



Share the Love on Valentine's Day.

It was Divine Guidance that gave us our first great leader. We are all indebted to him for his courage.



Carmichael Times

VOLUME 41 • ISSUE 07

Serving Carmichael & Sacramento County since 1981

FEBRUARY 14, 2020

SEE INSIDE

AMERICAN PICKERS TO FILM IN CA



PAGE 13

SACRT EXPANDS MICROTRANSIT SERVICE TO SIX ADDITIONAL COMMUNITIES



PAGE 3

CALIFORNIA ROOFTOP SOLAR MANDATE BASICS



PAGE 16



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

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested

Effie Yeaw Gets New CEO



Kent Anderson (center) has begun work as the Effie Yeaw Nature Center's Chief Executive. His staff includes Heather Gabel (left), Rachael Cowan, Kimberly Rider and volunteer Bev Lewis. Winged ambassador is Swainson's hawk Orion.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The Effie Yeaw Nature Center has begun a new year with a new executive officer. Kent Anderson (39) will lead staff and volunteers at the beloved Ancil Hoffman Park facility.

Anderson comes to Carmichael from a similar job on the Putah Creek Council - an organization with stewardship of more than 70 miles of waterways in several Northern California counties. The Roseville-raised executive earned his Natural Resource Management degree at Chico State University.

"My association with Effie Yeaw began as a child," he recalls. "I came here for a program on bugs. I remember how the presenter really got the audience participating. At end of

the talk, the lights came on. We suddenly saw hundreds of nocturnal insects that had been attracted to the screen. The naturalist identified the bugs and carefully passed some of them around. For a kid, being able to touch and feel the creatures was the big takeaway. This is typical of how we like to educate at Effie Yeaw. It's all about the people who've come to learn. We'd rather be guides on the side than sages on stage." The naturalist likens Effie Yeaw's 17 staff and 235 volunteers to a big family. "People here make you feel welcome," he says. "It's obvious they love the work they do. They're amazing as individuals and as a team."

More than 100-thousand visitors per year attend Nature Center programs and explore trails that traverse its preserve. Though the non-profit lost public funding nine years ago,

operations continue thanks to community support, under the American River Natural History Association's administration.

The new executive looks forward to 2020 fundraisers: two Bird and Breakfast programs are scheduled for March 28 and April 4; the annual spring gala and art auction will raise paddles on June 13; the fall NatureFest open day (October 11) will enable much animal and human interaction.

Upcoming center improvements include the construction of a new education area and outdoor aviaries. "It's an exciting time for people to reengage with Effie Yeaw," considers Anderson. "And it's an exciting time for me to join the team."

Lean more about the Effie Yeaw nature Center at www.sacnaturecenter.net. ★

Ballots Mailed for the Presidential Primary

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - We are less than a month away from the March 3 Presidential Primary and ballots are officially in the mail. All registered voters in Sacramento County will receive a Vote-By-Mail ballot. Voters will notice a few new things about their Vote-By-Mail ballot that makes the voting experience even more convenient.

All packets will include: Your precinct-specific, party-specific ballot; A ballot drop box location map - 58 total drop boxes in the County; Your "I Voted" sticker; A pink, postage-paid return envelope

Remember, this is a party-specific Presidential Primary. Voters will see party-specific presidential candidates ONLY on their ballot. If you are still registered as a "no party preference" voter but want to vote for a Presidential candidate - you must either request a cross over ballot (Democrat, American Independent or Libertarian) or re-register under the new party (Republican, Green, Peace and Freedom).

You can request a cross-over ballot on our website.

You can re-register to vote under a new party on the Secretary of State's website.

More about the Voter's Choice Act (VCA)

Sacramento County is one of the original five counties in California that implemented the Voter's Choice Act in 2018, expanding voting opportunities for all residents. Voter Registration and Elections saw positive results in the primary and general election in 2018 and looks forward to improved ease and access for voters as we enter the 2020 Election cycle.

As a reminder, here are the changes the VCA allows:

Choose how, when and where you want to vote:

By Mail: All registered voters will receive a ballot in the mail. Place the voted ballot inside the envelope provided, sign the envelope and return - your postage is paid!

Vote Center: With the passage of the California Voter's Choice Act, traditional polling places have been replaced with Vote Centers that are open for up to 11 days, including Election Day. This means voters can choose when, where and how they want to vote - at ANY Vote Center in the County. Avoid the lines, vote early!

At the Vote Center, you can drop off your

An Epic Love Story

Clark and Carolyn have been Married for 76 Years

By Stephanie Jamison, Aegis of Carmichael

CARMICHAEL, CA (MPG) - Allow me to begin this story by mentioning what an integral role Clark and Carolyn play in our close knit Carmichael community. Individually, they are humble, kind and instantaneously likeable by all who meet them. And if you ever have the privilege of seeing them walk into a room to greet each other: Their eyes light up and they reach for each other as if they have been apart ages, promptly followed by "sweet nothings". It truly melts even the strongest of hearts each and every time it is witnessed. It is clear these two are the dearest of friends, still delighting in the company of one another. I often tell them that their story would rival any Hollywood movie. These two have that rare, true love that inspires us all, and together, this is their story...

Clark and Carolyn met in Oakland, California when she was 14 years old, and



Carolyn holds a Valentine's card next to her love, Clark. Photo: Aegis Living

he 16. At that time he was the neighborhood paper-boy. She started to notice he would follow her home at a distance to make certain she was safe. One day, she finally managed to say "hello", much to his surprise, nearly falling off his bike but from there they were able to strike up a

conversation. From that day on, he started walking her home nearly every single day. They were together through those formative years, Clark eventually upgrading from a bicycle to a Ford Model A, and going off to college. All too soon, World War II came with Clark enlisting, becoming a

distinguished fighter pilot. Together, they decided their love worth risking it all. At times weeks would pass without word about Clark. During this trying time Carolyn leaned on the support of her family and friends, most of which had been her bridesmaids and

Continued on page 3

Continued on page 16

Celebrating Special Needs Kids Through Sports



All kids can learn to cooperate and compete in a friendly, character-building sports event. Photo by Shaunna Boyd

Story and photo by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers Organization – a local non-profit that coaches character through sports – is hosting a series of basketball game events for special needs kids in the Sacramento Region.

The next game will be held on Saturday, February 29 from 10:00 AM to 2:00 PM at Oak Hills Church (1100 Blue Ravine Rd. in Folsom). Oak Hills Church is a vital Playmakers partner, and Playmakers Board member Jerry Viers said having that location provided for the event is “priceless.”

Viers has been a Playmakers volunteer for two years now, and he has watched his daughter Clarissa thrive in the Playmakers programs. Viers recently joined the Playmakers Board and is organizing the upcoming basketball game. He’s excited to be “in

the driver’s seat” for this event.

“Seeing where Playmakers is going with special needs kids really hits home for me,” said Viers. “I was disabled at the age of 14, and I never had these types of opportunities.” Viers believes that all kids deserve to fully participate in activities they enjoy, which is why he is such a strong supporter of The Playmakers Organization. “I’m in awe,” he said. “Seeing the kids running, playing, and participating in sports makes me so proud.” Viers is very grateful to be working with Playmakers to make a difference in the lives of so many kids.

Playmakers teaches kids the value of working together as part of a team while challenging themselves to do their best. These games give special needs kids a sense of confidence and inclusion. Every player is encouraged and celebrated

throughout the game by the cheers and applause of the audience, their teammates, and the opposing teams.

The players will be split into multiple teams that will participate in a tournament-style game. Folsom High School football players will work with the teams, assisting and supporting the kids throughout the game.

The event is open to the public and everyone is welcome to attend. The event will also feature a catered lunch donated by Chick-fil-A of Folsom. Registration for the event is open now. To sign up a special needs child to participate in the game, email viers_jerry@yahoo.com.

Playmakers sponsors for this event are Oak Hills Church, Chick-fil-A of Folsom, and Bayside Church of Citrus Heights. For more information about the programs offered by The Playmakers Organization, visit www.ThePlaymakers.org. ★

Rep. Bera Health Care Bills Endorsed by New Democrat Coalition

By Travis Horne

WASHINGTON, D.C. (MPG) - The New Democrat Coalition (NDC), the largest ideological House Caucus, endorsed two pieces of health care legislation introduced by Rep. Ami Bera, M.D. The two bills, the *Pathway to Universal Coverage Act* and the *Easy Enrollment Act*, give states the tools they need to boost coverage and simplify enrollment.

NDC Chair Derek Kilmer (WA-06) commented on the endorsement: “The American people deserve solutions that make real progress to improve our health care system, lower costs of care, and achieve affordable, universal coverage. Rep. Bera’s bills do just that – they present common-sense and innovative solutions to improving health care coverage for Americans. The NDC is proud to endorse his legislation.”

The NDC endorsed bills include: H.R. 2061 – *Pathway to Universal Coverage Act*, which would authorize grants to states to experiment with ways to increase enrollment in their health insurance markets, with a particular focus on experimenting with auto-enrollment for those individuals who qualify for \$0 premium health plans, but are currently uninsured.

