



Transforming Lives

PAGE 11

Charities Helping Charities

PAGE 2



Carmichael Times

VOLUME 41 • ISSUE 11

Serving Carmichael & Sacramento County since 1981

MARCH 13, 2020

SEE INSIDE

SACRT ISSUES UPDATE ON PRECAUTIONS AGAINST CORONAVIRUS



PAGE 2

COYLE AVENUE FINDS UNIQUE WAYS TO HELP STRUGGLING STUDENTS



PAGE 8

SAN JUAN UNIFIED NAMES THREE AS CLASSIFIED EMPLOYEES OF THE YEAR



PAGE 3



Scan our QR Code for a direct link to our online edition!

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested

Breakfast is for the Birds



Wild turkeys put on a show for Bird and Breakfast supporters at the Effie Yeaw Nature Center preserve.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - There's more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in an expert docent; garnish with breakfast fit for a kingfisher. You then have the Effie Yeaw Nature Center's popular spring fundraiser.

"Bird and Breakfast," will this year be staged as two Saturday events on March 28 and April 4. Both will occur at the center's Ancil Hoffman Park facility. Because the two fundraisers sell out every year, reservations are required. Participants will likely see 40 or more species and no bird gets left behind; Sacramento Audubon guides

get as excited about tiny finches as rock-star herons, snowy egrets and — yes, it's possible — a bald eagle fly-by.

Equally fascinating are home-building habits during the most industrious time of the avian year. Because Audubon scouts locate nests in advance, visitors will likely see wren, hawk, woodpecker and titmouse abodes. Higher and harder to spot, some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes.

A 29-year spring tradition, the \$45 (\$40 for American River Natural History Association or Audubon members) safari is followed on March 28 by gourmet breakfast. The April 4 version accommodates ages six and up. This family-friendly

program invites adults for \$12 and children for \$7. Carmichael Kiwanis will serve pancake breakfast on this date. Discounts apply for ARNHA or Audubon members. Groups are welcome. The 90-minute outings are conducted in small groups with expert guides.

Silent auctions of bird-related goodies accompany breakfast. Proceeds assist the Nature Center. Neither weekend excursion is recommended for very young children. Participants should wear stout shoes and bring binoculars. Bird and Breakfast begins at 8 a.m., both Saturdays.

The Nature Center is in Ancil Hoffman Park, Carmichael. More information at www.sacnaturecenter.net or call 916 489-4918. ★

Stop the Spread: A Patient Guide to the Novel Coronavirus

By Steve Arnoff, American College of Emergency Physicians

WASHINGTON, D.C. (MPG)

The American College of Emergency Physicians (ACEP) is providing guidance for patients to minimize their risk of getting or spreading the novel coronavirus, COVID-19. A new resource from ACEP, Stop the Spread: A Patient Guide to the Novel Coronavirus (COVID-19), provides tips on how to minimize the risk of contracting the virus—including whether you should wear a face mask—and how to determine whether patients should visit an emergency department.

"We are in the middle of flu season, which means emergency departments are already strained. To make sure that everyone can get the care they need, it's important to know when to go to the emergency department if you think you have COVID-19," said William Jaquis, MD, FACEP, president of ACEP.

Older patients and those with chronic or pre-existing conditions have the highest risk of serious cases or complications. If you think you are sick with COVID-19, consider your symptoms. Call your doctor if you've been in contact with someone who already has COVID-19 or has traveled to an affected region and within 14 days you develop a fever, cough or shortness of breath.

If your symptoms are mild, contact your primary care physician to discuss your best options for care. Call 911 or visit your closest emergency department if:

You're experiencing a medical emergency; You're sick enough that you need to go to the hospital, especially if you recently started experiencing shortness of breath, or; You're sick and you are a high-risk individual, such as an older patient or a person with an already weakened immune system.

"Your local emergency department may not yet have the COVID-19 test. Your primary care physician can decide if you meet the criteria and help determine where to get tested if necessary," said Dr. Jaquis.

The latest patient information is available at www.emergencyphysicians.org/COVID19.

For more information, visit www.acep.org and www.emergencyphysicians.org. ★

Society for the Blind Celebrates Opening of Carl R. Otto Annex



Society for the Blind staff and board members celebrate the grand opening of the Midtown nonprofit's new Carl R. Otto Annex along with local dignitaries. Photo courtesy: Thébaud Comm.

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO REGION, CA (MPG) - More than 130 guests celebrated the grand opening of Society for the Blind's Carl R. Otto Annex earlier this month, an expansion of the nonprofit's facility in Midtown that now includes a training center, senior teaching kitchen

and dedicated music room. The event included performances by the music program, ribbon cutting, champagne toast and speeches by Vice Mayor Jeff Harris, Sacramento City Councilmember Steve Hansen and California Department of Rehabilitation Director, Joe Xavier.

The annex is named after Carl Otto of Otto

Construction, who passed away in 2007 and served on Society for the Blind's board of directors. Otto led the initial campaign to renovate the building, and his company, Otto Construction, played a key role. His daughter, Allison Otto, is past president and current secretary of Society for the Blind's board of directors and co-

chaired the group's Vision 2020 campaign to expand services for the more than 100,000 people with vision loss living in the greater Sacramento region. The campaign raised \$4.5 million to complete the annex, serve the growing number of seniors in need of services to stay independent, empower clients through education and training, create an endowment, expand

Continued on page 3

Charities Helping Charities

By Claire Gliddon, Sacramento Blankets for Sacramento Kids

SACRAMENTO REGION, CA (MPG) - Sacramento Blankets for Sacramento Kids (SBSK), an organization that gives handmade blankets to children in need in Sacramento and Placer, wanted to help another charity, specifically the Mercy Pedalers, headed by Sister Libby. SBSK asked its volunteers to donate a toothbrush and toothpaste during the month of February for Sister Libby. This is the mountain that was received! Small groups



Sister Libby of Mercy Pedalers picks up toothbrushes from SBSK. Photo: SBSK

can make BIG differences! For information on SBSK or Mercy Pedalers, go to www.sacblankets4kids.com or www.mercypedalers.com.

SacRT Issues Update on Precautions against Coronavirus

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) issued an update on the precautions being taken by the agency in response to the coronavirus (COVID-19). Knowing viruses can spread in confined spaces similar to the flu, SacRT has been proactive in sanitizing its buses and light rail vehicles every day. With the number of coronavirus cases going up, SacRT has taken a number of aggressive steps to provide information about the virus to our employees and increased sanitation of vehicles.

The safety and well-being of our employees and customers is our top priority and we are taking the following proactive measures:

Buses and light rail vehicles are sanitized every night; During the flu season, trains and buses are fogged with Chlorine Dioxide to sanitize every couple of weeks. With the discovery of coronavirus, we are increasing that practice to every five days; For our employees, we provided a notice with guidelines to follow as provided by the Center for Disease Control and Prevention (CDC) along with the California State Government, City of Sacramento and

Sacramento County Department of Public Health;

We are providing hand sanitizer, disinfectant wipes and disposable gloves to employees that come in contact with the public such as operators, transit ambassadors and customer service representatives.

