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Carmichael Times

VOLUME 44 • ISSUE 37 *Serving Carmichael & Sacramento County since 1981* SEPTEMBER 15, 2023

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Harvest Fest for Civic Birthday



Kids will enjoy harvest festival activities including a pumpkin patch and pumpkin painting as part of community birthday celebrations in Carmichael Park.

**Story and photo
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Carmichael will mark its 114th anniversary with a harvest fair on September 30. Live entertainment, a car show and kid's activities will bring fall-flavored carnival to Carmichael Park.

Previously known as Founders Day, the re-imagined festival will incorporate free autumn festivities. A pumpkin patch is just the start: barnyard critters will be on hand for petting and kids can dabble in crafts and cavort in bounce castles.

A community staple since the 1950s, Founders Day commemorates a 1909

real estate venture by founder Daniel Carmichael. The Georgian-born realtor purchased chunks of the old San Juan Land Grant and sold farmlets for around \$1000 each. The lots have since been much subdivided and though few original homes remain, streets named for pioneers Van Alstine, Gibbons, Barrett, Clark, Kenneth, Stanley (and Dan Carmichael himself) are monuments to the colony's early years.

Incorporating the anniversary with a harvest celebration makes sense: Colony settlers depended on produce. Successful crops meant thankful prayers and winter survival. The September 30 event will include a plant sale and the area's largest

vintage car show.

Youth performances will include martial arts and dance school presentations. Food trucks and a beer and wine garden will offer refreshments. Kiwanis Swing Band and the SwingMasters ensemble will provide live music.

Festival sponsors include Mission Oaks and Carmichael Recreation and Park Districts; Carmichael Parks Foundation; the Cappuccino Cruisers Car Club; Kiwanis Club of Carmichael. Carmichael Park is located at 5750 Grant Ave. Activities run from 10 am to 3 pm. Learn about Carmichael Founders Day at www.carmichaelpark.com ★

**Great American
River Clean-Up
is Sept. 23**



**American River
Parkway Foundation
News Release**

SACRAMENTO REGION, CA (MPG) - Hundreds of volunteers will remove thousands of pounds of trash from 23+ locations in the American River Parkway on Saturday, September 23, 2023, from 9 a.m. to noon for the Great American River Clean-Up (GARCU). The American River Parkway Foundation has partnered with the California Coastal Commission to bring this opportunity to the community.

GARCU is the Parkway Foundation's largest annual clean-up and draws hundreds of volunteers for a morning to make a positive impact for this natural resource. Opportunities for groups and individuals of all ages and sizes are available. Participants can ride SacRT Fixed Route Bus and Light Rail for FREE to any of the 23 designated clean-up sites along the American River and Parkway from Discovery Park to Nimbus Fish Hatchery.

We encourage you to contact the American River Parkway Foundation and take an active and personal role in contributing to the success of the Parkway.

For more information call the ARPF at (916) 486-2773. Our phones are answered Monday to Friday 8:30 AM to 4:30 PM (Pacific Time) by friendly, local and knowledgeable people who are dedicated to the American River Parkway.

The American River Parkway Foundation (Parkway Foundation) is the only nonprofit organization focused on active conservation of all 23 miles of the American River Parkway (Parkway). Through managing programs like volunteer clean-ups, infrastructure improvements, trail maintenance, fire mitigation and education, the Parkway Foundation leads and inspires the community to conserve and nurture the Parkway as a unique, accessible resource for everyone to enjoy. Learn more at www.ARPF.org ★

Best of the Best is Back



Last year's Best of Carmichael Winners posed for a jubilant portrait at Mission Oaks Community Center.

**Story and photo
by Susan Maxwell
Skinner**

CARMICHAEL, CA (MPG) - The popularity contest that announces Carmichael's top businesses is nearing conclusion.

Best of Carmichael 2023 winners will be revealed at a La Sierra Center gala on September 30. Certificates, proclamations and

bragging rights will reward victory.

Nominations and voting began weeks ago. Business in 38 fields are 2023 contenders. Categories include professional services, non-profits, markets, restaurants, fitness centers, churches – and many more entities that make Carmichael a commercial and residential hub.

While new winners will

emerge, repeat champions have prevailed through previous contests. The Bel Air market has repeatedly won Best Grocery Store. Katie Pexa's Farmers agency has nailed Best Insurance Provider at every poll. Carmichael Presbyterian supporters have rallied since 2018 to make their church Best Place of Worship.

The contest has

garnered increasing excitement since the Carmichael Times and Carmichael Chamber of Commerce joined forces to originate the event. Nominee merchants must be located in Carmichael or be Chamber members but anyone -- from anywhere -- can vote for any category. The celebration dinner is a festive tradition that usually sells

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Sacramento SPCA Performs 300,000th Spay and Neuter Surgery

Gala Honors and Inspires

Send2Press Newswire News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento SPCA announced today that they hit a spay and neuter surgery milestone - altering the 300,000th animal in Sacramento since 2007. That's an average of nearly 19,000 animals a year - making the Sacramento SPCA one of the top clinics in the nation.



Spaying and neutering is the most effective way of reducing pet overpopulation and the number of pets entering our region's shelters. Image by Dimitris Vetsikas from Pixabay

"Spaying and neutering is the most effective way of reducing pet overpopulation and the number of pets entering our region's shelters," said Kenn Altine, Sacramento SPCA CEO. "That's why the Sacramento SPCA opened the Zoe K. McCrea Animal Health Center in 2021 - to immediately expand access to the public and our animal welfare partners in a time when all facets of animal welfare in our region and across the nation are struggling to keep up with demand."

The 300,000th animal to receive surgery at the Sacramento SPCA was "Mama Goose" - a feral cat who had given birth and raised kittens in a yard in Sacramento. She was trapped and brought to the Zoe K. McCrea Animal Health Center at the Sacramento SPCA through the week-day Community Cat Clinic. Thanks to the Feline Spay and Neuter Fund, she was spayed at no cost to her trapper, and returned home.