H.R. 4336 – *Easy Enrollment Act*, which would align open enrollment periods for

Exchange plans with the deadline for filing Federal income tax returns when individuals have more up-to-date financial information and may be receiving a tax refund.

“As a doctor, I know that health care is extremely personal and oftentimes very stressful,” said Rep. Bera. “Too many hard-working families have been left behind by premiums they can’t afford. The Pathway to Universal Coverage Act and the Easy Enrollment Act are two sensible steps we can take right now to expand affordable coverage to millions of Americans. I’m pleased that my legislation was endorsed by the New Democrat Coalition.”

The New Democrat Coalition is made up of 103 forward-thinking Democrats who are committed to pro-economic growth, pro-innovation, and fiscally responsible policies. New Democrats are a solutions-oriented coalition seeking to bridge the gap between left and right by challenging outmoded partisan approaches to governing. New Democrats believe the challenges ahead are too great for Members of Congress to refuse to cooperate purely out of partisanship.

Rep. Bera has been a member of the New Democrat Coalition since 2013 and currently serves as a leadership member.

Source: Office of Representative Ami Bera ★

Safe Credit Union Announces 2020 Scholarship Program

By Carole Ferguson, Safe Credit Union

SACRAMENTO REGION, CA (MPG) - Safe Credit Union Announced Today It Is Accepting Applications For Its 2020 Scholarship Program. The Annual Program, Now In Its 20th Year, Awards 10 Outstanding College-Bound Seniors A \$1,000 Scholarship, For A Total Investment Of \$10,000.

With Safe’s Commitment To Student Achievement In Mind, The Scholarship Committee Will Select Awardees Based On Their Exceptional Grade Point Average, Financial Need, Community Involvement, Work Experience, Letters Of Recommendation, And A Personal Statement. Eligible Applicants Must Live Or Attend

School In The Counties Safe Serves: Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yuba, And Yolo.

The 2020 Application Package Is Available Online At SafeCu.Org/20w20scholarship And At All Safe Branches. Interested High School Seniors And Their Parents May Also Call (916) 979-7233 Or (800) See-Safe For More Information.

Applications Must Be Postmarked No Later Than March 20, 2020, And Addressed To:

Safe Credit Union
Attn: Safe Scholarship Committee
2295 Iron Point Road, Suite 100
Folsom, Ca 95630-8765.
For more information visit www.safeCu.org ★

KP International MARKET
FOOD COURT NOW OPEN
10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000
Market 7 Days 8am - 10pm
Food Court 7 Days 11am - 9:30pm
(Chinese 11:30am - 3:30pm)

FROZEN & FISH DEPT

REG. \$24.99/EA	REG. \$3.99/LB
\$16.99 /ea	\$1.99 /lb
Seaweed Salad Goma Wakame 4.4 lb (2 kg)	Skinless & Boneless Sole Fillets

WEEKLY MEAT SPECIALS

\$6.49 /lb Eilet Mignon Roast-Bris	\$2.99 /lb Beef London Broil Top Round Roast - Bris	\$3.29 /lb Beef Top Round/Steak Pulpa Sik - Thin Sliced
\$6.99 /lb Beef Filet Mignon Stk Filete Minon Steak	\$2.59 /lb Pork Tenderloin Lomo de Cerdo	\$1.69 /lb Pork Butt - Boneless Trotzo de Puerco sin Hueso
\$1.59 /lb Boneless & Skinless Chicken Thigh Meat Carne de Muslo Deshuesada	\$59.99 /ea 40 lb Box	

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 FEBRUARY 12 - FEBRUARY 18, 2020.

HAPPY HOURS KARAOKE SPECIAL Sun-Thu Come before 6pm (Valid Time) Fri-Sat Come before 5pm (Valid Time)

\$166.00 FOR 6 PEOPLE 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room) (12 inch) (Up to 3 pitchers) (9 Dishes to Choose From)	\$228.00 FOR 18 PEOPLE 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Large Room) (14 inch) (Up to 9 pitchers) (9 Dishes to Choose From)
\$88.00 FOR 8 PEOPLE 3 Hours Karaoke + Pizza + Pitcher Soda + 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (9 Dishes to Choose From)	\$299.00 FOR 28 PEOPLE 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 9 Main Dishes (Party Room) (14 inch) (Up to 12 pitchers)
\$154.00 FOR 12 PEOPLE 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (9 Dishes to Choose From)	\$174.00 FOR 14 PEOPLE 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (9 Dishes to Choose From)

DRAFT BEER \$2.50-\$3.50

OPEN 7 DAYS A WEEK:
Mon-Thu 9PM-2AM / Fri-Sat 2PM-2AM / Sun 3PM-12AM
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670
916-853-2006 • WWW.KP-KARAOKE.COM

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

Key Limes 2 lb 1.79	Asparagus 2.49	Celery 79¢	Mandarines 2 lb 1.99	Golden Delicious Apples 89¢	Bosc Pears 69¢
Blueberries 15 oz 4.99	Brown Coconut 1.99	Fuji Apple 3 lb 1.79	Kiwi 99¢	Raw Peanuts with Shell 1.29	Cilantro 4.51

AMERICAN/HISPANIC GROCERY

Maize Corn Flour 4.4 lb Bag \$2.99	Crystal Hot Sauce 12 fl oz \$1.49	TSINGTAO Beer 24 Pk 24 Pk 24 Pk 24 Pk \$25.99	TAX-CEV Tostitos Wet Wipes 100 Pk \$1.99	CEV Tostitos Jumbo 64 fl oz 99¢
---	--	--	---	--

ASIAN GROCERY

lunchmeat \$2.99	Merita Pan-Fried Bread 99¢	Hot Pot 6.29	Life \$1.99	Delectable Bread \$1.99
-------------------------	-----------------------------------	---------------------	--------------------	--------------------------------

EUROPEAN GROCERY

Flora Sunflower Oil 4.5 Liter \$10.99	Royal Arrozato 3 in 1 400 gr \$7.99	Millones Puro Scotch Blend 500 gr \$2.29	Solid Tiramisu Pure No Added Sol 700 gr \$2.99	Doro Salpica 1 kg \$1.99
--	--	---	---	---------------------------------

KOREAN/JAPANESE GROCERY

21 Chm Ha D No 4 Brown Rice 15 lb Bag \$8.99	Shiro Kani Crab Meat 15 oz \$4.99	Proy Kani Bat Top Shell 600 g \$7.99	Organic Sweet Brown Rice 2 lb \$1.99	Green Onion 1.5 lb \$2.49	Soybean Paste 3.5 lb \$7.99
Hot Sauce 4.91 fl \$2.99	Double Chicken Buns 2.2 lb \$5.99	Napa Cabbage 36 x 14.5 in \$4.99	Green Tea w/ Passion Fruit 1.69 fl oz \$1.99	Hi-Chew Candy Pulls 5.5 oz \$1.49	Tanaka Sake 1.5 Liter \$4.99

HOUSEWARES

DINCHAM PREMIUM PRESSURE COOKER 5 COLORES - 6 QTS \$299.99	CUCKOO ELECTRIC RICE COOKER 5 COLORES - 6 QTS \$109.99
LEAK-PROOF ELECTRIC 800 GRILL \$29.99	RESPONSIBLE 800 GRILL \$4.99
POP-UP VINYL GLOVES 400 PCS \$4.99	RESPONSIBLE 800 GRILL 6.99

FROZEN & FISH DEPT

Imitation Crab Stock 1.1 lb \$3.99	Bolded Sweet Corn 2 Pk 570 g \$1.99
---	--

EUROPEAN DELI

Columbus Maple Syrup & Honey Ham \$6.99	Columbus Oven Roasted Chicken Breast \$6.99
Columbus Applewood Smoked Ham \$7.59	Columbus Maple Syrup & Honey Turkey Breast \$7.99

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 FEBRUARY 12 - FEBRUARY 18, 2020.

SacRT Expands Microtransit Service to Six Additional Communities



On-Demand Shuttle Service is Now Available in Nine Areas. Photo Courtesy SacRT

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) has expanded its popular on-demand microtransit service to six new communities and has a new app for all SmarT Ride users. The expansion of this service makes SacRT the largest microtransit provider in the country with 42 shuttles.

"We have seen great success with our other SmarT Ride zones and we are excited to be able to provide this innovative mobility option to more communities," said SacRT General Manager/CEO Henry Li. "This expansion is a huge milestone for SacRT as we continue to explore new transit options and improve access and mobility for our riders."

Similar to other ride-hailing services, SmarT Ride relies on a smartphone app to schedule customized trips. The app, called SacRT SmarT Ride, is powered by Via, the world's leading provider and developer of on-demand mobility solutions. Via's advanced algorithms enable multiple riders to seamlessly share the vehicle in an efficient manner.

"We are thrilled to partner with our innovative friends at SacRT to bring Via's technology to Sacramento," said Daniel Ramot, co-founder and CEO of Via. "The all-new SmarT Ride service is now the largest on-demand microtransit project in the United States, making

it an excellent example of how public transportation and technology can work together to make a city smarter."

The service relies on small, neighborhood-friendly shuttle buses to easily maneuver on residential streets, and they conveniently accommodate people with disabilities.