SacRT is urging riders to take precautions to keep themselves and others healthy, which applies to the coronavirus, flu or common cold. Advice from the CDC includes washing hands frequently and for at least 20 seconds, avoid touching your eyes, nose and mouth, and covering your mouth and nose when sneezing or coughing.

Ami Bera Votes for Emergency Funding to Keep Sacramento County Safe from Coronavirus

By Travis Horne, Office of Representative Ami Bera, M.D.

WASHINGTON, DC (MPG) - Rep. Ami Bera, M.D. (CA-07) voted for emergency funding to keep Sacramento County safe from the spread of coronavirus.

"I'm proud to vote for this robust emergency funding package that will keep our communities safe from this growing public health crisis," said Rep. Bera, who chairs the House Foreign Affairs Subcommittee on Asia, the Pacific, and Nonproliferation. "As a public health expert, I will continue to press the administration to ensure they are doing everything possible to keep Americans safe, including increasing the availability of testing at our local health facilities. As this disease continues to spread, it is also critical we think of creative ways to combat its spread and limit its harm to our economy and our neighbors."

The \$8.3 billion appropriations package includes:

- \$1B for state and local preparedness response, half of which will go to states, cities, and tribes within 30 days;
- Funds for the procurement of medical supplies for the Strategic National Stockpile;

- Vaccine and therapeutic research and development;
- \$300M to ensure Americans can receive the vaccine, regardless of ability to pay; and
- \$100M for community health centers

As a doctor, Congressman Bera has been a strong supporter of American leadership in global health. He is a member on the CSIS Commission on Strengthening America's Health Security, which made a series of recommendations to prevent pandemics in November 2019. He has held two Congressional hearings on the coronavirus outbreak, sounded the alarm when the White House disbanded the office in charge of preparing for pandemics, and also sought to include funds to combat coronavirus over a month ago through other legislation.

Congressman Bera urges constituents to follow everyday preventative actions like washing your hands with soap and water, avoid touching eyes, nose, or mouth with unwashed hands, and cleaning and disinfecting frequently touched objects. For more information, please consult resources provided by the Centers for Disease Control and Prevention.

Census Invites Go Out Starting this Month

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Beginning March 12, households in Sacramento County will begin to receive invitations by mail to complete the 2020 U.S. Census. By April 1, the official U.S. Census Day, every household should have received one.

People can respond by phone, by mail and – for the first time – online. Census websites will be available in 12 languages other than English. Surveys may be completed on a computer, smartphone, laptop or tablet.

It's important that you and everyone in your household are counted. The Census determines federal funding for important services and programs that benefit our community. Sacramento County projects that rely on the U.S. Census for funding include the Florin area new street light project, the District Attorney's Human Trafficking Advocacy program, the Supplemental Assistance Nutrition Program (food stamps), and the Small Communities Flood Risk Reduction program.

Census results also ensure your voice is represented in government. The U.S. Census defines boundaries for Sacramento County supervisorial districts, school boards, water and fire districts, and the number of seats California receives in the U.S. House of Representatives.

Information submitted to the Census is safe, secure and 100 percent confidential. By law, your information may not be used to identify individuals or shared with any government or law enforcement agency. Violations are considered a federal offense.

In preparation for enabling online response, the U.S. Census Bureau has partnered with the U.S. Department of Homeland Security to ensure that information is safe from cyber-threats.

Sacramento County is partnering with community-based organizations and public agencies to make sure everyone is counted, especially groups who have historically low rates of census participation. Information on where to find census assistance centers will be available later this month.

For more information, contact the U.S. Census Bureau.

KP International MARKET
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market: 10 Days 8am - 10pm
 Food Court: 4 Days 11am - 8:30pm
 (Chinese 11:30am - 8:30pm)

FROZEN & FISH DEPT

<p>REG. \$21.99/EA \$15.99 /ea Frozen Salted Brown Croaker Gutted & Cleaned 3 lb Box</p>	<p>REG. \$12.99/EA \$8.99 /ea Raw Headless Red Shrimp 1.5 lb • 16/20</p>
---	---

WEEKLY MEAT SPECIALS

<p>\$3.59 /lb Beef T-Bone Steak Filet of T-Bone</p>	<p>\$2.99 /lb Beef Rump Bottom Round Roast USDA CHOICE</p>	<p>\$3.29 /lb Beef Bottom Round Steak - Boneless USDA CHOICE</p>
<p>\$1.49 /lb Boneless & Skinless Chicken Thigh Meat</p>	<p>\$1.79 /lb Country Style Pork Loin Ribs - Bnls</p>	<p>\$1.59 /lb Smithfield Pork Loin Roast</p>
<p>\$1.79 /lb Smithfield Pork Loin Chops Boneless</p>	<p>\$3.99 /lb Beef Porterhouse Steak Filet of Porterhouse</p>	<p>\$1.79 /lb Smithfield Pork Loin Chops Boneless</p>

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 MARCH 11 - MARCH 17, 2020.

For the Love of Music

Presented by the
Rancho Cordova River City Concert Band

Saturday, April 4th at 3:00 pm
 Koreana Plaza Food Court
 10971 Olson Drive, Rancho Cordova

FREE ADMISSION
rconcertband.org

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Asparagus 1.69	Navel Oranges 2lbs \$1	Lemons 4/\$1	Green Apples 69¢	Garlic Apples 3 lb 1.99	Russet Potato 10 lb Bag 2.59
Carrots 2 lb 99¢	Cantaloupe 1.99	Popeye Spinach 2.53	Yellow Onion 29¢	Daiikon Radish 2lbs \$1	Shiitake Mushroom 3.99

AMERICAN/HISPANIC GROCERY

Best Foods Real Mayonnaise 32 fl oz \$3.99	La Lechera Milk 1.49	Costena Jalapeno 1.29	La Costena Green Pickled Jalapeno 26 oz \$1.69	TALL Shopper's Value Bleach 125 fl oz \$1.99	Santitas Chicken Broth 32 oz \$1.99
--	----------------------	-----------------------	--	--	-------------------------------------

ASIAN GROCERY

Best Foods Real Mayonnaise 32 fl oz \$2.99	Onion 5.99	Lotus Biscoff 6.99	Water Chestnut 69¢	Fish Sauce 1.79
--	------------	--------------------	--------------------	-----------------

EUROPEAN GROCERY

Best Foods Real Mayonnaise 32 fl oz \$4.99	Flour 10.99	Granola 3.49	Protein 1.49	Water Chestnut 1.79
--	-------------	--------------	--------------	---------------------

KOREAN/JAPANESE GROCERY

Light Milk 9.99	Aluminum Foil 4.99	Napa Cabbage 3.99	Essential Oil 2.19	Lotus Biscoff 99¢	Santitas 3.99
Flour 2.99	Flour 6.99	Beer 4.99	Santa Fe 3.99	Lotus Biscoff 3.99	Lotus Biscoff 3.99

HOUSEWARES

ACE COOK 3D 17.99	ACE COOK 3D 19.99
SINGLE LOCK GLASS CONTAINERS 400°C OVEN ONLY BPA FREE 2.99	3.49

FROZEN & FISH DEPT

Swimming Crab 5.44	Salted Burgers 6 pcs \$2.99
--------------------	-----------------------------

EUROPEAN DELI

Columbus Cooked Corned Beef \$8.99	Schwartz's Pork Butte \$4.99
Sovita 45% Lithuanian Cheese \$6.49	FUD Queso de Pasa \$3.99

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 MARCH 11 - MARCH 17, 2020.