The Sacramento SPCA serves the Sacramento region and beyond as a premier provider of low-cost spay and neuter services, collaborating with local rescue groups, feral and community cat caregivers, those in need, and the

public to alter 20,000 animals annually.

The Zoe K. McCrea Animal Health Center dedicates every Sunday to the health and welfare of community cats, providing free surgeries to more than 70 cats in Sacramento County each week. The shelter also offers 10 surgical slots for Sacramento County cats Monday through Saturday at no cost, thanks to the Sacramento SPCA's Feline Spay and Neuter Fund. In collaboration with and funded by Zoe K. McCrea, Kathy Lelevier & Richard Rose, Dr. Nancy T. Field, and Mary & Kevin Clark, this initiative was launched in August of 2022 to provide more spay/neuter surgery appointments for community cats outside of the Sunday clinics.

Thanks to the fund, the Sacramento SPCA has altered more than 4,000 community cats so far this year, 500 more cats than this time last year. Since 2007, more than 50,000 cats have been altered, vaccinated, and received flea/ear mite treatments through the shelter's trap, neuter, and return (TNR) program.

As the only full-service 100% nonprofit animal shelter in the Sacramento region providing no-cost spay/neuter

services to feral and community cats 7 days a week, the Sacramento SPCA relies on donations from individuals, businesses, and foundations to support their lifesaving work. The Sacramento SPCA is local, independent, and not affiliated with any other SPCA or humane society, including the ASPCA. All funds stay right here in the Sacramento region - helping animals - and the people who love them - in our own communities.

To join the lifesaving efforts and support of the Feline Spay and Neuter Fund, visit <https://www.sspca.org/> or contact Sarah Haney, Chief Development Officer, at 916-504-2805 or shaney@sspca.org.

Founded in 1892, the Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for more than 131 years. The Sacramento SPCA provides compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life. Visit <https://www.sspca.org/> for more information and follow on Facebook, Instagram, Twitter and LinkedIn. ★



Three graduates celebrate at the 2022 gala fundraiser for Women's Empowerment's program that educates, empowers and employs unhoused women. Photo by Diana Miller Photography

Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Sacramento nonprofit Women's Empowerment will hold its Transformation Gala on Sept. 21 at 5:30pm at the Pavilion at Haggin Oaks, where guests will raise funds and celebrate the program that educates, empowers and employs unhoused Sacramento women so they can support their families. Fifty program graduates will join community members at the event for dinner, live auction, Fund-A-Dream and award ceremony. Two graduates will share their stories rising from homelessness. The annual gala is the organization's largest fundraiser of the year, raising a fifth of the annual budget. To

purchase tickets, sponsor a graduate to attend or become a sponsor, visit [Womens-Empowerment.org/Gala](https://www.womens-empowerment.org/Gala).

"We are proud that many community members consider the Women's Empowerment Gala to be one of the most inspirational events in Sacramento each year," said Lisa Culp, executive director, Women's Empowerment. "This event is unique because it brings together women once unhoused with the community who supported them in their rise from homelessness. They leave our program transformed and proud to be Women's Empowerment graduates, and it shows in their radiant smiles and passionate voices at our Gala. We hope the community will join us for this genuine, powerful event

that raises critical funds so Sacramento's unhoused women and children can thrive."

Women's Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare, transitional workforce housing and support services so women and their children can break the generational cycle of homelessness. Last year, 121 graduates secured employment or enrolled in paid training or education. Since 2001, 1,822 women have graduated from Women's Empowerment's program with their 3,882 children.

Women's Empowerment is funded through private donations from the community and grants. To make a donation visit [Womens-Empowerment.org](https://www.Womens-Empowerment.org). ★

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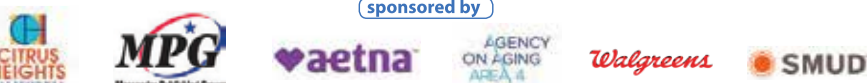


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Virtual Education Group Honors Senator Niello with Golden Apple Award



CPPVE President Tab Berg and his daughter, Tori, present the 2023 Golden Apple Award to Senator Roger Niello for his role empowering families to make the best public educational choices for their children. Tori is a high school student attending Visions in Education. Photo courtesy of TAB Communications

TAB Communications News Release

SACRAMENTO, CA (MPG) - Celebrating our annual recognition to accessible education and parental choice, California Parents for Public Virtual Education (CPPVE) is delighted to present the Golden Apple Award to Senator Roger Niello (R-SD 6). The award serves as a testament to Senator Niello's relentless advocacy for online education and his unwavering dedication to the advancement of quality curriculum and equal funding for all California students.

CPPVE, a volunteer organization comprised of parents whose children benefit from public virtual learning experiences, such as full-time school-at-home, non-classroom based school, and independent study programs, has been at the forefront of promoting access to online education since its inception in 2011. The organization's tireless efforts have been instrumental in educating California policymakers about the invaluable contributions of public virtual schools to families and students alike.

During the most recent legislative session, CPPVE extended its support for Senator Niello's Senate Bill 426, further highlighting his remarkable contributions in championing parental choice and advocating for a well-rounded, equitable education system.

The Golden Apple Award is an annual

recognition bestowed by CPPVE each legislative session to policymakers who exhibit exemplary dedication to promoting parental choice and quality education in California. Senator Roger Niello's commitment to these principles has undoubtedly earned him this esteemed recognition. Previous award recipients have included Governor Jerry Brown, State Superintendent of Public Instruction Jack O'Connell, Senator Shannon Grove Assemblywoman Shirley Weber and Assemblyman Kevin Kiley.

California Parents for Public Virtual Education is a statewide volunteer organization comprising of parents advocating for access to online education, quality curriculum, and equal funding for all students. Founded in 2011, CPPVE strives to educate California policymakers about the benefits of public virtual schools and their positive impact on families. The organization's mission centers on promoting parent choice and supporting legislative initiatives that enhance educational opportunities for all students.