The new service areas include: Arden, Carmichael, Downtown-Midtown-East Sacramento, Folsom, Gerber-Calvine, North Sacramento.

The new service zones offer corner-to-corner service where passengers are picked up and dropped off at the nearest corner or "virtual bus stop," which is usually within a block or two of their pickup or drop-off location, ensuring pickups and drop-offs are as efficient as possible.

Riders in the previously launched services zones in Citrus Heights-Antelope-Orangevale, Franklin-South Sacramento, and Rancho Cordova will continue to use curb-to-curb service where passengers are picked up and dropped off at the address they indicated when scheduling the ride.

All SmarT Ride users will need to download the new SacRT SmarT Ride app. The new app is available to download for free on the App Store or Google Play. Simply search for "SacRT SmarT Ride."

Following a SmarT Ride request, the app provides passengers a text with an estimated pick-up time, allows passengers to track their bus in real-time, and

get an alert when their ride is about to arrive.

SmarT Ride customers will also be able to request rides by calling 916-556-0100 or by going online to ondemand.sacr.com.

The cost to ride is only \$2.50 per trip, \$1.25 for those eligible for discount fare (seniors and persons with disabilities) or free for youth with the RydeFreeRT sticker or pass. Riders can also use their SacRT monthly pass. Groups of five or more are free; all riders must travel in a group of five or more from the same pick-up location to the same destination.

"SacRT is truly embracing the future of mobility by providing a more comfortable, convenient, and affordable way to move around their community," said Sacramento Board Chair and SacRT Board Chair Patrick Kennedy.

The new SmarT Ride service is provided through Measure A funding. SacRT was awarded with a \$12 million grant by the Sacramento Transportation Authority to help expand microtransit into new communities throughout the region.

"The STA is committed to improving transportation options in Sacramento County. We are pleased to see SacRT's commitment to enhancing public transit and access for residents. We believe that SmarT Ride does this by providing convenient transportation that is also affordable," said STA Chair Darren Suen.

As part of the SmarT Ride expansion, SacRT also rolled out six electric SmarT Ride shuttles in the Downtown-Midtown-East Sacramento service area. In the next six months, three additional electric SmarT Ride shuttles will be operating in the Franklin-South Sacramento zone. Those three shuttles are being provided by Electrify America.

SmarT Ride has been in operation since February 2018, when it rolled out as a pilot service in Citrus Heights. To date, SacRT has provided more than 160,000 SmarT Ride trips.

More information on the service, including maps of the service areas and hours of operation, is available at SacRT.com/smartride. ★

An Epic Love Story

Clark and Carolyn have been Married for 76 Years



Clark and Carolyn on their wedding day. Photo: Aegis Living

Continued from page 1

was a fussy newborn; She went on to remain lifelong friends.

They made it through WWII and took turns supporting each other through college, career and raising a family. Together, that was their stronghold, sharing the same morals and goal: to raise a good family.

When asked what Carolyn thought was Clark's most endearing quality, the one that she loves him the most for, even after all these years, she said it was the simple fact that he is a great man, a wonderful husband and father. Often being the one to get up in the middle of their night to soothe their daughter Susie when she

was a fussy newborn; She fondly recalls seeing him dancing with her in the middle of the night as he calmed her woes.

When prompted for advice on how to maintain a happy marriage that surpasses the test of time, Carolyn mentioned the importance of mutual respect, making your family your priority, and not going to bed angry. When asked what family tradition she thought was most important, she stated the importance of having quality family meals not only with immediate family, but extended family as well.

We couldn't agree more. We adore you, Clark and Carolyn! Happy Valentine's Day. ★



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



DIEZ & SIGG PROPERTIES

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.

Home Equity Line of Credit Loan

5 Year FIXED RATE 4.25%
Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ **FIXED RATE for 5 Years**
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs on Qualifying Transactions**
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available for Current and Future Needs**
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible (Please consult your tax advisor)**

EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

Member **FDIC** **CARMICHAEL** • 4701 Manzanita Ave. • 916-481-0664
Se Habla Espanol • 800-874-9779

Member LENDER

The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.25%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$25 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$75 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

TAX SEASON STARTS NOW!

JANUARY-APRIL 15TH

Exciting news! Dennis R. Olmstead, CPA has taken on a new colleague - his daughter Gayle Olmstead, CTEC. With over 40 years of experience he will be overseeing his new partner as they grow the business. For the first time in many years we are open for new clients!

LET US TAKE THE GUESS WORK OUT OF YOUR TAXES!

- ★ **New client special - bring in last year's return for \$30 off last year's charge.**
- ★ **Specializing in individual, rental and small business returns.**

OVER 40 YEARS OF EXPERIENCE!

DENNIS R. OLMSTEAD, CPA ★ GAYLE OLMSTEAD, CTEC

Main Phone: 10412 Fair Oaks, Blvd. Gayle's Cell Phone:
916-967-5444 Fair Oaks, CA 95628 **707-738-6890**

Client Rewards Program

Thinking of buying or selling? To thank you for being the heart of my business, I would like to offer \$1,500 towards closing costs if you buy or sell with me by July 1st, 2020.

Contact me today for more information!

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

Realtor/Owner

BEST OF CARMICHAEL 2019

BEST OF CARMICHAEL 2018

DIEZ & SIGG PROPERTIES

DiezandSiggProperties.com [/DiezandSiggProperties](https://www.facebook.com/DiezandSiggProperties) [/DiezandSiggProperties](https://www.instagram.com/DiezandSiggProperties)

Seniors and Disaster

What to Know and What to Do When Disaster Strikes

FREE Seminar with Brunch Reserve your Spot Now!

Join us for a free brunch while you learn how to prepare should disaster strike, including:

- How to build a preparedness kit for your home and car
- How to create a family communication plan to connect with loved ones and authorities when disaster strikes
- Special planning considerations for seniors and loved ones

Saturday, February 22nd
10:30 a.m. to Noon
No charge. Space is limited. - RSVP by 2-20-2020

Nora O'Brien is CEO of Connect Consulting Services, a healthcare emergency management and business continuity planning firm. She is a contributing writer for *Emergency Management Magazine* and has served as an Instructor for FEMA's Center for Domestic Preparedness. Ms. O'Brien received the Certified Emergency Manager designation from the International Association of Emergency Managers and serves as chair of the IAEM Healthcare Caucus.

Summerset Senior Living

2341 Vehicle Dr., • Gold River/Rancho Cordova
summersetseniorliving.com
RCFE Lic. #347005361
916-562-1036 CT

Sac Fine 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

Park, Rec & Eat It

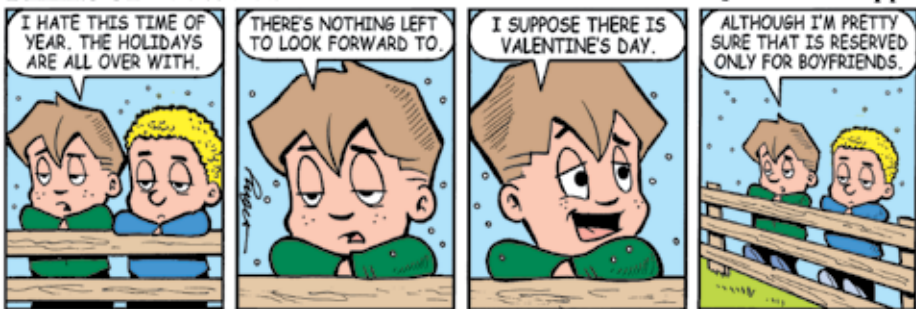
FOOD TRUCKS ENTERTAINMENT & FUN! VENDORS BRING THE FAMILY!

RETURNS ON MARCH 5TH TO CARMICHAEL PARK!
5750 Grant Avenue in Carmichael
For more information go to carmichaelpark.com or call (916) 483-7826

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



GRIN & BEAR IT



LAFF-A-DAY



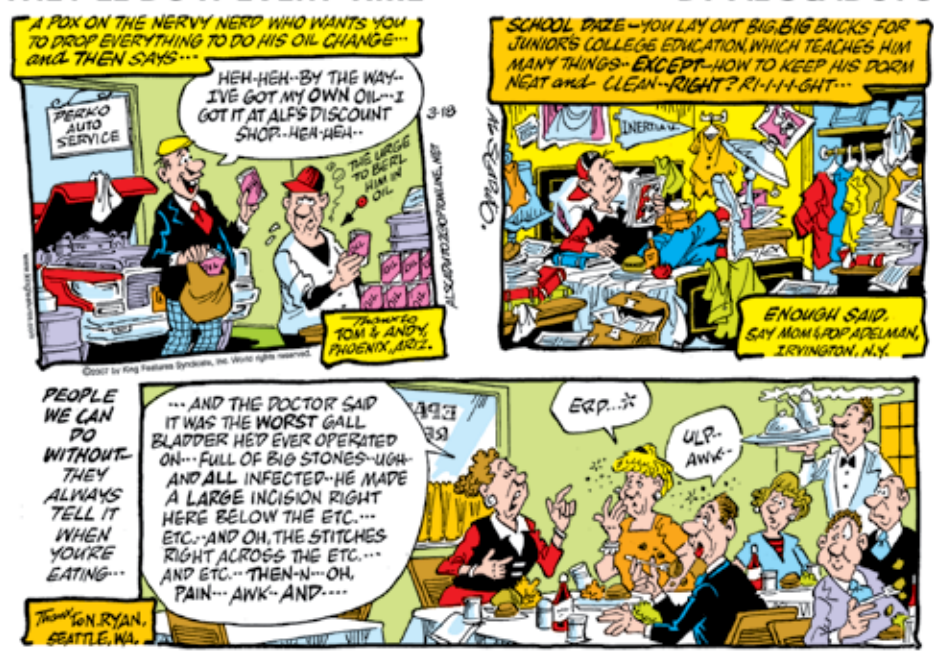
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