San Juan Unified Names Three as Classified Employees of the Year



David Harrell, the lead roofer for San Juan Unified and Bella Vista High School baseball coach, Kari Bleille, instructional assistant at San Juan High School and Rita Holverstott from Woodside K-8. Photo SJUSTD

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - This year San Juan Unified presented three individuals with the 2020 Classified Employees of the Year award at the Jan. 28 school board meeting.

This award is presented to employees who work behind the scenes, from maintenance operations to instructional assistance, to ensure the success of each student and the San Juan Unified community. David Harrell is one of the honorees and has been working with the district for nearly 30 years as a lead roofer. Coworkers say Harell has an inner drive to keep our sites from having leaky roofs all year round and feels a sense of responsibility to the students and staff.

After working each day on our schools' roofs, Harrell heads to Bella Vista High School to coach baseball. A job he has taken on for many years.

"The most gratifying part of coaching is watching a student-athlete not only grow on the field but off the field as well," said Harrell. "You like

to think that you are having a positive impact on their future through the lessons you are teaching."

Another honoree is Rita Holverstott from Woodside K-8. Holverstott is not only the librarian and media technician but works as the community liaison, a volunteer to the PTO and a member of the safety committee on campus.

As Holverstott read her nomination stating how crucial she is to Woodside and its holiday events, she had this to say about her colleagues and award.

"I would like to thank those who submitted my name to the district. Although uncomfortable with the attention, it feels good to know the work I do is noted and appreciated, above and beyond a paycheck," said Holverstott.

Finally, Kari Bleille, an instructional assistant at San Juan High School, was honored for her tremendous work over the last seven years. Colleagues said she is the type of individual who not only works to make sure students feel safe and welcomed on campus but each teacher does as well.

"I was very surprised to receive this award," said Bleille. "It is a tremendous honor to be selected and it means so much to be acknowledged for all that we do."

The teacher that nominated Bleille wrote in her submission that last year when a teacher lost a family member, Bleille stayed behind after everyone had left to help clean up their classroom. A small act that meant so much to the teacher that was going through a tough time.

When asked about the act Bleille said she's lucky to be part of such a dedicated team that has quickly become like family.

"Having a small school has given us the advantage of feeling like a family. We support each other through good times and bad," said Bleille. "When a coworker lost a close family member last year, we all felt her loss and wanted to help any way we could."

The three nominees will be forwarded to the Sacramento County Office of Education as San Juan Unified's nominations for the countywide Classified Employees of the Year Program. ★

Society for the Blind Celebrates Opening of Carl R. Otto Annex

Continued from page 1
the onsite Low Vision Clinic and upgrade technology.




"We are grateful to the many people in the Sacramento region who contributed to the Vision 2020 campaign and are making it possible for the growing number of people living with vision loss to access our services, workshops and events," said Shari Roeseler, executive director, Society for the Blind. "The Otto Annex will increase our ability to serve more people who need to learn blindness skills and who are looking for fun social events with other people experiencing vision loss."

For 66 years, Society for the Blind

has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for nearly 6,000 youth, working-age adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org. ★

MEMORIAL NOTICE

Claude Robert Wilson
November 28, 1931 to February 19, 2020

Claude Robert Wilson, aka "Bob" or "Pops" was born Nov. 28th 1931 in Oroville, CA. Bob passed away Feb. 19th 2020 in Carmichael, CA.

Bob was born to Claude William and Thelma McMillan Wilson and had two younger brothers, Richard and Thomas, all deceased. Bob's childhood during the great depression and through World War II made him tough and self-reliant. He and his brother Richard (Dickie) were best of friends and remained that way until Richard's death in August 2019.

Bob married Gloria Jean Avilla in December 1954 and is survived by three children Michael (Jeanne) Wilson of Lompoc, CA, Nancy Wilson of Woodland, CA and Karen (Bill) Robinson of Carmichael. He enjoyed his grandchildren immensely: Eric and Brent Wilson, Valerie Enriquez, Anthony Robinson and Tyler. As the "kids" grew into adulthood, they loved opportunities to hang out with "Pops," occasionally smoking cigars and sharing philosophy. Pops is also survived by three great-grandchildren, Emelia and Kash Enriquez and Sawyer Robinson, born in December 2019.

Bob was a US Navy Korean War veteran. He sailed on the USS Andromeda from 1951 to 1955 and saw much of the Asian Pacific. His time on the ship in Asia gave him a lifelong distaste for anything "curried". Following his honorable discharge from the Navy, Bob settled back in Oroville with his wife, Gloria and baby son, Michael who was born while Bob's ship was stranded in the ice of the North Pacific.

Returning to civilian life, he began a 30 year career in banking, primarily with Bank of America which saw his young

family moving frequently. From Oroville to Marysville to Yuba City (where Nancy and Karen were born) to Carmichael and finally, to Isleton, where he was the branch manager. They stayed in Isleton until all three children graduated from Rio Vista High School and then moved back to Carmichael in 1982 where Bob and Gloria lived for the rest of their lives.

After leaving the Bank of America, Bob worked for a few smaller banks before a mid-life career change led him into the construction industry where he ultimately enjoyed working for Capitol Steel until retirement.

Early retirement years sent him and Gloria on the road. Traveling with friends throughout the US or with Bob's senior league baseball teams (Sacramento Silvers) throughout Northern California and adjoining states, he made many friends both on and off the field. Bob was a lifelong baseball fan AND player up into his eighties. He loved his SF Giants and the 3-in-5 World Series saw him (and the rest of us) on top of the world. He was also a lifelong SF 49er fan and deeply felt the highs and lows of their recent season.

Sadly, Gloria passed away in 2004, but Bob continued to stay active with his baseball, golf, poker and family. He rarely missed any of his children's, grandchildren's or great-grandchildren's sporting events through the decades. Healthy until he suddenly left us, Bob lived a full and satisfied life and will be dearly missed by all his family and friends. Per his wishes, no services will be held. Donations in Bob's memory may be made to a charity of your choice.

Earn extra money for just a few hours delivery work per week!

CALL 916-773-1111





Wake up smiling

We provide short-term loving care to those you love the most.

DO YOU NEED TEMPORARY CARE FOR YOUR PARENT?

Whether you are working full-time during the day or you have a family vacation planned, work trip, or simply need to recharge, temporary care at Aegis Living is the solution. Your loved one can take part in all the community has to offer. Relax knowing your loved one is well-cared for.

Come see for yourself! Schedule a tour today to plan your short-term stay with us.

Enjoy a 2-4 week stay at \$200/day including care, all meals, daily activities, housekeeping, and laundry.*

916-231-9458

*Pending assessment results and in some cases, costs may exceed \$200.

Aegis Living

CARMICHAEL

Assisted Living | Memory Care

Carmichael Chamber Postpones Events

By **Stephanie L. Young**, Executive Director

CARMICHAEL, CA (MPG) - Out of an abundance of caution, the Carmichael Chamber of Commerce is postponing ALL Chamber-sponsored events that encourage large gatherings until further notice to help reduce the risk of the spread of coronavirus (COVID-19).

