet: 3:00pm last call
Chinese/Japanese: 7:00pm last call

FROZEN & FISH DEPT

Mussel Meat (Cooked) 14 oz REG. \$4.99/EA \$2.99/ea	ABALONE STYLE SHELLFISH REG. \$13.99/EA \$7.99/ea
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WEEKLY MEAT SPECIALS

Bonus Buy: Beef Cross Rib/Shoulder Roast \$4.99/lb	USDA Choice: Beef T-Bone Steak \$5.49/lb	40 lb Box: Tyson Chicken Drumsticks \$2.99/lb
ibp: Pork Baby Back Ribs \$2.99/lb	ibp: Beef Porterhouse Steak \$5.99/lb	ibp: Pork Loin Chops Bone In \$1.79/lb
ibp: Pork Neck Bones \$1.59/lb	ibp: Shoulder Steak - Bala \$3.99/lb	ibp: Pork Baby Back Ribs \$2.99/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 05 - OCTOBER 11, 2022.

HAPPY HOURS Draft Beer \$2.50 & UP

Mon-Thu 4PM-9PM
Fri-Sat 2PM-9PM

KP KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 9pm (Valid Time)

For 6 people \$85.00	For 12 people \$185.00	For 18 people \$275.00	For 24 people \$350.00
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9 Dishes To Choose From

FRESH PRODUCE

Bartlett Pear 2 lb \$3.99/ea	Yellow Onion 2 lb \$1.79/ea	Saba (Burro) Banana 79¢/lb	Squash Italian 99¢/lb
Japanese Yam \$1.29/lb	Peanut Raw \$1.99/lb	King Oyster Mushroom \$2.29/lb	Russet Potato 10 lb \$3.99/bag

AMERICAN/HISPANIC GROCERY

Skintimate Shave Gel 7 oz \$4.99/ea	Chia Seed Crunch 2.99/ea	General Mills Cinnamon Toast Crunch 12 oz \$2.99/ea	Mexican Cider Case 24x12 Lot \$39.99/ea	El Yucateco Chile Habanero Sauce 4.7 oz \$1.99/ea	EED Bath Tissue Soft & Strong 12 rolls \$6.99/ea
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ASIAN GROCERY

Bonitas Peanut Bihon 16 oz \$2.99/ea	B. Tea Mang Cut 40 g \$1.99/ea	Libo Roast Red Pork Mix 3.52 oz 89¢/ea	Magnolia Cheese 15.52 oz \$5.99/ea	Bin Bin Rice Cracker 37.5 oz \$1.29/ea
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EUROPEAN GROCERY

Vin Yvon Grape Seed Oil 2 liter \$9.99	Zepes Marinara Tomatoes 85.2 oz \$7.99	Sweetened Condensed Milk 12x6 oz \$2.29	Swedish Bread with Pumpkin Spice Cream 12x6 oz \$2.49	Big Sprays in Oil 8.5 oz \$1.69
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KOREAN/JAPANESE GROCERY

UJ Condensed White Rice 12x7.4 oz \$13.99/ea	Kanoya and Soybean Tofu 8.5 oz \$12.99/ea	2x5 NY Cheese Cracker 12.54 oz \$2.99/ea	Olive Oil Extra Virgin 4x20 oz \$3.99/ea	Sweet Potatoes 10.54 oz 99¢/ea	Seasoned Snack Onions 60 g \$4.99/ea
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HOUSEWARES

HAMILTON BEACH KITCHENWARE \$99.00	Electric Rice Cooker \$39.99	Electric Rice Cooker \$45.99	Electric Rice Cooker \$49.99
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FROZEN & FISH DEPT

Dried Cod Fish 500 g REG. \$16.99/ea \$12.99/ea

EUROPEAN DELI

Oven Roast Chicken Breast \$7.19	Pitted Green Olives \$4.09
Appreciated Smoked Ham \$7.99	Olive Medley \$4.09

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