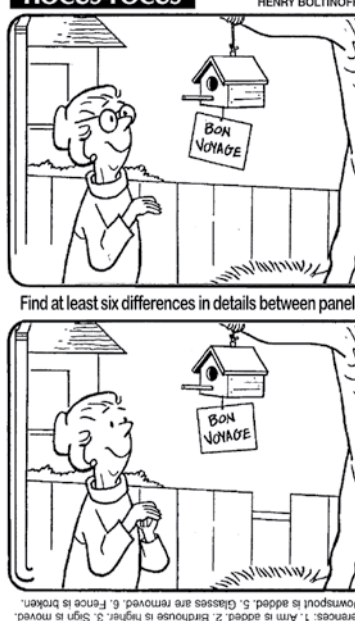
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF



Crossword Puzzle on Page 7

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

Classified Advertising

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



916-773-1111

Sudoku Puzzle on Page 7

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

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Conductor

Verdi REQUIEM

Saturday, March 21 at 8 pm
MEMORIAL AUDITORIUM

Overwhelming drama and monumental virtuosic brilliance

Featuring world-class soloists
GUEST CHOIR Schola Cantorum

Soprano
Othalie Graham

Tenor
Robert Breault

Mezzo
Linda Baird

Baritone
Malcolm MacKenzie

SPRING 2020

Best of RODGERS & HAMMERSTEIN

Saturday, May 9
2 pm Matinee

Oklahoma, The Sound of Music, Carousel, The King and I, South Pacific and more

MEMORIAL AUDITORIUM

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

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

STATEPOINT CROSSWORD • U.S. PRESIDENTS

CLUES

- ACROSS**
- Frenzy
 - Between fathers and sons?
 - Not fake news
 - Black-tie occasion
 - Pupil's place
 - Whatchamacallit
 - Similar
 - Nessie's lake
 - Poet T.S.
 - "He called his residence the White House"
 - Dashing style
 - Opposite of cathode
 - No-goodnik
 - Same as Danzig
 - Inside information, pl.
 - Antonym of keep
 - Data input device
 - _____ Madrid Club de Fútbol
 - Anomie, alt. sp.
 - Stupid person
 - First M in MGM
 - Narcotics agent, for short
 - Jennifer Lopez' 2019 movie swindle
 - Band aid
 - Hiked the Inca Trail, e.g.
 - Threat, two words
 - H+, e.g.
 - "Fences" actress Davis
 - Long forearm bone
 - "His epitaph doesn't mention his presidency"
 - Abra-cadabra, e.g.
 - "First Lady of the US for only one month"
 - Milano moolah
 - "Where JFK's 'Honey Fitz' spent time"
 - Two of a kind, pl.
 - Winglike
 - Ring-around-the-rosy flower
 - "C" _____ la vie!"
 - "President during Mexican-American War"

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
56						57			58	
59						60			61	
62						63			64	

Your Family Deserves The **BEST** Technology... Value... TVL... **\$59.99** 190 Channels

Upgrade to the Hopper 3 Smart HD DVR

Add High Speed Internet **\$14.95**/MO.

CALL TODAY! Save 20%! **1-888-416-7103**

- DOWN**
- Petri dish filler
 - Kind of shark
 - Assortment
 - Dorothy Gale, e.g.
 - Gordon Gekko: "_____ is good"
 - Bridal path
 - "Hey, over here!"
 - "He installed library at the White House"
 - Marco Polo's destination
 - "Oh _____!"
 - Little squirt
 - Conjure up
 - "Faster!" to a horse
 - Glory
 - "Announce presidential _____"
 - "He established Yellowstone as 1st national park"
 - 1/100 of a rial
 - "I love you" or "I _____"
 - "Only one to hold position in Executive and Judicial branches"
 - Prenatal
 - Orwell's animals' turf, pl.
 - North face, e.g.
 - "You had" or "you would"
 - Baryshnikov's step

- "First president to campaign by telephone"
- Dixon of "The Walking Dead"
- Farm layer
- Body scrubbers
- Bear Down Under
- Hearing organ cover
- Second planet from the Sun
- "_____ me, then who?"
- Machinating
- Not more
- Green gem
- Storage cylinder
- Face-to-face exam
- Police informer
- Tree juice

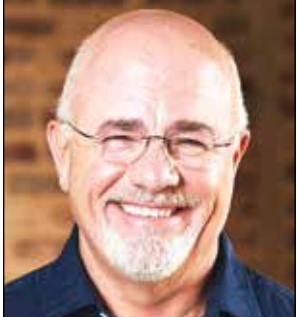
SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

There's no cost to you! CALL (855) 439-6734

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

Solutions on Page 5



Dave Ramsey Says

Tighten Up!

Dear Dave,

I'm beginning to think we got in over our heads with our house. My wife and I make about \$125,000 a year combined, but we've never been able to put anything aside for an emergency fund. Our mortgage payment is 35 percent of our take home pay each month. We have two young children, so we eat out a lot, but we have no debt other than our house. Do you think we should refinance our home?

— Jeff

Dear Jeff,

You two are making good money, and you're debt-free except for your home. You can't tighten up your budget enough to save up an emergency fund? Stay out of restaurants, dude! There's no law stating you have to eat out a lot just because there are kids in the house. I mean, you've got no emergency fund. That's a pretty basic thing.

You guys need to get on a written, detailed plan, and start hitting your goals. I'm talking about a strict, monthly budget. Now, I'll admit your mortgage

payment isn't exactly what I would've signed you up for. Your house payments, or rent, should be no more than 25 percent of your monthly take home pay. But your house payment isn't what's holding you two back. What's holding you two back is the fact that you haven't been willing to tighten up the finances in other areas of your life to offset biting off more than you could chew in terms of a home.

No, I wouldn't refinance. You're fairly close where the mortgage payments are concerned, so I think you can make it through this by looking at ways to increase your income and selling stuff you don't need to build an emergency fund. You two have been smarter than some, but you're really going to have to buckle down and rearrange your priorities to make this happen!

— Dave

investing temporarily while they attack their debt. So, I wouldn't add anything to it at this point, but the worst thing you could do is cash it out. If you do, taxes and penalties will steal a huge chunk of that cash. The only time I take money out of a retirement account to pay off debt is to avoid bankruptcy or foreclosure.

Start working the Baby Steps from the beginning. Baby Step 1 is saving up \$1,000 for a starter emergency fund. Baby Step 2 is paying off all debts from smallest to largest, except for your home, using the debt snowball method. This will free up a ton of money! Then you're ready for Baby Step 3, which is increasing your beginner emergency fund to a fully-loaded emergency fund of three to six months of expenses.

Now you're ready for Baby Step 4, which is 15 percent of your income going into retirement!

— Dave

Dear Dave,

I have around \$15,000 in a Roth IRA. I just recently started studying your advice, and I was wondering if it would be a good idea to cash it out and put the money toward debt.

— Sarah

Dear Sarah,

I teach people to stop investing temporarily while they attack their debt. So, I wouldn't add anything to it at this point, but the worst thing you could do is cash it out. If you do, taxes and penalties will steal a huge chunk of that cash. The only time I take money out of a retirement account to pay off debt is to avoid bankruptcy or foreclosure.

Start working the Baby Steps from the beginning. Baby Step 1 is saving up \$1,000 for a starter emergency fund. Baby Step 2 is paying off all debts from smallest to largest, except for your home, using the debt snowball method. This will free up a ton of money! Then you're ready for Baby Step 3, which is increasing your beginner emergency fund to a fully-loaded emergency fund of three to six months of expenses.

Now you're ready for Baby Step 4, which is 15 percent of your income going into retirement!

— Dave

Cash out my Roth IRA?

Dear Dave,

I have around \$15,000 in a Roth IRA. I just recently started studying your advice, and I was wondering if it would be a good idea to cash it out and put the money toward debt.