The Golden Apple Award, presented by CPPVE, is a recognition of policymakers who demonstrate exceptional dedication to supporting parental choice and quality education in California. Each legislative session, this award celebrates individuals who champion initiatives that empower families to make informed educational decisions for their children. ★

Local Food Artisan Painting New Flavors in Carmichael

By Tamara Warta

CARMICHAEL, CA (MPG) - It has been said that those who have a penchant for the arts are rarely gifted in just one discipline. Actors can often sing, dancers can often act – and in the case of Kellie Velasquez, a painter can sometimes bake.

“Ever since I was a little girl I was interested in art, baking, and food,” says Velasquez. “I really loved food and watching Food Network on TV. Specifically, the cake competitions intrigued me.”

Decades after being mesmerized by culinary art on the screen, Velasquez is now preparing to open a brick-and-mortar location for her dessert company Palette Cakes. The business started in her own home kitchen baking for approximately 10 weddings per year. Today she does up to 105.

“I always had it in my heart that I wanted to have my own bakery and storefront. I was very lucky in California that they let us have the cottage food bakeries,” she said. “But I really wanted to serve the regular community to be able to buy a cake for their birthday or a cute lemon tart to enjoy because they had a great day.”

Residents of Carmichael are about to have a great day as Palette Cakes has found its future home in the Fair Oaks Boulevard shopping center shared with Lido Cafe, Fair Oaks Family Taekwondo, and Fast Cat Coffee. Velasquez felt it was a great spot due to it being a center filled with local businesses.

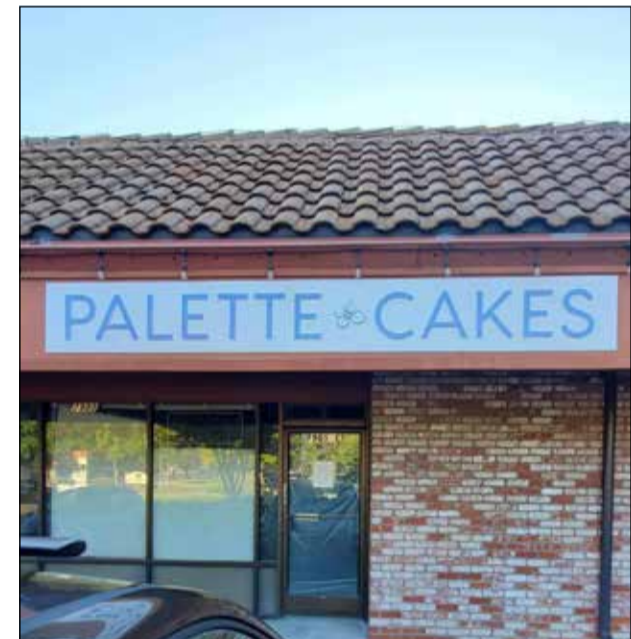
“I loved my neighbors at that shopping center, and I loved the space and the potential it had. It all made sense. I would never have guessed we ended up in Carmichael, but I’m really glad we did.”

Velasquez’s journey into the baking world actually began with art school. She grew up in Granite Bay and found a passion for art while attending Granite Bay High School. She focused on acrylic and oil, painting people and landscapes. Her pieces were entered into Sacramento art competitions and were shown in local galleries. However, in her heart she always knew she was taking art classes with the goal to get into culinary school and master baking skills eventually she could use for her cakes.

While referencing her time in both art school and the Culinary Institute of America, Velasquez remembers asking herself, “How can I become the best artist I can be, so I can



Kellie Velasquez and her husband Carlos look forward to serving Carmichael sweet treats this fall. Photo courtesy of Kellie Velasquez



The future home of Palette Cakes at 7901 Fair Oaks Blvd. Photo courtesy of Kellie Velasquez

become the best cake artist I can be?”

Today the fusion of art and culinary education is obvious as her social media is filled with photos of elaborate sugar flowers adorning beautiful cakes, as well as batches of sugar cookies that look like watercolor paintings. While Palette Cakes currently consists of just Velasquez and her husband, the plan is to finally open the storefront tentatively

in November for limited hours. She then plans to hire additional bakers and front of house staff come January.

“It has been the biggest challenge of my life,” said Velasquez when asked about converting an old salon into a commercial kitchen space.

When they signed the lease, they went right to drawing the plans. It took a solid year to get the permits from the building department,

and after permits were finally in hand in May, she is looking forward to having the end in sight.

“I have fought tooth and nail to get this place open and I’m excited to see the opening. We really look forward to serving the local community and becoming a staple for the area,” she said.

Palette Cakes will offer its elaborate wedding cakes for pre-order,

but the true intention of the bakery is to focus on more casual cakes and singular items. Tarts, cream puffs, and cookies can be expected, along with some daily gluten-free offerings.

Palette Cakes is soon to be located at 7901 Fair Oaks Blvd, Suite C in Carmichael. In the meantime, you can visit their website, palettecakes.com or check out their social media channels for updates. ★

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Local Governments Call for a Statewide Zero-Emission Building Code

Sunstone Strategies News Release

SACRAMENTO, CA (MPG) - Los Angeles, San Francisco, Sacramento and San Jose are among 25 local governments calling on Friday, September 8, 2023, for California Gov. Gavin Newsom to pursue a statewide zero-emission building standard next year. The appeal from local governments follows a widely criticized ruling from the U.S. 9th Circuit Court of Appeals earlier this year that invalidated the city of Berkeley's landmark climate-friendly building code, creating considerable uncertainty for the 75 local governments in California with similar policies on the books.

"Climate change is an existential crisis, and we need to do everything we can to move away from fossil fuels," said Sacramento Mayor Darrell Steinberg. "Municipalities across the state are taking bold action to cut emissions from our built environment and Sacramento is proud to be among these leaders, but local efforts alone will not get us to California's 2030 climate targets. We need a unified state standard to ensure that new construction across California is all electric."