We will continue to monitor the situation and follow the advice of The Centers for Disease Control and Prevention (CDC) as well as Public Health. The postponed Chamber events include but are

not limited to: The Person of the Year Awards, Best of Carmichael Awards, Chamber Mixer(s), Monthly Business Chamber Luncheon(s), and the Monthly Biz Net Luncheon(s).

We will keep you updated as things unfold. Other than the impact on events, the business of the Chamber will continue and our office will remain open.

Thank you for understanding and please continue to take precautions as it relates to your safety and the safety of the public. You can reach the Carmichael Chamber office at (916) 481-1002 or by email: execdir@carmichaelchamber.com. ★



Friday, March 20, 2020
6:00 PM - 9:30 PM
Arden Hills Country Club
1220 Arden Hills Lane
Sacramento



Join the Carmichael Chamber for an evening of celebration for those who have given back to our community. We seek to find businesses and individuals who have made a significant contribution to our community in the world. **It's our way of saying thank you...**

HONOREES



PERSON OF THE YEAR
Marcy Friedman
Artist / Philanthropist



Business Man of the Year
Mr. Rich Lawrence
Emigh Hardware



Business Woman of the Year
Beth Ayres-Biro
River City Brewing Co.




Presenting Sponsor





4030 Canonero Court, Fair Oaks **\$949,000**

This timeless English Tudor home is an entertainer's dream! Tucked away in a large corner lot in a well-established neighborhood. Conveniently located just 1 mile from Lake Natoma, the American River and Highway 50. Enjoy a grand entryway, formal dining room, spacious living room, family room and home office. Large kitchen offers tons of storage space for dinner parties/events. Two separate staircases lead to an oversized master bedroom and two guest bedrooms. Backyard is an entertainer's dream with two Brazilian hardwood decks overlooking gorgeous landscaping, including a bridge and water feature. New \$80k roof installed 10/18. 3-car garage features a built-out shop and pristine epoxy floors. Top rated schools K-12. House is 100% electric through SMUD.

8651 Bader Road, Elk Grove **\$879,000**

Home sweet home! This adorable custom ranch home rests on ten sprawling acres with beautiful views at every turn. The land is ideal for horses, cows and other livestock. There is existing fencing and structures on the property. This property is in a prime location for development! There is a 75-acre parcel adjacent to this lot that is being subdivided into 2-acre parcels. Inside, enjoy a spacious floor plan with three bedrooms and two baths and a separate living and dining room. Great development potential or ranch property!

6476 Chiquita Way, Carmichael **\$925,000**

This beautiful ranch-style home is tucked away in one of Carmichael's most desirable locations near Ancil Hoffman Park. Enjoy a spacious floor plan with 3 bedrooms and 4 baths and separate living and family rooms. This home functions as a single-story home with a bedroom, bathroom and game room upstairs that could be used as a detached guest quarters. New carpet in the formal living and dining room, new flooring in the master and sunroom, freshly painted exterior, and a newly landscaped front yard. The backyard is an entertainer's dream with a large sparkling pool, stamped concrete patio, and mature oak trees that provide enhanced privacy and shade.

341 Menard Circle, Sacramento **\$609,000**

Built in 2002, this stunning home has it all! Enjoy spacious living areas including a separate living room with soaring ceilings, a formal dining room, an oversized kitchen overlooking the family great room, and a downstairs bedroom and full bathroom. Upstairs, enjoy 3 bedrooms and 3 full baths with a large theater room that could be converted into an office or possible fifth bedroom. The large master suite has a gas replace, soaking tub, separate shower and his & hers walk-in closets. The backyard has a large covered patio with outdoor kitchen/bbq, stamped concrete area with a palapa and built-in fire pit, and another stamped concrete space featuring additional seating and an outdoor fire pit. Must-see!

115 E Street, Rio Linda **\$469,000**

This lovingly maintained 3 bedroom and 1 bath home is situated on .63 acres and is the perfect retreat for a buyer who needs a large workshop and plenty of storage rooms/spaces for their hobbies. Step inside to a bright and airy floor plan with dual pane windows, new LED lighting and track lighting in the living room. The backyard is well-maintained with highlights including a 10X10 ft. enclosed storage building, a 20X50 ft. breezeway with a clear height of 11 ft. (complete with power, water & lighting for your projects), and a 25X35 ft. enclosed garage with all new lighting and exhaust fans. Multiple storage rooms with shelving for all of your hobbies! Fully enclosed chicken coop, Zen shack with a covered deck and built-in covered pad for your hot tub, and covered patio.



CRAIG DIEZ
Craig@DiezandSiggProperties.com
CalRE #01019930
916.425.5884
CraigDiezProperties.com

Realtor®/Owner


 /DiezandSiggProperties
  /DiezandSiggProperties



WE'RE NOW OPEN IN CARMICHAEL!

Try our Full Service Laundry Service at
6002 Fair Oaks Blvd.

Pay with your Phone

TVs, High Speed Wifi

Quick Dedicated Parking

Really Super Clean Clothing

Grand Opening Special!
\$25=\$50

When using our app, for more information visit us at www.megawash.org

Try our new laundry drop off service!
916-234-6412



Open Every Day! 7 AM to 10:00 PM (Last wash 8:30 PM)



FREE LUNCH WITH OUR TOUR!

GET REAL
Aging is not for sissies.

What really matters is our spirit as we age. Let our compassionate care team make life easier so you have more time and energy for the fun stuff! Our goal is for you to keep your independence, maintain dignity and have a fulfilling social calendar while feeling safe and cared for.

Come be a part of our family. Summerset is family owned, conveniently located and welcomes small pets.

Get tough, come take a look!






Independent • Assisted • Memory Care

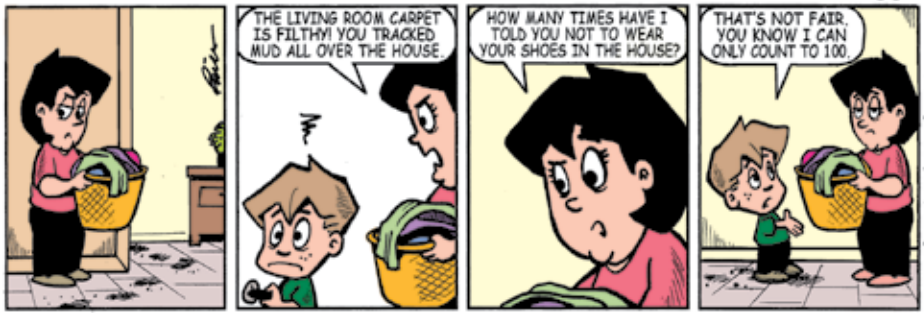
2341 Vehicle Drive • Gold River/Rancho Cordova