— Sarah

Dear Sarah,

I teach people to stop

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

Be a part of something important

Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

MPG Jobs@mpg8.com Call us today at 916-773-1111

EVERY OTHER WEEK WE HAVE THE LOWEST PRICES ON FRISKIES (5.5oz) OR FANCY FEAST (3oz)

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

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

1 FREE PEDIGREE DOG FOOD

22 Oz Tin All Varieties

\$150 OFF ANY PURCHASE OF PET OR FISH SUPPLY

MERRICK'S GRAIN FREE DRY DOG FOOD

25 Lb Bag **\$10 OFF**

PURINA KIT N' KABOODLE DRY CAT FOOD

16 Lb Bag **\$9.49**

BLUE BUFFALO DRY DOG FOOD

30 Lb Bag **\$10 OFF**

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties **ON SALE Everyday**

NATURAL BALANCE DRY DOG FOOD

26 Lb Bag **\$5 OFF**

FUSSIE CAT PREMIUM CANNED CAT FOOD

Black Label Gold Label 2.8 Oz. **ON SALE**

MERRICK'S GRAIN FREE DRY DOG FOOD

25 Lb Bag **\$10 OFF**

TIDY CATS SCOOPABLE CAT LITTER

20 Lb Jug **ON SALE Everyday**

PURINA KIT N' KABOODLE DRY CAT FOOD

16 Lb Bag **\$9.49**

HI-COUNTRY WILD BIRD SEED

20 Lb Bag **\$6.99**

MERRICK'S GOURMET CANNED DOG FOOD

13.2 Oz All Varieties **On Sale**

IAMS DRY DOG FOOD

30 Lb Bag **\$27.99**

SWHEAT SCOOP NATURAL WHEAT LITTER

36 Lb Bag **\$29.99**

FRESH STEP CAT LITTER

21 Lb Bag **\$6.49**

EVERCLEAN PREMIUM CAT LITTER

25 Lb. Box **\$12.99**

PESTELL CLUMPING CAT LITTER

40 Lb. Bag **\$8.99**

KAL KAN CESAR SELECT DINNERS DOG FOOD

3.5 Oz Limit 2 Cases **75¢**

PURINA BENEFUL DRY DOG FOOD

14 Lb Bag **\$13.99**

WELLNESS CANNED CAT FOOD

Full Case **20% OFF**

CHICKEN SOUP FOR THE SOUL DRY CAT FOOD

13.5 Lb Bag **20% OFF**

CORE GRAIN FREE DRY DOG FOOD

22-24 Lb Bag **\$64.99**

OKOCAT CLUMPING WOOD LITTER

16.7 Lb **\$3.00 OFF**

ASPEN PETMATE PET BEDDING

Self Warming Bedding **20% OFF**

POLKADOG DOG TREATS

NERF DOG TOYS

ZEUS NOSH Natural Chew Toys

FELINE GREENIES CAT TREATS

KAYTEE FIESTA TREATS

MARINELAND POWER FILTER SALE

AQUEON BOXED 10 GALLON TANK With Economy Kit

KORDON WATER CONDITIONERS

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER

10 Lb Bag **\$1.79**

BONUS COUPON

WHISKAS TEMPTATIONS CAT TREATS

3 Oz. **\$1.25**

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz. **ON SALE Everyday**

Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising P.O. Box 14 Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-00319 Tammy Moon, 4218 Empire Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Tammy Moon & Associates" 4218 Empire Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 13, 2020 Publish: January 24, 31, February 7, and 14, 2020 TAMMY 180201 2-14-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-00506 Gennady Demchuchen, 7571 Cook Avenue Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "GD Construction" 7571 Cook Avenue Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 21, 2020 Publish: January 31, February 7, 14, and 21, 2020 GD 180201 2-21-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-00657 Judy Cach, 2 Loma Mar Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "4 Wheel Alignment" 4235 Power Inn Road Suite H Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 24, 2020 Publish: February 7, 14, 21, and 28, 2020 WHEEL 180201 2-28-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-00747 Home River California Property Management, INC, 5896 South Land Park Drive Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Home Run Property Management" 5896 South Land Park Drive Sacramento, CA 95822. Filed with the Clerk of Sacramento County January 28, 2020 Publish: February 7, 14, 21, and 28, 2020 HOME 180201 2-28-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-01049 Quan Tu, 7412 Rio Mondego Drive Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Enet Consulting Services" 7412 Rio Mondego Drive Sacramento, CA 95831. Filed with the Clerk of Sacramento County February 6, 2020 Publish: February 14, 21, 28, and March 6, 2020 ENET 180201 3-6-20

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2017-06871 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Brighten Up Event Lighting" located at 280 Aldeburgh Circle Sacramento, CA 95834. Jessica Lora, 280 Aldeburgh Circle Sacramento, CA 95834. The Fictitious Business Name Statement referred to above was filed on September 1, 2017 in the County of Sacramento. Publish February 14, 21, 28, and March 6, 2020 BRIGHTEN 170707 3-6-20

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273232

Le Anh Tu Truong has filed a petition with this court for a decree changing the name(s) of Le Anh Tu Truong to Tu Le Anh Truong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 24, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: January 24, 31, February 7, and 14, 2020 TRUONG 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273548

T. Thuy Thi Tran has filed a petition with this court for a decree changing the name(s) of T. Thuy Thi Tran to Tzion Thuy Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 17, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: January 24, 31, February 7, and 14, 2020 TRAN 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273512

Rebecca Reeder has filed a petition with this court for a decree changing the name(s) of Rebecca Reeder aka Rebekah Reeder aka Rebekah Correlia to Becky Correlia. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 17, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: January 24, 31, February 7, and 14, 2020 CORREIA 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273512

Thuy Tran Hubbard has filed a petition with this court for a decree changing the name(s) of Thuy Tran Hubbard to Tina Tran Hubbard. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 HUBBARD 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273183

Thuy Tran Hubbard has filed a petition with this court for a decree changing the name(s) of Thuy Tran Hubbard to Tina Tran Hubbard. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 HUBBARD 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273448

See Lor has filed a petition with this court for a decree changing the name(s) of Stacy Lor Aka See Lor to See Lor. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2020 David I. Brown, Judge of the Superior Court Publish January 24, 31, February 7, and 14, 2020 PHAM 180101 2-14-20

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2017-03595 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Home Run Property Management" located at 9490 Madison Avenue #200 Orangevale, CA 95662. Home Run Property Management and Real Estate Investment, CORP, 9490 Madison Avenue #200 Orangevale, CA 95662. The Fictitious Business Name Statement referred to above was filed on April 28, 2017 in the County of Sacramento. Publish January 31, February 7, 14, and 21, 2020 HOME 170707 2-21-20

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2015-02072 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Industrial Electrical Contracting and IEC Services" located at 2337 Lexington Street Sacramento, CA 95815. DPH Electrical Contracting Inc., 2337 Lexington Street Sacramento, CA 95815. The Fictitious Business Name Statement referred to above was filed on March 16, 2015 in the County of Sacramento. Publish February 14, 21, 28, and March 6, 2020 ICE 170707 3-6-20

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2020-01046 John Aprin, 1140 Exposition Boulevard Suite 300 Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "CigarClub" 1140 Exposition Boulevard Suite 300 Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 6, 2020 Publish: February 14, 21, 28, and March 6, 2020 CIGAR 180201 3-6-20



POPPOFF!

with **Mary Jane Popp**

Loving Yourself

It's just around the corner. It's called Valentine's Day and everyone thinks a card, candy, dinner, wine, soft music and you can take it from there. Got to make it perfect for her or him. Are you into all of that and more? I got some good advice from Dr. Michael McGee who has helped hundreds of patients make a difference in their own lives in so many ways including loving yourself. He is author of "The Joy of Recovery" which has garnered many awards for its advice. He told me that love is not a feeling. Love is an attitude of reverence that inspires us to act to nurture life--our lives, the lives of others and all of life. Love is ATTITUDE + ACTION. So you can become a loving person and Dr. McGee says it's a three-part process.

HEAL

Heal your wounds. If you have suffered from trauma or neglect, get therapy. Our woundness poisons our capacity for reverence.

AWAKEN

Develop your "radical

reverence" for yourself and others through spiritual practices of appreciative attending. These include loving kindness meditation, silent prayer, and other stillness practices. Awaken to your sacred nature and the sacredness of all things.

LOVE

A) Love Yourself. Be your own ideal parent. Treat yourself as your own cherished child. Abstain from addictions and harmful relationships. Take very good care of yourself. Eat healthy, exercise, get adequate sleep, minimize stress, rest, have fun and play.

B) Let Others Love You. Open your heart to safe, healthy, loving people. Have the courage to connect. Let others love you. Learn to love from being with loving others. Let others teach you how to love.

C.) Love Others. Every day, set an intention to love. When you love others, you feel more lovable.

Then he gave me a full list of the love practices: Acceptance, Accountability, Affirmation, Assertiveness, Authenticity, Caution, Collaborations, Compassion, Connection, Consideration, Contentment, Courage, Devotion, Discipline, Empathy, Endurance, Forgiveness, Generosity, Gratitude, Helpfulness,

Hope, Humility, Integrity, Kindness, Nurturing Patience, Protection, Repair, Respect and Trust. Lots to take in, but Dr. McGee said that, of all these love practices, connection and humility are foundational. The idea is that you can act your way into feeling good by doing good. These practices create a feeling of good doing good ... a virtuous cycle.

Dr. McGee will join me on Friday Feb 14 (Valentine's Day) on POPPOFF to talk about true love and how it is different from bring "in love." He tells me we can become masters at the art of loving. You can check out his website and his books at www.michaelmcgee.com.