In a letter sent to the Governor's office Friday, local governments make the case that a unified statewide code can solve the uncertainty created by the three-judge appellate panel's decision, ensuring that cities are not stuck building polluting infrastructure that they neither need nor want. Aligning state and local policies is also urgently needed to support the state in building healthier homes and buildings that can withstand the challenges of the climate crisis and support the state in meeting its climate targets.

"Buildings are the second highest source of greenhouse gas emissions in California, and gas appliances are a significant source of indoor air pollution that damages public health," said Los Angeles Councilwoman Katy Yaroslavsky. "So, just as numerous cities across California have taken the lead on adopting strong standards to reduce or eliminate these emissions, scaling these standards statewide is a no brainer. Californians deserve to live in homes that are free from indoor air pollution, and our state leaders need to treat this issue as the climate and public health threat that it is."

While the California Energy Commission (CEC) is responsible for developing the energy portion of the 2025

building code, the letter notes that they too may be inhibited by the 9th Circuit ruling and requests that Gov. Newsom uses additional authority vested in CALgreen to set zero-emission building standards for new construction. This strategy was first proposed by the California Air Resources Board in the 2022 Scoping Plan for Achieving Carbon Neutrality.

Homes and buildings generate about a quarter of California's climate pollution, but progress in cutting these emissions has been slow compared to other sectors. A climate-friendly building code will help California get back on track by ensuring that future investments in infrastructure align with the state's climate targets. Guaranteeing new homes are equipped with clean energy technologies will prevent costly retrofits in coming decades.

"I'm proud that in Los Angeles we have created a regulatory framework for all new residential and commercial buildings to be built so that they will achieve zero-carbon emissions as our electric grid becomes carbon-free – and we have moved swiftly to make this the law of the land," said Councilmember Nithya Raman. "But these efforts cannot be enacted in a vacuum – we need all hands on deck, from the City to the State. I urge Governor Newsom to scale up our efforts and set California on the path toward implementing a statewide zero-emission building standard."

While California gave birth to the movement to ensure all new buildings run on clean energy through local action, the letter notes the state is now falling behind in enacting policies to cut pollution from homes and buildings. New York became the first state in the nation to set an all-electric building code earlier this year, providing a precedent for California to replicate.

"Local cities and counties across California, including Los Angeles County, are leading the way in establishing zero-emission building standards for healthier communities," said Los Angeles County Supervisor Lindsey P. Horvath. "It's now time for the state to do the same, getting us that much closer to reaching California's 2030 climate targets and modeling for other cities what's possible and necessary. Decarbonizing homes and buildings is the right thing to do as we collectively work to ensure we are building for a greener, more resilient future." ★

CHP 'Rolls' Out Statewide Safety Training Program for Electric Bicycles



California's first e-bike safety and training program provides instructions to properly operate these heavier and faster-than-standard bicycles in order to avoid the higher risks inherent. Photo courtesy of Team-EVELO/Pexels

CHP News Release

SACRAMENTO, CA (MPG) - As the popularity of electric bikes (e-bike) continues to skyrocket, the California Highway Patrol (CHP) is launching an online e-bike safety and training program to help keep commuters and recreational cyclists safe.

"With the rise in popularity of e-bikes across the state, the CHP worked with Governor Newsom's Administration, the Legislature, and key stakeholders to develop California's first e-bike safety and training program," said CHP Commissioner Sean Duryee. "The CHP's program can be accessed on our website and is designed to promote safety for those who choose to ride this alternative mode of transportation."

Assembly Bill 1946, which was signed into law by Governor Gavin Newsom and took effect on January 1, 2023, required the CHP to work with relevant stakeholders to develop an online training program that offers information on e-bike safety, emergency maneuver skills, rules of the road, and laws related to e-bikes. The e-bike safety and training program features tutorials, videos, a quiz, and other interactive elements with an easy-to-follow, intuitive presentation to help make the material engaging, practical and informative.

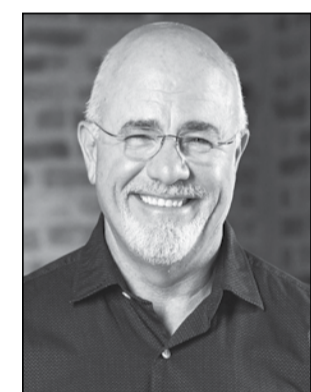
Electric bicycles are heavier and faster than standard bicycles and, without the proper safety education and training,

e-bike riders have a higher risk of becoming severely injured or killed in a crash. As e-bikes become more commonplace, it's also important for drivers to familiarize themselves with sharing the road with e-bike riders.

According to preliminary data from the California Statewide Integrated Traffic Records System, there were more than 9,600 bicycle-involved crashes in 2022. At least 225 of those crashes involved an e-bike, including four which resulted in fatal injuries. This reflects a significant increase from the previous year when there were 80 e-bike crashes reported in California.

The CHP's online e-bike safety and training program is designed to help riders of all abilities and all ages identify potential hazards, while offering information on safe riding practices and hazard-avoidance maneuvers.

The CHP collaborated with, and would like to thank, the many stakeholders who assisted with the content and creation of the e-bike safety and training program. This diverse group of safety stakeholders includes several leading organizations committed to bicycle safety; federal, state and local government traffic safety partners; and injury prevention coordinators from hospitals throughout the state. Through these partnerships, and other safety programs, the CHP is committed to enhancing safe travel for all road users. ★



Dave Ramsey Says

But from what you've told me, you don't have a great need for life insurance at this point. No one, except you, is depending on your income, and the \$25,000 policy you have through your employer is more than enough to take care of any final expenses if something happened to you.

The main purpose of life insurance is to take care of those you leave behind when you die. If someone is financially dependent on your income, I recommend having 10 to 12 times your annual income wrapped up in a good level term life insurance policy. That means if you make \$80,000 a year, you should have a policy worth anywhere from \$800,000 to \$960,000.