summersetseniorliving.com
916-562-1036

RCE Lic. #347005361

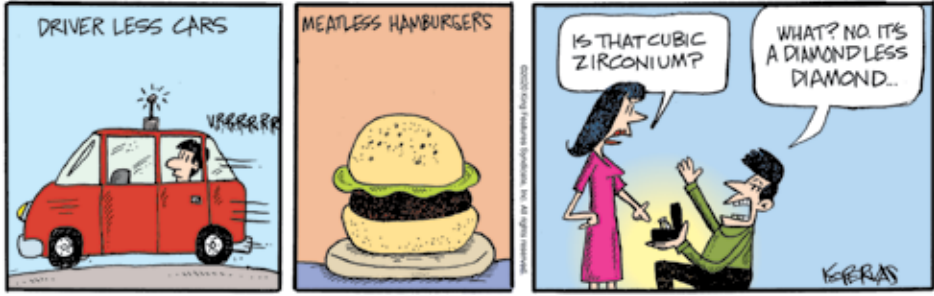
WEEKLY COMICS

Amber Waves



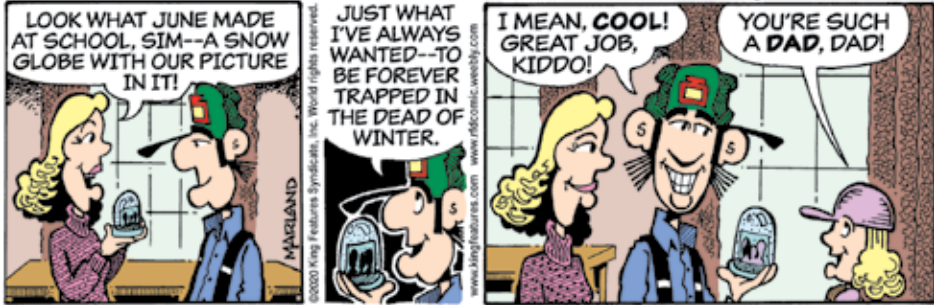
by Dave T. Phipps

Out on a Limb



by Gary Kopervas

R.F.D.



by Mike Marland

GRIN & BEAR IT



"The grandparents are leaving the kids with us entirely too much!"

LAFF-A-DAY



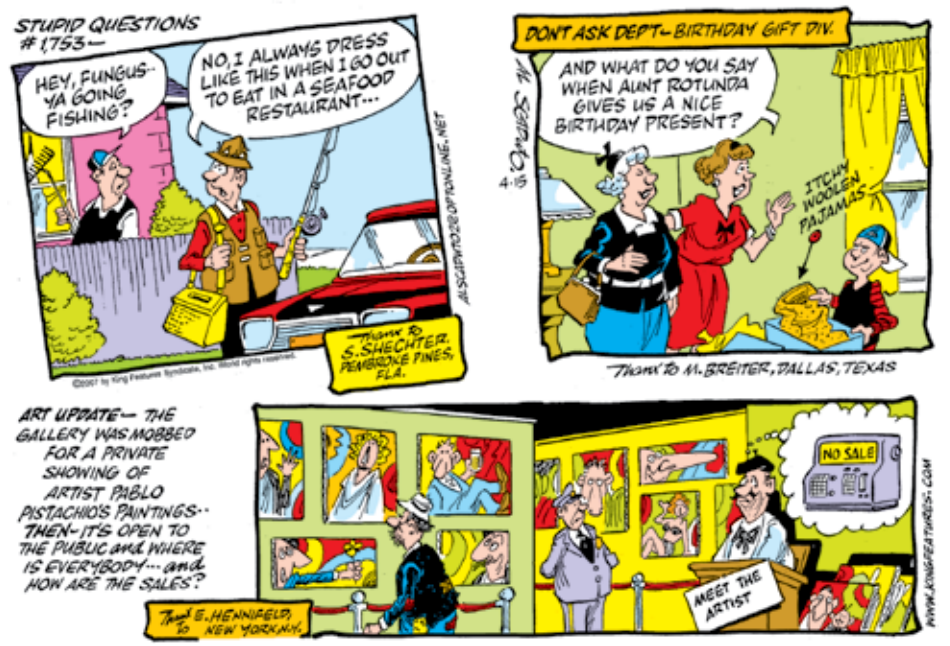
"Do you realize it's been nearly a year since you've held a 'Sale of the Century?'"

The Spats



by Jeff Pickering

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

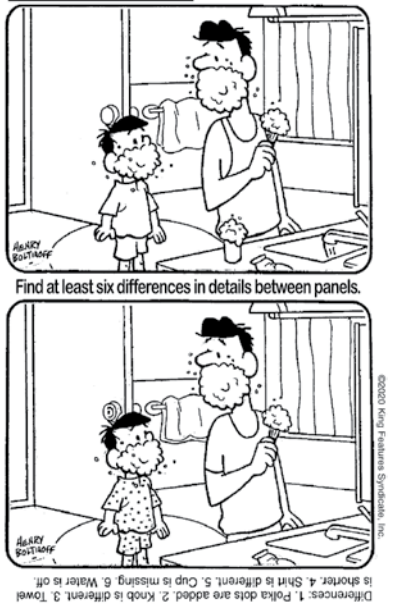
ART UPDATE-- THE GALLERY WAS MOBBED FOR A PRIVATE SHOWING OF ARTIST PABLO PASTACHIOS PAINTINGS-- THEN-- IT'S OPEN TO THE PUBLIC AND WHERE IS EVERYBODY... AND HOW ARE THE SALES?

Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



Differences: 1. Polka dots are added 2. Knob is different 3. Towel is shorter 4. Shirt is missing 5. Cup is missing 6. Water is off

Crossword Puzzle on Page 5

O	L	D	S		I	D	S		W	I	S	P				
N	A	R	C		D	R	I	P		S	I	D	L	E		
E	V	I	L		O	K	R	A		K	L	E	I	N		
					B	E	N	N	E	T		E	D	A	M	
					R	E	A	D	Y		H	I	C			
B	R	E	A	S	T				F	I	N	A	L	E	S	
E	E	R		T	E	A	P	O	T		T	O	L	U		
S	L	A	V	S		F	L	U		A	S	T	I	R		
T	T	I		D	R	Y	R	O	T		U	T	E			
S	C	O	R	P	I	O			R	O	U	S	E	R		
					G	E	M		D	E	A	N	S			
					T	H	I	N		S	I	X	T	E	E	N
S	O	U	N	D		C	O	C	O		F	O	O	D		
O	R	R	I	S		O	D	O	R		U	G	L	Y		
U	C	L	A			T	E	N			L	O	D	E		

STATEPOINT CROSSWORD • MARCH MADNESS

CLUES

- ACROSS
- Cutlass or Delta 88, for short
 - Passports and driver's licenses
 - Bit of smoke
 - Narcotics agent, for short
 - Type of coffee maker
 - Sashay
 - Austin Powers' antagonist
 - Creole cuisine staple
 - Designer Calvin
 - "Last year's winning coach"
 - Red-encased cheese
 - Prepared
 - Drunkard's sound?
 - Source of white meat
 - They are often grand
 - "Ever" to a poet
 - Mrs. Potts of "Beauty and the Beast"
 - Cough syrup balsam
 - Russians, e.g.
 - A shot could prevent it
 - Up and about
 - Lake _____caca, South America
 - Plant disease
 - "Member of University of Utah team"
 - Autumnal zodiac sign
 - Rooster, e.g.
 - Rare find
 - Campus VIPs
 - Razor-_____
 - "Lowest seed"
 - In good health
 - 2017 Oscar-winning animated film
 - "_____ for thought"
 - Essential oil derived from iris
 - Nasal input
 - Pre-swam state?
 - "NCAA basketball team with most titles"
 - *7 seed opponent in round 1
 - Prospector's mother
 - Layer
 - "Cavaliers' state"
 - Make amends
 - Slow-witted
 - Stomathenes, e.g.
 - Waits for approval, e.g.
 - Being of service
 - D in LED
 - Former prisoner
 - Rigid necklace
 - Catapult
 - One from Glasgow
 - Canceled
 - Olden-day French coin
 - Goes with borrowed and blue
 - Indigo extract