And remember LOVE IS NOT A FEELING! LOVE IS AN ATTITUDE!

Here's a final thought from yours truly. How can you expect someone to love you if you don't love yourself? That should give you something to think about before all that other stuff... cards, candy, dinner etc. But got to admit, some flowers WOULD be nice!

Happy Valentine's Day!!! ★



CIRQUE DU SOLEIL
Amaluna

6 PERFORMANCES ADDED!
NOW EXTENDED THROUGH MARCH 1

UNDER THE BIG TOP
SUTTER HEALTH PARK
IN SACRAMENTO

— CIRQUEDUSOLEIL.COM —

OFFICIAL PARTNER'S

SIR CANADA, Hennessy, Nicolas Feuillatte, VILLAMARIA

Load Your Events Up!

Go to www.CarmichaelTimes.com, click on **EVENTS** and add your **EVENTS** to our calendar. We make it easy!

LIMITED TIME OFFER!!!
You can reach thousands readers for just **\$9.99!** (916)- 773-1111

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



Sacramento County Attorney's Association Endorses Rich Desmond for Supervisor

SACRAMENTO, CA (MPG) - Rich Desmond, candidate for Sacramento County Supervisor District 3, announced that his campaign has been endorsed by the Sacramento County Attorney's Association (SCAA).

The Sacramento County Attorney's Association was founded to promote and maintain the professional interests, skills, and wellbeing of attorneys employed by the County of Sacramento in the offices of the District Attorney and Public Defender.

The SCAA Executive Board released

the following statement in an endorsement letter to Rich Desmond for Supervisor:

"We sincerely appreciate your commitment and dedication to working on behalf of the residents of Sacramento County and our members. Your focus on problem solving and ability to work in partnership with diverse interests will serve the population of Sacramento County well. We wish you the best of luck in the campaign and look forward to working with you in the future."

From the Office of Rich Desmond ★



Tuesday February 25

11:00 am - Networking & Registration
RSVP at carmichaelchamber.com

Caterer: River City Brewing



featuring
Dave Kovar - Kovar's Academy of Martial Arts

\$20/\$23

Member/Guest

Christ Community Church

5025 Manzanita Ave, Carmichael





11:30

Lunch Served



Noon - 1:00 PM

Program



Raffle

Bring business cards and a raffle prize!

Be a part of something important

Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.



Jobs@mpg8.com

Call us today at 916-773-1111

Grand Opening Celebration

Assisted Living & Memory Care

Fall In Love

with the **INGREDIENTS** of our new **COMMUNITY**



FEB. 29, 2020

10am - 2pm

RSVP TODAY!

916.212.0388

Model Tours
Complimentary Hors d'oeuvres
Valet Parking



6550 Greenback Lane Citrus Heights, CA 95621
 916.212.0388 | RCFE Lic. #Pending
information@theoarsseniorliving.com

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 2/29/20

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

AMERICAN PICKERS to Film in California

By Maggie Kissinger, Cineflix Productions

SACRAMENTO REGION, CA (MPG) - Mike Wolfe, Frank Fritz, and their team are excited to return to California! They plan to film episodes of the hit series American Pickers throughout your area in March 2020.

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique "picking" on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten



Frank Fritz (left) and Mike Wolfe (right) will be returning to California to film AMERICAN PICKERS. Photo courtesy Cineflix

relics. Along the way, the Pickers want to meet characters

with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them. AMERICAN PICKERS is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to americanpickers@cineflix.com or call 855-OLD-RUST. ★

Social Security Matters



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I have worked my entire life and contributed to Social Security. I have been single my entire life with no children. What happens to all that money I have contributed to Social Security if I die at age 62? **Signed: Curious Worker**

Dear Curious: From its inception in 1935, Social Security has always been a "pay as you go" program where current workers contribute money from which current beneficiaries are paid. That's the way it has worked since the first Social Security payroll withholding occurred in 1937 and the first Social Security benefit was paid in 1940. And it works the same way today.

Social Security FICA payroll taxes collected from current workers are used to pay all those who are currently receiving benefits. Any excess collected which is not paid out in benefits is deposited into a special Trust Fund and held in reserve for the future. My hope is that understanding this will dispel a far too widely held myth that the money you pay into the Social Security program from your paycheck is deposited into



a personal account for you - it is not. Rather that money is used to pay benefits to all those who are already collecting Social Security. And the extra money in the Trust Fund is invested in special interest-bearing bonds which contribute further to the Trust Fund's reserves (more about the Trust Fund in a minute).

If you were to pass away at, or before, age 62, all the money you paid into Social Security via FICA payroll taxes will have already been spent to pay benefits to those already collecting Social Security. With no surviving dependents, there are no benefits to be paid from your lifetime work record. True you will have paid a great deal over your working career, but the system is designed so that when you retire your benefits will be paid for by those who are still working and paying into the system. Of course, it's a game of averages and Social Security says the "average" longevity for a male today is about 84. So, unless you're already in poor health, chances are pretty good you will live beyond age 62. Chances are also pretty good that if you do, you'll get back much more in benefits than you have contributed. In fact, if you start collecting benefits at your full retirement age you will get back

benefits at least equal to what you contributed within about 5 years (we've studied this carefully). Which brings us back to the Trust Fund.

The Social Security Trust Fund held about \$2.9 trillion in reserves at the end of 2018. But over the years the ratio of workers to beneficiaries has declined from 16.5 to 1 in 1950 to less than 3 to 1 today, so there are far fewer workers paying for beneficiaries who are living much longer. Starting in 2019, Social Security will pay out more in benefits than it received from FICA payroll taxes, which means the excess paid out in benefits will come from the reserves in the Trust Fund. That will continue, according to the most recent Social Security Trustees' Report, until the Trust Fund is depleted in about 2035, at which time Social Security will only be able to pay out about 80% of benefits due - unless Congress acts soon to resolve the issue. And the solutions are well known; what's lacking in Congress is a serious bipartisan effort to fix the problem.

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 or email us. ★

Court Grants Preliminary Injunction for CTA and Independent Truckers

By Bernice Creager, California Trucking Association

SACRAMENTO, CA (MPG) - The U.S. Southern District Court granted a preliminary injunction to enjoin enforcement of California's new employment classification test against motor carriers. This classification test was first set forth in the *Dynamex Operations West, Inc. v. Superior Court* (Dynamex) decision and was subsequently codified by the California Legislature in the form of Assembly Bill 5 (AB 5). The bill was set to take effect on January 1, 2020.

"This ruling is a significant win for California's more than 70,000 independent owner-operators and CTA members who have worked as independent truckers for decades, and who have invested hundreds of thousands of dollars to own their own vehicle and

comply with California's strict environmental guidelines and regulations over the years," said Shawn Yadon, chief executive officer for the California Trucking Association (CTA).

The CTA filed the motion for a preliminary injunction as part of its November 2019 lawsuit challenging the constitutionality of AB 5, which would prohibit independent drivers from contracting and performing trucking services for licensed motor carriers in California. In the lawsuit, which seeks declaratory and injunctive relief, plaintiffs argue that the Dynamex ruling should not be enforced because it is preempted under the supremacy clause of the U.S. Constitution, which sets the decision in direct conflict with a federal law passed by Congress in 1994 to prevent states from enacting punitive laws that affect a motor carrier's prices, routes and services of the trucking industry. ★



The End of 2016

And so 2016 finally draws to a close.

It's been the longest election year in American history. It ran from Feb. 1, 2016, the date of the Iowa caucuses, to the Senate vote to acquit President Donald Trump in early February 2020.

It's true that Nov. 6, 2016, was a signal event in this long election year, but it didn't really conclude anything, even though the result wasn't in doubt. Usually, contested elections are ties or near-ties. This is the first time an election has gone into overtime, with repeated attempts at what were in effect recounts, despite the winner comfortably prevailing (Donald Trump won handily in electoral votes, the measure that determines the outcome, 304-227).

Immediately Democrats concluded that they'd been robbed, and Hillary Clinton did indeed get some bad breaks during the campaign, most consequentially at the hands of then-FBI director James Comey. Such is life in the arena. But no one on the

left was in a mood to move on.

Rather taking stock and recalibrating as warranted, Democrats remained fixated on 2016. Rather than simply mobilizing opposition to Trump's agenda and reelection, as any opposition always does, they mused about how to reverse the 2016 result. Rather than acknowledging the near-impossibility of removing a duly elected president, they indulged in fantasies about how to do exactly that.

Above all, they obsessed about Russia as the cause of their undoing in 2016. With enough investigation, all would be made plain, the Trump-Russia conspiracy would be unraveled, the walls would close in, and the world would be restored to its axis. The rightful winner of 2016 wouldn't take office, but the wrongful winner would be vanquished. What voters in Michigan, Pennsylvania and Wisconsin failed to do, the grinding machinery of investigation would achieve.