If I were you, I wouldn't buy another life insurance policy at all right now. If you get married or have kids somewhere down the road, then buy it immediately. In that case, both you and your spouse should have 15- to 20-year level term policies of 10 to

12 times your individual incomes. And never buy anything except level term life insurance. The reason? That covers you until you're out of debt—should a spouse bring some into the picture—and the two of you have so much cash piled up that you don't need to pay for a life insurance policy anymore. It's called being self-insured, and that's a great place to be.

Good question, Elizabeth!

– Dave

**Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions.* ★

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Best of the Best is Back

Continued from page 1

out. In keeping with the La Sierra Center's history, the event will have a High School Prom theme.

Glamorous merchandise and experiences will be up for grabs by raffle and auction. Following a catered dinner, a dessert auction will tempt bidders with bespoke gateaux, cupcakes and pies.

Electors may still swing the

ballot at www.bestofcarmichael.com until September 15. The September 30 awards dinner runs from 5 to 9 pm. Cost is \$50 per person; \$55 for non-Chamber of Commerce members. For information, go to www.carmichaelchamber.com

The Best of Carmichael is owned by Messenger Publishing Group and is shared with the Chamber of Commerce for their annual fundraising efforts. ★

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Masai Giraffe Loses Calf Shortly After Giving Birth



Masai giraffe Amirah lost her calf on Monday, September 4th. Despite this, the first-time mother is doing well. Photo courtesy of Sacramento Zoo

Care and Veterinary Health Services at the Sacramento Zoo. “While the loss of any animal is heartbreaking to our zoo family, we are grateful for the support of our community as we continue the important work of protecting wild giraffes and providing exceptional care to the giraffe herd at the Sacramento Zoo. On behalf of the Zoo’s animal care and vet teams, we are appreciative of everyone’s compassion as we process this loss.”

In addition to Masai giraffe, Amirah, the Sacramento Zoo is currently home to three other female Masai giraffes (including two young giraffes born in 2020 and 2023), one male Masai giraffe, and one female reticulated giraffe. The Zoo is one of 34 institutions managing 138 Masai giraffes in the Association of Zoos and Aquariums (AZA) population. The Zoo partners with and supports the Wild Nature Institute (WNI), a field research organization studying Masai giraffe demographics and the African Savanna ecosystem. This partnership with WNI is critical to giraffe research and conservation efforts in Africa. ★

Sacramento Zoo News Release

SACRAMENTO, CA (MPG) - The Sacramento Zoo is saddened to share that Masai giraffe, Amirah, lost her calf on Monday, September 4th shortly after giving birth. Amirah, a first-time mother, had a routine and successful gestation and delivery, but unfortunately the calf was not viable. Veterinary staff from the UC Davis School of Veterinary Medicine as well as

members of the Zoo’s giraffe care team were on site throughout the birth to observe and assist if needed. Amirah is healthy and continuing to do well under the observation of animal care and veterinary staff and will be back with the rest of the giraffe herd soon. “I am beyond proud of our Zoo staff and their commitment to the animals we care for here at the Sacramento Zoo,” said Melissa McCartney, Senior Manager of Animal

Board Revises Approved Fiscal Year 2023-24 Budget

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on September 7, 2023, to revise the Approved Budget for the 2023-24 fiscal year.

The \$8.8 billion Revised Recommended Budget included an increase of \$355 million in total appropriations from the \$8.4 billion Recommended Budget the Board approved in June. That increase included:

\$65 million in General Fund appropriations: \$23 million: Base budget changes, resulting largely from additional and re-budgeted State, Federal, and other departmental revenue; \$41 million: General Fund growth. \$291 million in appropriations in other funds: \$259 million: Base budget changes resulting primarily from re-budgeting of capital projects and other contractual expenditures; \$32 million: Non-General Fund growth.

Additional recommended growth in the Revised Recommended Budget included:

\$5.5 million Landlord Engagement and Assistance Program (LEAP) Expansion to provide housing services to individuals transitioning from homelessness into stable, permanent and affordable housing; \$1.4 million to purchase equipment and supplies and fund existing personnel costs for the Toxicology Crime Laboratories Grant; \$500,000 to fund an Environmental Impact Report for the Climate Action Plan; \$200,000 to fund additional unanticipated moving costs associated with office moves for the Clerk of the Board and the Department of Finance. The Board is scheduled to formally adopt the Budget Recommended for Adoption on Sept. 26. For details, read the Budget Letter to the Board of Supervisors or view all budget documents on the Office of Budget and Debt Management website. ★

Congressman Bera Calls for Action on Thefts and Vandalism of Cluster Box Units

Office of Congressman Ami Bera, M.D

SACRAMENTO, CA (MPG) - On August 31, 2023, U.S. Representative Ami Bera, M.D (CA-06) pressed U.S. Postmaster General Louis DeJoy to address the rise in thefts and vandalism of Cluster Box Units (CBU) in Sacramento County.

“Nationwide, from January to March 2023 alone, there were more than 25,000 reported thefts from cluster mailboxes, compared with 38,500 in all of 2022. In our region, we’ve seen this rise in thefts mirror the nationwide increase,” said Representative Bera in a letter sent today to Postmaster General Louis DeJoy. “In Sacramento County, there has been significant increase in vandalism and theft with at least 105 CBUs damaged or stolen in the past several years. These thefts often include high value items such as passports, checks, and essential medication. Previously USPS has taken the responsibility

of maintaining, repairing, and replacing the CBUs. However, recent correspondence shared with my office by residents of some neighborhoods, such as Natomas Park shows that this responsibility is being disputed and has been shifted to the neighborhoods’ homeowners associations.”

Bera continued: “Due to theft and stolen key concerns, we request that consideration be made to replace existing and at-risk USPS CBUs in Sacramento County, giving them a more secure design to discourage future vandalism. There is a need for physical safety precautions to be taken because of cases of identity theft, stolen bank account information, etc. This has been a recurring issue for many years, so it is critical that a long-term solution is developed that can be effectively carried out in the near future.”

Congressman Bera represents California’s 6th Congressional District in the U.S. House of Representatives. CA-06 lies entirely within Sacramento County. ★

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Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$52 per year within Carmichael, \$62 within Sacramento County.