Crossword Puzzle Solutions on Page 5

1	2	3	4	5	6	7	8	9	10	11	
12				13			14				
15				16			17				
	18		19				20				
		21					22				
23	24	25				26		27	28	29	
30				31	32	33			34		
35		36				37			38		
39					40			41		42	
43				44				45		46	
				47			48	49			
	50	51							52	53	
54						55			56	57	58
59						60			61		
62						63			64		

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep, 2020
FROM \$1,749
\$1,499

1-844-870-9263
Promo code N7017

© StatePoint Media

SUDOKU

	5	7		9				
	1	3	5	6				
6								2
			5	7		6		
	4	6		9	7			
9		1	2					
6								4
		9	5	3	8			
5			1	3				

© StatePoint Media
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 5

Classified Advertising

Sell Your Stuff!
Reach 1000's of Readers Every Week!

MPG

916-773-1111

Sudoku Puzzle on Page 5

3	8	5	2	7	6	1	9	4
2	4	1	3	9	5	6	8	7
9	6	7	8	4	1	5	3	2
1	3	8	4	5	7	2	6	9
5	2	4	6	3	9	7	1	8
7	9	6	1	2	8	4	5	3
6	1	3	7	8	2	9	4	5
4	7	9	5	6	3	8	2	1
8	5	2	9	1	4	3	7	6

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**



Sacramento arts CENTER

5330-B Gibbons Dr.
Carmichael, CA 95608

Gallery admission is free
and open to the public

Hours
Tuesday 11am- 7pm
Wednesday - Friday 11am- 3pm
Saturday-Sunday 11am- 5pm

www.SacFineArts.org
(916) 971-3713

Visit us for more information
about upcoming exhibits,
events, and classes.




Exhibits

The Art of Theatre
January 28- February 16

Magnum Opus
March 3- April 5

LEARN TO
PRAY & HEAL

A SPIRITUAL
ADVENTURE



A Free Talk
on Christian Science
by Nate Frederick, C.S.

Saturday, March 21 11AM
First Church of Christ, Scientist
4829 Folsom Blvd., Sacramento
Contact: 916.456.5695



NASA HUBBLE SPACE TELESCOPE EXHIBIT

Experience the magnificence and mystery of Hubble with this stunning, interactive traveling exhibit

FIRST TIME IN CALIFORNIA!

ENDS MARCH 29!

SAVE \$5

Get \$5 off each admission when you bring in this ad

offer expires March 29, 2020

AEROSPACE MUSEUM
OF CALIFORNIA

3200 Freedom Park Drive
McClellan, CA 95652
916.643.3192

EVERY OTHER WEEK WE HAVE THE LOWEST PRICES ON FRISKIES (5.5oz) OR FANCY FEAST* (3oz)
*Compared to All Chain and Local Stores

We Beat Almost All Online Prices on Premium Brand Pet Foods.
Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
*Some Items Excluded From Offers
(No Membership Fees)

2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 3/11/20 - 3/17/20






COUPON

FREE PET CLUB
Pet Food Can Lid
with the purchase of pet, fish food or supply.
99c value
Limit 1 PLU 334 CHM
Limit 1 Coupon per family
Effective 3/11/20 - 3/17/20

COUPON

2 FREE CANS OF CAT FOOD
(5.5 Oz. All Varieties) Friskies (Selected Indoor Included), 9 Lives
With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family CHM
Effective 3/11/20 - 3/17/20

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

<p>BLUE BUFFALO DRY DOG FOOD</p> <ul style="list-style-type: none"> •Chicken (Reg. \$11.00 Off) 30 Lb Bag •Chicken (Large Breed) •Fish & Oat Meal (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed) As Marked •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight Our Regular Low Prices! <p>\$8 OFF</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>NATURAL BALANCE DRY DOG FOOD</p> <ul style="list-style-type: none"> •Ultra Grain Free 24 Lb. •Potato & Duck 26 Lb. •Fat Dog 28 Lb. •Vegetarian 28 Lb. •Chicken & Rice 26 Lb. <p>SUPER BUY \$5 OFF</p> <p>Limit 2 Bags Per Family</p> <p>Our Super Low Prices</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD</p> <ul style="list-style-type: none"> •Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Sweet Potato <p>25 Lb Bag \$10 OFF</p> <p>Limit 2 Bag</p> <p>OUR REGULAR LOW PRICE!</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD</p> <p>16 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p>\$9.49</p> <p>Effective 3/11/20 - 3/17/20</p>
<p>FRISKIES BUFFET CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family</p> <p>ON SALE Everyday</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD</p> <p>Black Label Gold Label 2.8 Oz.</p> <p>Limit 2 Cases Per Family</p> <p>ON SALE</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>TIDY CATS SCOOPABLE CAT LITTER</p> <p>20 Lb Jug</p> <ul style="list-style-type: none"> •Regular •Unscented <p>Limit 2 Jugs Per Family</p> <p>ON SALE Everyday</p> <p>Effective 3/11/20 - 3/17/20</p>	<p>HI-COUNTRY WILD BIRD SEED</p> <p>20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99)</p> <p>Limit 2 Bags Per Family</p> <p>\$6.99</p> <p>Effective 3/11/20 - 3/17/20</p>

<p>MERRICK'S GOURMET CANNED DOG FOOD</p> <p>13.2 Oz All Varieties Limit 2 cases</p> <p>On Sale</p>	<p>EVERCLEAN PREMIUM CAT LITTER</p> <p>•ES Unscented •US Ever Fresh •Light Weight (22 Lb.) 25 Lb. Box Limit 2 Boxes</p> <p>\$12.99</p>	<p>WELLNESS CANNED CAT FOOD Full Case</p> <p>•Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case</p> <p>20% OFF REGULAR LOW PRICES</p>
<p>IAMS DRY DOG FOOD</p> <ul style="list-style-type: none"> •Mini-Chunk \$27.99 •Lamb Meal & Rice \$28.99 •Large Breed •Weight Control 	<p>PESTELL CLUMPING CAT LITTER</p> <p>40 Lb. Bag Limit 2 Bags</p> <p>\$8.99</p>	<p>CHICKEN SOUP FOR THE SOUL DRY CAT FOOD</p> <ul style="list-style-type: none"> •Adult •Indoor/Hairball •Weight/Mature Care •Kitten 13.5 Lb Bag Limit 2 Bags As Marked <p>20% OFF OUR SUPER LOW PRICES</p>
<p>SWHEAT SCOOP NATURAL WHEAT LITTER</p> <p>(12 Lb Bag - Original \$10.99 Multi Cat \$11.99)</p> <p>36 Lb Bag Original \$29.99 Multi-Cat \$31.99</p>	<p>KAL KAN CESAR SELECT DINNERS DOG FOOD</p> <p>All Varieties 3.5 Oz Limit 2 Cases</p> <p>75¢</p>	<p>CORE GRAIN FREE DRY DOG FOOD 22-24 Lb Bag</p> <ul style="list-style-type: none"> •Original \$61.99 •Ocean \$64.99 •Reduced Fat
<p>FRESH STEP CAT LITTER</p> <p>21 Lb Bag (14 Lb Bag - \$4.49) Limit 2 Bags</p> <p>\$6.49</p>	<p>PURINA BENEFUL DRY DOG FOOD</p> <ul style="list-style-type: none"> •Original •Healthy Weight •Salmon 14 Lb Bag •Puppy (Grain Free Chicken, Select 10 Beef 12.5 Lb) <p>\$13.99</p>	<p>NEW OKOCAT CLUMPING WOOD LITTER SUPER BUY</p> <ul style="list-style-type: none"> •Regular •Soft Step 11-13 Lb \$3.00 OFF 19.5 Lb \$4.00 OFF Dust Free Natural Paper 12.3 Lb \$4.00 OFF