When the Mueller probe didn't produce the impeachment that the Democrats had expected with such fervent certainty, it seemed briefly they'd finally have to accept the outcome of 2016, however grudgingly. Then, Ukraine emerged, and impeachment was, thankfully and gloriously, back on. Russia was a proximate cause of the

impeachment over Ukraine. The Democrats charged that Trump sought Ukrainian interference in our elections, just as he had sought Russian interference (for all their interest in the Mueller investigation, Democrats have never absorbed its conclusion that there is no evidence that Trump colluded with the Russians). Absent their conviction that Trump is an illegitimate president, Democrats would have been, understandably, outraged by Ukraine and determined to investigate it, but they wouldn't have impeached over it.

In this sense, the Senate trial is the last act in the 2016 election. It establishes, once and for all, that he won't leave office prior to the end of his first term. It makes it clear that another election, not some other mechanism, will be necessary to remove him. It represents the final failure of the investigatory apparatus around Trump's alleged Russia collusion to deliver Democrats from the consequences of their 2016 defeat.

Trump, obviously, isn't blameless in any of this. But he is not a Russian agent. He won the presidency in a free and fair election, and despite his attempted removal, will have a chance to do so again. On to 2020.

Rich Lowry is editor of the *National Review*. (c) 2019 by King Features Synd., Inc. ★

MPG
Advertise your Garage Sale in the Local Classified Section
Call 916-773-1111

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

CHEERS & JEERS

By Damian Holbrook

Jeers to Vanderpump Rules

for its chronic staff defection. From the Toms (Schwartz and Sandoval) to Ariana (pictured), Stassi and Katie, it seems like there's nobody left working at SUR, the chic eatery owned by Lisa Vanderpump that the show is supposed to be about. But hey, at least Jax is still behind the bar making drinks and shady life choices.

Cheers to The Good Doctor

for the great Jasika Nicole. Shaun (Freddie Highmore) isn't the only one falling for the delightful *Fringe* vet, who is finally getting some front-and-center

attention as Carly, the pathologist who has possibly stolen his heart ... and ours.

Cheers to The Outsider

for drawing us into a nightmare. Even without the supernatural angle, HBO's adaptation of Stephen King's novel of the same name – about a small-town baseball coach (played by Jason Bateman) linked to a terrible crime – is a haunting reminder of the horrors humans are capable of.

Jeers to Super Early Super Bowl Ads.

Used to be that we'd have football's big day to catch those pricey, star-studded commercials. Now that we can see Ellen talk to her Amazon Alexa and Rainn



Ellen talked to her Amazon Alexa and Rainn Wilson shill for pizza days before before kickoff, there's a lot less fun to the big game.

Wilson shill for pizza days before before kickoff, there's a lot less fun to the big game. ★

added exactly nothing to the mix. I don't know anything about the so-called feud, though have heard there will be a few episodes in which Karen is altogether MIA. (All things considered, not such a loss.) If I didn't already have such a history of watching the once-groundbreaking comedy that I feel compelled to follow it to the end, the recent episode in which Grace trashed her sort-of-boyfriend's apartment after fouling his bathroom was in such poor taste that even my DVR is looking askance at me for keeping this show on the playlist. It's intrusive, but at least you'll get the dialogue.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

What Happened To The Funny On Will & Grace?

Question: After watching the last two episodes of this season's revival of *Will & Grace* we have just one question: WTF happened? We've heard rumors of fighting between Megan Mullally and Debra Messing, but man, does that mean the show loses its funny? – Sandi

Matt Roush: This whole final season has been a mess, feeling once again like

a show that had gone past its prime — which wasn't the case when the revival started up a few years ago. (In retrospect, returning for one shining season might have been enough.) The dueling baby storylines for Will (Eric McCormack) and Grace (Messing) aren't the least bit funny or appealing, and hit its nadir when they competed for a slot at a prestigious pre-school. (When has that plot ever been amusing?) Karen (Mullally) owning a baseball team has

GET A GREAT DEAL!



America's most complete TV listings magazine

just 75¢ per issue!



- Localized TV and cable listings for the Greater California area
- Daily best bets & sports section
- A-Z movie guide & network news
- Q & A with your favorite celebrities
- Puzzles, games, trivia, soaps and horoscopes

WOW 81% OFF* FOR MESSENGER PUBLISHING GROUP READERS

The Ultimate Guide To What's On TV

ordering is easy!

1-877-580-4817

tvweekly.com or subscribe by mail

YES! Sign me up for 13 issues for only \$9.75!

Just 75¢ per issue! ORDER TODAY

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____

Option #1
 Pay by check or money order Make check or money order out to: **TV Weekly**

Option #2 Charge my credit card Credit Card # _____
 Visa MC Discover AmEx Exp. Date: _____

Mail payment with coupon to:
TV Weekly magazine
 213 Park Drive
 Troy MI 48063
 Allow 4-6 weeks for delivery of your first issue.

TU CP

*the cover price

Political Campaigns Winning with MPG

All of These Campaigns Advertised with Us and Won Their Elections

- Dave Cox, State Senate
- Dan Lungren, US Congress
- Roger Niello, State Assembly
- Sue Frost, Sacramento County Supervisor
- Susan Peters, Sacramento County Supervisor
- Sue Frost, Citrus Heights City Council
- Jeff Slowey, Citrus Heights City Council
- Jeannie Bruins, Citrus Heights City Council
- Steve Miller, Citrus Heights City Council
- Mel Turner, Citrus Heights City Council
- James Shelby, Citrus Heights City Council
- Greg Paulo, SJUSD Board
- Mike McKibben, SJUSD Board
- Scott Yuill, Rocklin City Council
- Tami Bogert, Sacramento County District Judge
- Bob McGarvey, Rancho Cordova City Council
- Linda Budge, Rancho Cordova City Council
- Rick Sloan, Cordova Rec and Park District
- Measure H, City of Rancho Cordova

Plan to Run with Us!
Call 916-773-1111



Mission Oaks Community Center
 4701 Gibbons Drive, Carmichael

\$8 per person

Refreshments | Prizes | Dancing | Live music

Friday, February 14
 1:15-3:45pm



Mission Oaks Recreation & Park District

Office Hours:
 8 am-5 pm Monday - Friday
 Registration Hours:
 8:30 am- 4 pm Monday-Friday

MORPD.com

DISTRICT OFFICE
 (916) 488-2810 • Fax (916) 488-4349
 3344 Mission Ave., Carmichael, CA 95608
MISSION OAKS COMMUNITY CENTER
 (916) 972-0336 • Fax (916) 972-7371
 4701 Gibbons Dr., Carmichael, CA 95608
SWANSTON COMMUNITY CENTER
 (916) 333-6464 • Fax (916) 488-4349
 2350 Northrop Ave., Sacramento, CA 95825

The Faith of Troy Polamalu

By Dr. Gary S. Smith,
The Institute for Faith & Freedom

Troy Polamalu, who played safety for the Pittsburgh Steelers from 2003 to 2014, has been elected to the Pro Football Hall of Fame in his first year of eligibility. He will enter the hall with Bill Cowher, who coached the team for his first four seasons, and defensive back Donnie Shell, both selected as part of the hall's special class to celebrate the NFL's 100th year.

Polamalu's "combination of speed, anticipation, and toughness" made the eight-time Pro Bowler one of the best at his position in NFL history. Polamalu was named a first-team All-Pro four times and the NFL's MVP in 2010 and won two Super Bowl rings. Many football pundits argue that he revolutionized the safety position. For a dozen years, Polamalu was the public face of the Steelers' franchise because of his stellar performance and his television commercials for Head & Shoulders shampoo.

While playing with the Steelers, Polamalu was also widely known as one of the NFL's most devout Christians. In his book "The Tebow Mystique," Patton Dodd reported that Polamalu was "mentioned by fellow players for his spiritual devotion" more than anyone else. The NFL, David Kamp wrote, abounded with "Bible-study groups and postgame prayer circles. But even in this context, Polamalu stands out." Polamalu, Kamp argued, was different from other Christian stars such as Roger Staubach and Reggie White. He was "a mystic, a man more fourth century than twenty-first, living in constant dialogue with the Deity." "What truly marks

Polamalu as a man apart," Kamp concluded, "is his godliness."

The youngest of five children, Polamalu was raised by a single mother on welfare in an impoverished, crime-ridden Los Angeles neighborhood. Polamalu spent more time on the streets than with his mother. By third grade, he was stealing lunch every day from a local grocery store. To escape this environment, he moved to Oregon to live with his uncle Salu Polamalu and his wife where he attended fourth through twelfth grade. In Oregon, Troy attended a Catholic high school and developed a close personal relationship with God. Polamalu reports that in high school, "I was almost constantly in prayer."

After joining the Steelers in 2003, Polamalu undertook a spiritual quest that led him and his wife Theodora to become Orthodox Christians in 2007. For several years, Polamalu read books and talked with priests, pastors, and Roman Catholic, Greek Orthodox, and Buddhist monks to develop "a deeper, more consistent experience of God." His study of Scripture and church history reaffirmed his childhood faith in Christianity and persuaded him that Eastern Orthodoxy was the most biblical and spiritually meaningful form. During his investigation, Polamalu spent four days in a monastery in Greece conversing with Orthodox monks. This experience contributed to Troy's and Theodora's decision to join the Greek Orthodox Church. After studying with a Greek Orthodox priest in Pittsburgh for a year, they were baptized into the faith. Polamalu began to understand the Bible more clearly and fully. Thereafter,

the Polamaluses attended worship services at several Greek Orthodox parishes in Pittsburgh.