The *Carmichael Times* is published weekly. Call (916) 773-1111 for more information.

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Shipping Needs At Odds With California's Climate Goals



By Dan Walters,
CALMatters.org

In retrospect, Southern California's political and civic leaders may have erred a half-century ago in deciding that the region's economic future would depend on developing a massive logistics industry centered on the twin ports of Los Angeles and Long Beach.

Countless billions of public and private dollars were committed to upgrading the ports to handle ever-larger container ships, erecting dozens of warehouses and other facilities in San Bernardino and Riverside counties and improving rail and highway corridors linking them to the ports.

In macro terms, it paid off.

As shipment of goods from Asia — particularly China — blossomed, the twin ports eventually claimed as much as 40% of the nation's import traffic and logistics became, by some measures, Southern California's largest single generator of employment. It propped up the region's economy when another mainstay, aerospace, plummeted three decades ago after the Cold War ended.

That said, the industry may have peaked. Factors such as the enlargement of the Panama Canal, the emergence of India and other nations as suppliers of goods,

congestion in the twin ports and transportation corridors, labor conflicts, and growing local opposition to the environmental impacts of logistics pose potentially existential threats.

Recently, West Coast ports finally settled a long-running conflict with the International Longshore and Warehouse Union with a new six-year contract. However, during the dispute, wildcat work stoppages had tied up traffic through the twin ports and some shippers moved their business to East Coast and Gulf ports.

The Pacific Merchant Shipping Association says that the twin ports saw import volumes decline by nearly 25% in the first six months of 2023, not only due to labor unrest but a sharp downturn in the Chinese economy.

Gene Seroka, the Port of Los Angeles executive director, told the Wall Street Journal that retrieving the business "will be an uphill climb. Our job now is to be absolutely relentless in going after every pound of freight possible."

The machinery of logistics — ships to trucks to locomotives — produces tons of particulate emissions. They and the warehouses they serve also create traffic congestion and noise and over time the physical presence of logistics breeds resentment that, in turn, morphs into political and legal action.

The South Coast Air Quality Management District has steadily ramped up pressure on the industry to reduce polluting emissions by electrifying trucks and other equipment. The demands impose costs that, industry leaders say, make the region

less competitive with alternatives, particularly East Coast and Gulf of Mexico ports.

The SCAQMD is now on the verge of issuing an overall draft rule to limit pollution from the ports and last month, labor and management officials and a variety of business organizations sent letters to the mayors of Los Angeles and Long Beach raising alarm about what they regard as a potentially fatal blow to the ports' long-term viability.

"The initial SCAQMD staff proposal essentially establishes volume caps on port activities, which will restrict the delivery of critical imported goods including essential construction, manufacturing, and automobile components, as well as medical supplies and halt the export of California's manufactured goods and agricultural products to foreign markets," the coalition told the mayors.

In August, as details of the proposed rule leaked out, the state Assembly's Select Committee on Ports and Goods Movement staged a hearing in which legislators decried the potential economic impact.

Southern California may have made a mistake when it put so many of its economic eggs in the logistics basket but it is now a test case whether California can manage the potentially immense economic fallout from converting itself into a net-zero emission society, as Gov. Gavin Newsom and other political figures pledge to do.

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

Social Security Matters

Why Is my Age 70 Benefit Not Higher Than My January Amount?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I plan to retire in 2025 (the year I turn 70). Given that I'm still working, I'm delaying my Social Security until that year. I noticed on my Social Security statement that my payment in January of 2025 will not be much different than my age 70 amount in October of 2025. If that is truly the case, would it not be better for me to start taking Social Security payments starting in January of 2025. Am I missing anything here? **Signed: Uncertain Senior**

Dear Uncertain Senior: Your benefit in October 2025 at age 70 will be about 6% more than it will be in January 2025. If that isn't shown on your Statement of Estimated Benefits, it may be due to a particular nuance in Social Security's rules relating to Delayed Retirement Credits (DRCs). When benefits are claimed mid-year after full retirement age (FRA), the DRCs earned in that year aren't applied until the

following January. Thus, someone who claims benefits to start mid-year will initially get the DRCs they've earned through the end of the previous year, but not immediately get credit for the additional DRCs earned during the claim-year. Those extra DRCs earned between January and the month benefits started will be applied the following January.

By way of example, if someone beyond FRA claims benefits to start in October 2024, their initial SS retirement benefit will be what they were entitled to at the end of 2023 and would not include DRCs earned between January 2024 and September 2024. They will collect that initial January 2024 benefit until January 2025 when the DRCs earned in 2024 are applied, at which point their benefit would increase by 6%. There is, however, one exception to this rule, which is that all DRCs are immediately credited when benefits are claimed to start in the month age 70 is reached, so despite what your Statement of Estimated Benefits might reflect, if you claim for benefits to start in the month you turn 70 (October 2025) you will get your maximum age 70 benefit immediately and won't need to wait until January 2026 for those extra DRCs to be applied.

Unfortunately, Social

Security's benefit estimator doesn't explain how this nuance works and may show someone claiming mid-year receiving the same benefit as for the preceding January, without further explanation. That is, in my opinion, a flaw in the estimator which may result in people making a wrong decision on when to claim their Social Security benefit. Nevertheless, rest assured that your benefit in October 2025 (the month you turn 70) will be your maximum amount - 6% more than it would be if you claimed benefits to start in January 2025, and you won't need to wait until the following January to get the DRCs earned earlier in 2025.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

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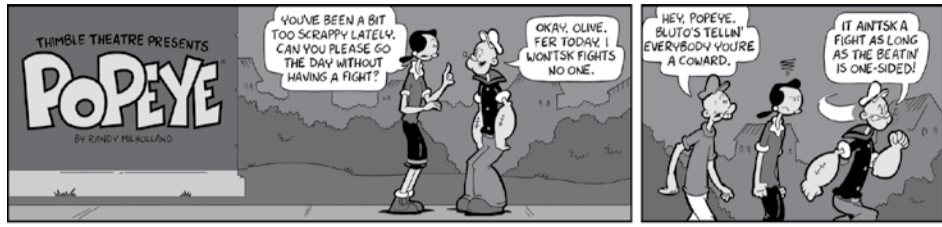
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Find at least six differences in details between panels.