<p>HAMILTON PET LEASHES</p> <ul style="list-style-type: none"> •Collars •Harnesses All Varieties •Leads •Nylon •Leashes •Leather <p>20% OFF OUR SUPER LOW PRICES</p>	<p>PET LINK SYSTEMS CAT PRODUCTS</p> <ul style="list-style-type: none"> •Cat Toys •Scratchers •Scratching Systems & Posts •Activity Toys All Varieties <p>20% OFF OUR SUPER LOW PRICES!</p>	<p>MARINELAND POWER FILTER SALE PET CLUB SALE</p> <p>MODEL TANK SIZE</p> <ul style="list-style-type: none"> PENGUIN 100B20 Gal. \$17.99 PENGUIN 150B30 Gal. \$24.99 PENGUIN 200B50 Gal. \$29.99 PENGUIN 350B75 Gal. \$39.99
<p>PARAGON WHIMZEE Dental Dog Treats</p> <p>Edible Dog Chews All Varieties</p> <p>20% OFF OUR SUPER LOW PRICES</p>	<p>PET SAFE BUSY BUDDY Toys & Treats</p> <p>All Varieties</p> <p>20% OFF OUR SUPER LOW PRICES</p>	<p>AQUEON BOXED 10 GALLON TANK With Economy Kit</p> <p>Just add Heater For Tropical Fish</p> <p>\$36.99 Limit 1 Per Family</p>
<p>VITAKRAFT TREATS & STICKS</p> <ul style="list-style-type: none"> •Small Animals •Birds All Varieties <p>20% OFF OUR SUPER LOW PRICES</p>	<p>BONUS COUPON</p> <p>JONNY CAT PREMIUM CAT LITTER</p> <p>10 Lb Bag Limit 2 Bags With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20</p> <p>\$1.79 CHM PLU 365</p>	<p>BONUS COUPON</p> <p>WHISKY TEMPTATIONS CAT TREATS</p> <p>All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20</p> <p>\$1.25 CHM PLU 569</p>
<p>BONUS COUPON</p> <p>FANCY FEAST GOURMET CANNED CAT FOOD</p> <p>3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20</p> <p>ON SALE Everyday CHM PLU 361</p>		

Coyle Avenue Finds Unique Ways to Help Struggling Students

San Juan Unified School District Press Release

CARMICHAEL, CA (MPG) - Coyle Avenue Elementary School in Carmichael is featuring a new master schedule to help students who are struggling with the essential standards needed to find success in reading.

The Intervention and Extension block in Coyle's master schedule puts all students into targeted groups that match their skills deficits with a dedicated teacher and research-based intervention. The goal is to then help students move closer to standards or challenge students that are working beyond standards to continue their



Students can get aid for those challenging reading classes. Photo: SJUSD

accelerated growth. Holly Cybulski, principal at Coyle, says the students are constantly being monitored and moving through groups based on their progress, and many have tested out of intervention. Administrators say they ultimately hope to continue to develop and refine the program to ensure staff is continuing to meet students where they are in their academic progress. San Juan Unified's Local Control and Accountability Plan shows how funds are being spent in support of students. The plan can be accessed at www.sanjuan.edu/lcap. ★



SAVE THE DATE! EGG HUNT & PANCAKE BREAKFAST

WHEN

Saturday, April 11
Hunt Starts at 10AM Sharp

WHERE

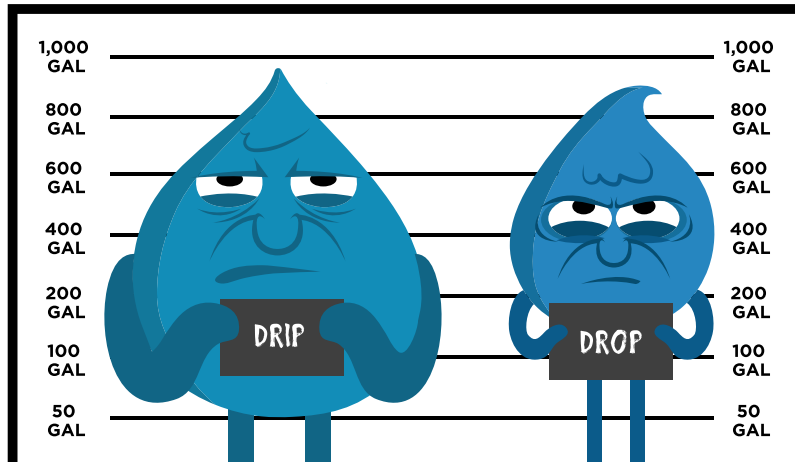
Carmichael Park
5750 Grant Avenue



For more information go to carmichaelpark.com or call (916) 483-7826

WANTED FOR WASTING WATER

GUILTY OF DRIPPING FROM SHOWERHEADS, RUNNING TOILETS, SOAKING YARDS.



Be on the look out for these dastardly droplets.

- Inspect your faucets and showerheads for drips and leaky connections.
- Check your toilet by adding a few drops of food coloring to the tank. Wait 20 minutes and see if the color of the water in the bowl has changed.
- Walk your yard and look for moldy, soggy or wet areas. Make sure your garden hose is not leaking.

Visit sswd.org to find out more ways to detect leaks and to schedule your complimentary Water-Wise House Call.

Fix a Leak Week is March 16-22, 2020



GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am
Sunday Worship..... 11:00 am
Sunday Evening..... 6:00 pm
Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

SEASON 24



Donald Kendrick, Music Director

Verdi REQUIEM

Overwhelming drama and monumental virtuosic brilliance

Saturday, March 21 at 8 pm
MEMORIAL AUDITORIUM

Featuring world-class soloists



Soprano: Othalie Graham
Tenor: Robert Breault
Mezzo: Linda Baird
Baritone: Malcolm MacKenzie

GUEST CHORUS Schola Cantorum, Sacred Heart Church

200+ voice chorus
Full orchestra



Concert dedicated in memory of
Biba Caggiano

CONCERT SPONSORS
Angelo K. Tsakopoulos
Sacramento Choral Society & Orchestra

MEMORIAL BOX OFFICE 1515 J St. | 916.808.5181 or
SACRAMENTOCHORAL.COM



**Publisher,
Paul V. Scholl**

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County. The Carmichael Times is published weekly. Call (916) 773-1111 for more information.