For Polamalu, the essence of faith is surrendering to God. While playing for the Steelers, he declared, "I try to serve God, through football, with passion." "As Mother Teresa said, God calls us not to be successful but to be faithful," Polamalu asserted. He denounced the "idea that the more pious" people were, the more successful they will be, as "very dangerous." "If you look at faith in that way," he added, "you're bound to fail" both "spiritually and in your career." For Polamalu, winning two Super Bowls paled compared to the fulfillment God provided.

Trying to reconcile the Samoan warrior spirit of his ethnic heritage with Greek Orthodox teachings, Polamalu admitted, was challenging. He strove, however, "to be a valiant Christian warrior" who controlled his passions. "Football," Polamalu avowed, has "its demons—prestige, ego, avarice"—that players must battle. Football, Polamalu argued, is "a very spiritual sport" because players must deal with "the fear of failure," pride, and being criticized for making a mistakes. What set Troy apart, Gina Mazza Hillier insisted, was his ability to keep "love at the center of his sport."

In the early 2010s when Tim Tebow's religious rituals on the gridiron and references in interviews to his "Lord and Savior Jesus Christ" were extensively publicized, Amy Frykholm wrote about "The Other Devout Christian on the Field" in "Christian Century." "I wish I could capture Polamalu's very different kind of spirituality amid the football

season's endless hype," she declared, but "a rich and complex life of faith is hard to sum up."

During his playing career, many teammates and opponents expressed great admiration and affection for Polamalu. They respected his temperament, character, compassion, and Christian faith. Numerous players testified that Polamalu positively influenced their faith. When Steeler safety Shamarko Thomas asked him how to be great, Polamalu replied that greatness is about "putting God first and just doing the right things in your life."

Off the field, Polamalu made weekly unpublicized visits to cancer patients at Pittsburgh's Children's Hospital and created a foundation to aid the needy. Many hospital staff "marveled at Polamalu's attentiveness." "When he comes in," observed a child-life specialist, "he makes the kids feel like they are the most important person in the room." Polamalu's foundation helps fund the hospital, provided housing for residents of American Samoa who were displaced by a 2009 tsunami, and supports the initiatives of Focus+ Pittsburgh, an Orthodox organization that combats poverty in western Pennsylvania.

Polamalu deserves to be honored not only for his outstanding performance on the gridiron but also for his exemplary Christian witness and charitable deeds.

Gary Scott Smith is Professor of History Emeritus, Grove City College. He is the author with his wife Jane Smith of *Suffer the Children: How We Can Improve the Lives of the World's Impoverished Children* (2017). ★

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



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 to honor those who have given back to our community. Every year we seek to find businesses and business people who have made a significant difference in our part of 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.



Youth Ambassador
 Matt Mason
 Bella Vista High School



Volunteer of the Year
 Virginia Stone
 Carmichael Chamber




Non Profit of the Year
 Carmichael Library
 & Friends of the Carmichael Library



Guest MC
 Tina Macuha
 Good Day Sacramento

COCKTAIL ATTIRE
 Tickets are \$100 Each
 Tables of 10 - \$900
 Call or go online to reserve your seats!




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.

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.

916-481-1002
www.carmichaelchamber.com



CALL 916.773.1111 TO ADVERTISE

California Rooftop Solar Mandate Basics

Commentary by Ben Davis, California Solar and Storage Association

Under new rules adopted in 2018 by the California Energy Commission, starting January 1, 2020, new homes must be constructed to generate solar electricity through panels typically placed on the home's roof. The solar mandate is expected to zero out energy consumption in newly constructed homes covered by the standard. The new mandate recognizes that with today's technology and availability, solar capabilities are an essential part of new home construction much like water heaters and stove-tops.

The rules apply to all new single-family homes and multi-family complexes up to three stories in height. The size of the solar system installed must be based on the home's floor area square footage and sized to meet the annual kilowatt-hour energy usage of the home.

Energy storage, typically in the form of a battery in the garage, will also get a boost from the new 2020 standards. For the first time, the addition of energy storage devices in the home will generate a credit toward meeting minimum building efficiency standards. This credit gives builders greater flexibility in meeting the state's stringent energy efficiency codes and are expected to become increasingly popular with consumers concerned about grid reliability.

There are limited exceptions included in the mandate if solar is infeasible, such as at homes that are shaded by trees or other

pre-existing buildings. The solar mandate will make home ownership more affordable. Homeowner savings on their utility bills are expected to exceed the

(GW) of rooftop solar throughout the state within 10 years. The program met its goal in 2015, ahead of schedule, and the market has continued to grow. Today, California consum-

both of which add upfront costs to the home but pay for themselves over time.

Builders have been installing solar on roughly 15,000 new homes each year. The solar mandate

letter and spirit of the new rule.

Next Step for California: Solar + Storage

With the expansion of solar powered energy on the move, solar advocates are focusing on the next logical step: pairing solar power with solar battery storage. Current solar and battery technologies are transforming the future of energy and creating new opportunities for California to reach 100% clean, renewable energy. The ability to store energy for use when and where it is needed is a simple but revolutionary step forward for consumers. With today's batteries, homeowners and businesses can store solar energy for use after sundown or during a blackout. This smooths out prices, takes pressure off the electric grid, and gives consumers a degree of reliability unheard of a few years ago.

The California Public Utilities Commission recently proposed expanding rebates for consumers to add a battery to their home, whether for new or existing homes, with a great emphasis on disadvantaged communities facing the threat of blackouts. Solar and storage advocates applaud the availability of rebates and urge the state to make them available to all consumers to help drive down the cost of batteries and reach the state's clean energy goals.

Having successfully reached the One Million Solar Roofs goal and enacted the new home solar mandate, solar advocates are calling for one million solar-charged batteries in California by 2025. ★



Builders have been installing solar on roughly 15,000 new homes each year. The solar mandate will more than quadruple that figure, causing a boon in the new home solar market. Photo courtesy Pixabay

corresponding increase in mortgage payments by \$35 per month. Furthermore, alternative financing models such as power purchase agreements give homebuyers the option of including solar without any additional cost to the home.

California is the first state in the nation to enact a solar mandate for new home construction.

Solar Surging in California

The new home solar mandate comes as solar energy is quickly becoming a mainstream appliance across California.

Solar advocates recently celebrated reaching the One Million Solar Roofs milestone, an audacious vision signed into law in 2006 by Governor Arnold Schwarzenegger.

The benefits of the Million Solar Roofs Initiative exceeded expectations. The initiative's goal was to build 3 gigawatts

ers have installed nearly 9 gigawatts of solar energy, three-fold the original goal. Those 9 gigawatts of solar energy—the size equivalent of six large natural gas power plants—generate more than 13 billion kilowatt-hours of clean electricity each year avoiding 22 million tons of CO2, 16,000 tons of smog-forming pollutants, over 350 billion cubic feet of natural gas, and bypassing expensive and aging utility infrastructure. Due to this steady market growth, the price of solar energy has dropped 80% paving the way for today's solar home mandate. It is now more cost effective to include solar on the home than it is to build a home without solar. In other words, the homeowner saves more money owning a solar home than a non-solar home, making solar energy a no-brainer addition to a home, just like insulation and double-paned windows

will more than quadruple that figure, causing a boon in the new home solar market.

Utilities Standing in the Way of Success?

Effort by utility companies to circumvent the requirements of the new home solar mandate threaten progress in California.

The Sacramento Municipal Utility District (SMUD) recently submitted a plan to the California Energy Commission that would allow builders to forgo installing rooftop solar by pointing to large SMUD-controlled solar farms which could be located far from the new housing development. PG&E was quick to support SMUD's proposal before the Energy Commission. While the Commission has yet to rule on the plan, legal and solar experts believe such operations would violate both the

Ballots Mailed for the Presidential Primary

Continued from page 1
completed ballot OR vote in person. There is even weekend voting!

18 Vote Centers open for 11 days beginning Feb. 22, 2020.

An additional 66 Vote Centers open for four days beginning Feb. 29, 2020

Drop Boxes – Voted/signed ballots may be placed in any of the 58 secure Drop Box locations throughout Sacramento County beginning Feb. 3, 2020

Eligible residents can also register to vote, update their registration and cast their ballot at a Vote Center, even on the day of the election.

A complete list of locations can be found online and in the Sacramento County Voter Information Guide that was mailed out in January.

For more election and voter information, visit the Sacramento County Voter Registration and Elections website.

To register to vote, visit the California Online Voter Registration website. ★



RICH DESMOND

FOR SUPERVISOR

THERE'S NO DEMOCRAT OR REPUBLICAN WAY TO FILL A POTHOLE

- ✓ A Real Plan to Help the Homeless
- ✓ A Real Plan to Fill the Potholes
- ✓ A Real Plan to Help Build More Affordable Housing



Meet Rich Desmond, a real Independent for Supervisor. He wants to fill potholes and help the homeless, not waste time on partisan bickering.

Independent Rich Desmond. The pothole's worst enemy.