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Just Like Cats & Dogs



by Dave T. Phipps

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- CLUES**
- ACROSS**
- Kind of wrap
 - Pose a question
 - Be sore
 - Ottoman title
 - Ornamental pond-dweller
 - Florida Key, e.g.
 - Mr. T and friends
 - Knot-tying vow (2 words)
 - Milan's La ____
 - "Walrus" cousin (2 words)
 - "Crustacean "on the barbie"
 - Finish line
 - Creole vegetable
 - He had
 - Gives a helping hand
 - Tranquil
 - Frosts, as in cake
 - Bear, in Latin
 - All the words in a language
 - "By ____, I think she's got it!"
 - Silver to Lone Ranger
 - Chows down
 - Mark Twain to Samuel Langhorne Clemens
 - Toupee spot
 - Pestilence pest
 - Singer Eilish
 - Rub the wrong way
 - Yoda: "Do or do not. There is no ____"
 - "A type of whale or the color of many dolphins
 - Overnight lodging
 - "Inspiration for a certain pineapple dweller
 - "Inspiration for Marvel's Doc Ock
 - South American juice flavor
 - Bearded antelope
 - All thumbs
 - Pineda of Journey
 - Stomach pain-causing acronym
 - Hundred, in Italian
 - Hammer part
 - Not stood
 - Bar, legally
- DOWN**
- R&R destinations
 - Angle Thomas' "The ____ U Give"
 - Seaward
 - *Cetology object of study
 - Thin layer
 - *Like green sea turtle and loggerhead sea turtle
 - Grass "carpet"
 - Newsstand, e.g.
 - Fungal spore sacs
 - *Edible bivalve
 - S.O.S.
 - Pilot's estimate, acr.
 - Netanyahu's country
 - Abomination
 - 9 to 5, e.g.
 - Bone burial spot
 - Muslim woman's headscarf
 - Cause for food recall
 - a.k.a. Lucifer
 - Between stop and roll
 - *Coral polyps' structure
 - Raise one's rank
 - Potassium nitrate
 - Student's request for

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September Is National Preparedness Month

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - September is National Preparedness Month and the Sacramento County Office of Emergency Services (SacOES) would like to remind residents about the importance of being prepared for the various disasters and emergencies that could happen at any time.



The Sacramento County Office of Emergency Services (SacOES) would like to remind residents about the importance of being prepared for the various disasters and emergencies that could happen at any time. Image by Steve Buissonne from Pixabay

The theme of the 2023 National Preparedness Month is "Take Control in 1, 2, 3," and the campaign focuses on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events that continue to threaten the nation.

If you have medications that need refrigeration, rely on mobility or assistive devices, or have a pet, you'll need to understand how these variables will factor into what you'll need to stay safe in a disaster or emergency.

emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Practice your plan with those who have agreed to be part of your personal support network.

"National Preparedness Month is a great time to talk with your loved ones about the types of disasters and emergencies we might face and start making a plan to prepare for these situations," said Mary Jo Flynn-Neveins, Sacramento County Chief of Emergency Services. "It is especially important to talk to the older adults in your life because they often face greater risk when it comes to emergencies and extreme weather events, especially if they live alone or in more rural areas."

(2) Make a plan. Once you assess your needs, you can tailor your plans to make sure your needs are met. This can include building a kit that includes extra medication, having a way to store medications in an emergency and planning for your pets or service animals. If you're an older adult or work with and support older adult communities visit [Ready.gov/older-adults](https://www.ready.gov/older-adults) and [Ready.gov/es/adultos-mayores](https://www.ready.gov/es/adultos-mayores) for resources.

To learn more about National Preparedness Month, visit the ReadyGov website. To learn more about the organization that coordinates the overall Sacramento Countywide response to large-scale incidents and disasters, visit the SacOES website at sacoes.sac-county.gov/Pages/default.aspx ★

Older adults and their caregivers can overcome these potential obstacles and increase their resilience by taking control in 1, 2, and 3:

(3) Engage your support network. Reaching out to family, friends and neighbors can help you build a support network that can support you before, during and after a disaster or emergency. Share each aspect of your

(1) Assess your needs.

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This 3 bedroom and 2 bath home is tucked away in the heart of Carmichael. Updated kitchen with granite countertops, recessed lighting, & a kitchen island! The open dining and living room has built-in glass shelving with paneled doors & an 18-foot entertainment center. Recently installed luxury vinyl flooring, & newer HVAC system. The large pool was resurfaced in 2019 with lava rock & a cascading waterfall feature. A stand-alone hot tub, 3 slides, and a diving board are surrounded by covered patios & greenery. Long driveway with partial covering, cement pad for RV storage, & 2-car garage.

8178 Sundance Drive, Orangevale | \$585,000

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This charming home is tucked away in a fantastic neighborhood in Orangevale. Step inside to a bright and airy floor plan with 4 bedrooms, 2.5 baths, and spacious living areas. The living/dining combo has vaulted ceilings and great natural lighting. The family room opens up to the private backyard and features a wood-burning fireplace. The updated kitchen is appointed with granite countertops and has plenty of storage space. The roomy master features vaulted ceilings and a step-in shower. Enjoy those long summer days ahead in the backyard with a sparkling pool, spa, and pergola.

This charming 2 bedroom and 1 bath house has it all! A private European courtyard and well-landscaped front yard add to this home's great curb appeal. The dreamy kitchen features granite countertops, newer white cabinets, and a gas cooktop stove. The dining/living room combo offers great natural lighting with expansive dual pane windows. Enjoy spacious bedrooms and a newly remodeled bathroom. Newer laminate flooring throughout and an indoor laundry room. The large backyard with a tool shed and RV access provides ample space for a potential ADU!