We are proud members of these newspaper associations.



Transforming Lives

Markee Personal Training Offers Programs for Any Fitness Level

Story and photo by Shauna Boyd

SACRAMENTO REGION, CA (MPG) - Pam Markee has been a personal fitness trainer for over 25 years and has been working in the Sacramento area since 2006. As the owner and CEO of Markee Personal Training, she helps clients reach their individual fitness goals and transform their lives.

Her private studio (located at 5250 Date Ave., Suite B, in Sacramento) is conveniently located close to Hwy 80 and Madison Ave., offering easy access for clients throughout the Sacramento Region. Clients enjoy the individualized program at Markee Personal Training: "It's private, it's one on one, so you're not competing for time or attention from the trainer," said Markee. Private personal training sessions also allow clients to fully focus on their fitness without the worry of being judged by others.

Markee Personal Training goes beyond the typical fitness program. Markee completed a fellowship at the Gray Institute for Functional Transformation: a graduate program attended by many physical therapists, chiropractors, athletic trainers, and doctors of osteopathy. "I studied with 14 countries around the world for over five years. This opened my eyes to the possibilities of helping others transform their health," said Markee. "I love serving others in a way that encompasses mind, body, and spirit and treats the whole person — not just a symptom and a protocol. We really look at the entire person, their life and lifestyle, and custom-tailor programs specifically for them. Each program for each person is different because each and every person is biomechanically unique and different."



Pam Markee, owner and CEO of Markee Personal Training, has a passion for helping clients reach their personal fitness goals.

Using philosophies learned at the Gray Institute, "we can help those with [multiple sclerosis], Parkinson's, cardiac rehab, joint replacements, and so much more," said Markee. A major focus of her practice is post-rehabilitative medical exercise, helping patients who have completed therapy programs but aren't ready to resume regular exercise: "We bridge that gap, and we can get them the rest of the way to a functional program that is functional for their life," said Markee.

Markee said her assistant, Lanell Martinez, who also has Gray Institute training, "is a pivotal part of my practice and I really couldn't do it without her. ... We make a great team. She is kind, gentle, and very thorough in her work."

Martinez said, "It feels good to watch someone achieve their goal and gain the confidence to maintain that goal as they go forward." Using

their extensive training, Martinez said that she and Markee "are driven to find the answers to unlock the path to our client's success."

In addition to personal fitness training and individualized exercise programs, Markee Personal Training also offers soft tissue mobilization. It is similar to massage, but Markee said she treats patients while they are "moving through space — using gravity and ground reaction force and their body weight and their own mass and momentum to free up a joint." It's essentially massage-in-motion.

At Markee Personal Training, they work with clients of all fitness levels, from people who are disabled to professional athletes. Markee said, "Our clients are as old as 97 and as young as 16, so it's a big range." The studio and the equipment are wheelchair accessible, something that is especially important for elderly clients.

Markee explained that fear of injury is the number one reason the elderly don't exercise: "I think a lot of people don't know there's a safe place they can go to work out and not have their health compromised."

She said, "If you're not moving, those muscles are wasting away. So, we try to empower them and give them the skills and the tools." If a client becomes so infirm that they can no longer travel to the studio, Markee will go to them, working with them in their own home "right to the end" of their lives.

Markee Personal Training has also recently started offering a nutritional and weight-management coaching program, which is specifically targeted to clients over 300 pounds. Instead of pushing these clients into strenuous exercises that they cannot realistically accomplish at this stage, Markee offers life coaching that "meets them where they're at."

She explained that "obesity is now affecting over 40 percent of our population. Childhood obesity is on the rise, and we believe this is an educational issue as well as an epidemic." Markee helps clients figure out what factors contribute to unhealthy food choices and finds ways to replace those habits with healthier options. The program is personalized to each client to determine what will work best for them so they can implement the changes in their everyday lives.

"Our environment is nurturing, clean, and free of embarrassing and humiliating situations that keep them from going to the gym to exercise in the first place," said Markee. "To help these people have a better mindset, we really need to not just look at their physical body but what's going on in the spirit and the mind of that person."

Whatever fitness and health issues a client is facing, Markee Personal Training can tailor a program to help them reach their goals. Markee's program assesses the whole person, including their habits and the details of their daily life. She said, "Looking at the whole picture helps to meet them where they're at and transform them in a way that's functional for their life and what they want to achieve."

Markee focuses her practice where she sees the biggest need: "I'm just really trying to help people. ... I think that's where our heart is: How can we best serve the community?" Markee said, "It's about building relationships with people. Once they trust us and trust the process and trust themselves, that's golden — that's what really transforms lives."

For more information about the individualized fitness programs available at Markee Personal Training, visit www.markeepersonaltraining.com. ★

RARE OPPORTUNITY
Private apartments now available in Memory Care. No buy-in required.

ESKATON
Transforming the Aging Experience

"Without a doubt I believe my mom, who is in memory care, is receiving amazing care. The staff is genuinely concerned about her ... Many of the staff that were there when she arrived had worked there since it opened its doors, and they are still there today. That says a lot to me about how much they enjoy what they do. My mom gave so much to others as a nurse for over 30 years that it's nice to see her now on the receiving end as she is now getting the same kind of care she once gave."

-GRATEFUL FAMILY MEMBER

Visit us online at eskaton.org/evc or call for a tour today. This opportunity won't last long.



ESKATON VILLAGE CARMICHAEL | CONTINUING CARE RETIREMENT COMMUNITY (CCRC)

916-967-1017

License # 340313383 | COA # 202



Markee Personal Training Will Make Your New Year's Resolution Come True



Personally Tailored Fitness Programs

- Custom Tailored Programs Designed Just For You
- Certified, Experienced, Caring Trainers
- Private Sessions In Private Studio
- Weight Management Coaching
- Nutrition Coaching
- Specialized Programs Serving MS and Parkinson's Disease
- Post Rehabilitative Exercise Cardiac Rehab
- Soft Tissue Therapy Myofascial Release

Feel Healthy, Gain Strength, Restore Balance and Mobility, Live Longer, Lose Weight and Look Great!

Call Now For FREE Consultation & Postural Analysis

916-704-4330

www.MarkeePersonalTraining.com

5250 Date Avenue, Suite B, Sacramento, CA 95841



"At age 45, I made a decision to be in better physical shape by the time I turned 50. I knew I didn't get this unhealthy overnight and I was ready to take that first step on my journey to a healthier me physically and emotionally but how? The kindest thing I have ever done for myself was to contact Pam Markee certified personal trainer."

The Exciting New World of Snap On Dentures!



There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

**Now there is a solution to these issues:
Implants with "Snap On" Dentures!**

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

Implants as low as \$99.00 per month

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

**Carmichael
Dental
Group**

www.YourCarmichaelDentist.com

916-944-1197

\$1,200.0ff

**2 Implants with
attachments to a Denture**

Offer Expires 3/31/20

**8329 Fair Oaks Blvd., Ste A
Carmichael, CA, 95608**