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for more info visit www.forpd.org/chickenfest

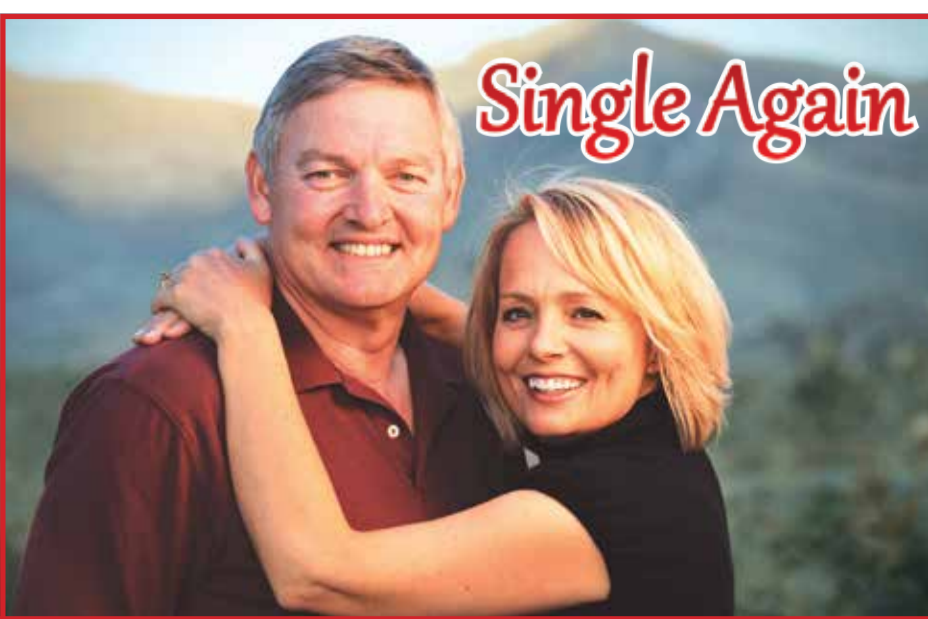
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USDA SELECT **Shoulder Steak** \$4.49/lb
Beef Cross Rib/Shoulder Roast - Bnls \$3.99/lb
Beef T-Bone Steak \$4.99/lb
Beef Porterhouse Steak \$5.49/lb
Chicken Drumsticks 69¢/lb
Pork Loin Chops Bone In \$3.49/lb
Pork Cushion Meat - Boneless \$2.99/lb

FRESH PRODUCE

Minneca Tangelo \$1.79/lb
Russet Potato 10 lbs \$3.59/bag
Rainbow Bellpepper 2 lbs \$3.99/ea
Gala Apple 79¢/lb
Guava \$2.49/lb
White Potato 10 lbs \$5.49/bag
Cleaned Cactus Diced 1 lb \$1.99/ea
Cleaned Cactus Whole 1 lb \$1.99/ea
Mini King Oyster Mushroom 300 g \$3.49/ea

AMERICAN/HISPANIC GROCERY

TALOFA \$2.99/ea
Talefs Chunk Light Tofu 6.5 oz
Furion Aloe Vera Drink 1.5 liters \$2.49/ea
Mesquite \$11.99/ea
El Campesino Mesquite Charcoal 15 lbs
Puri Milling Pancake Syrup 24 oz \$2.99/ea
Sunny D Sunny D Luscious Orange Juice 64 oz 2/\$3.00

ASIAN GROCERY

San Miguel Beer with Juice 12 oz \$5.99/ea
Jack n Jill Roller Coaster Potato Rings 7.94 oz \$2.99/ea
Dynasty Jasmine Rice 20 lbs \$19.99/ea
Cool Taste Fruit Juice Drink 3 kinds 16.91 Ltr \$2.79/ea
Trung Nguyen Gourmet Blend Ground Coffee 17.6 oz \$5.99/ea

EUROPEAN GROCERY

Vin Veneto Grape Seed Oil Blend 2 liters \$9.99/ea
Sahif Chahanni Pure Ceylon Tea 1 lb \$8.99/ea
Jelly Dessert Fruit Flavor 75 Jr 99¢/ea
Navodny Zaraza Sunflower Seeds 500 gr \$5.99/ea
Corn Sticks with Powdered Sugar 140 gr \$1.79/ea

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Seasoned Scupper 16 x 0.14 oz \$7.99/ea
Lute Cooking Wine 60.5 oz \$7.99/ea
Premium Roasted Sesame Layer 3 x 4 g \$1.59/ea
Onion Jin Ramen 2 kinds 18 x 4.25 oz \$15.99/ea
Pickled Napa 2.2 lb \$2.99/ea
Milk-Chia Bar 2 kinds 2.57 oz \$2.49/ea
Organic Soymilk 3 lbs \$6.99/ea
Spark Pop 3 kinds 60 g \$99/ea
Ediya Coffee 60 g \$6.99/ea
Loon Green Tea 5 kinds 16.9 oz \$1.99/ea
Unagi Sausage 11.5 oz \$2.99/ea
Corn Puff 3 kinds 2.45 oz \$1.99/ea

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BIGEN SPEEDY HAIR COLOR \$4.99/ea
HAIR DARKENING SHAMPOO \$19.99/ea
KAIZEN WOK PAN 30 CM \$14.99/ea
WATERMELON SLICE \$3.99/ea
ELECTRIC RICE COOKER (4 CUPS) \$49.99/ea
ELECTRIC RICE COOKER (6 CUPS) \$54.99/ea
ELECTRIC RICE COOKER (10 CUPS) \$59.99/ea

FROZEN & FISH DEPT

Crab Meat Shredded (imitation) 2.5 lbs REG. \$12.99/ea **\$6.99**/ea
Pan Roasted Turkey Breast \$11.99/ea
Pepper Turkey Breast \$12.49/ea
French Medley \$4.49/ea
Green Olives Stuffed with Almonds \$5.99/ea

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