



Students Celebrate Diverse Cultures at Annual Global Expo At Rio Americano

PAGE 13

Hot Hits for Heroes

PAGE 2



Carmichael Times

VOLUME 40 • ISSUE 46

Serving Carmichael & Sacramento County since 1981 NOVEMBER 15, 2019

SEE INSIDE

PLAYMAKERS HOSTING YOUTH BASKETBALL GAME



PAGE 2

THANKSGIVING SUNDAY



PAGE 13

ON IMPEACHMENT: DEMOCRATS ARE SLOPPY WITH THE CONSTITUTION



PAGE 10



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

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested

Veterans Day Service Recalls Community Heroes



Above: Military veterans and supporters joined a salute during November 11 observances in Carmichael. Right: The Vietnam monument names 15 La Sierra High School students who died in the Vietnam War.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael's Vietnam Memorial was last weekend central to Veterans Day commemorations. Flags, music and memories were shared by 180 visitors.

Among speakers was Congressman Ami Bera's representative Matthew Ceccato, a Purple Heart Army veteran currently contesting a Sacramento Board of Supervisors seat. "There's no place I'd rather be today," Ceccato told fellow veterans. "It's up to us to keep the sacred trust this country has to respect its veterans. We must uphold the contract they made with their blood and tears."

The first-known California monument

to the Vietnam War, the memorial is in the Koobs Nature Area on Engle Road. First dedicated in 1973, the steel edifice honors La Sierra High School graduates who died in the war. The nature preserve is named for the late Earl (Ranger Jack) Koobs, a La Sierra science teacher who fostered its establishment as a place of remembrance.

November 11 attendees were invited to make dedications loved ones who had



served and died. Rock singer Todd Morgan performed "You're a Grand Old Man" during the service. *Continued on page 3*

November is National Adoption Month

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are 1,690 children and youth in out-of-home care with about 350 of them needing a loving and affirming forever family.

Each November during National Adoption Month, Sacramento County wants to remind the community that you can make a difference in the life of a child by becoming a resource parent/family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or provide a permanent home through adoption or legal guardianship.

Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes you will consider fostering a child.

We have a particular need for new resource families that can help us move children from a group home setting to a family-based setting. The more families who can open their doors to our children and youth, the better. We are looking for resource families who are able to foster all ages, but particularly, teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets.

Sacramento County supports, trains and offers guidance, support and assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, staff can help resource parents adopt or take legal guardianship when reunification is not possible. There is now only one approval process, which creates a continuous care experience for children, as they will not have to switch homes at the point of adoption.

On November 6, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County and several adoption agencies are hosting the 31st Annual Calling Out of Names at the State Capitol in Room 112 from 9:00 a.m. - 1:00 p.m. During the vigil, *Continued on page 2*

A Fair to Remember



Christmas fair founder Heidi Cardena (left) joins Pastor Rich Reimer, Santa Claus and vendor Inge Baylocq at the American River Community Church.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The American River Community Church will host its fourth annual Christmas Market on Saturday, November 16, from 9 am to 3 pm. Anyone can join

the fun. Founded by German-born church member Heidi Cardena as a fundraiser for the congregation's ministries, the event was previously called the German Christmas Market. Attendance is boosted by the Sacramento German community, for whom gift markets - fragrant

with sausages and sauerkraut - are beloved Christmas traditions. Among Carmichael's longest-established places of worship, the American River Community Church is located at 3300 Walnut Avenue, Carmichael. Learn more at arconline.org ★

Hot Hits for Heroes

Concert Entertains at VA Hospital



Singer and keyboard player Mary Maguire led Lady and the Tramps during a free concert at Sacramento Veterans Hospital, Mather.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The Home of the Brave Campaign last week brightened Friday for hundreds of veterans at Sacramento VA Medical Center, Mather.

Along with free lunches, ice cream, bedside visits and tee shirts, veterans enjoyed three hours of live music. The day of tribute kicked off veteran weekend celebrations by honoring more than 300 patients and visitors.

Lady and the Tramps' concert filled the hospital lobby with classic rock tunes.

The Home of the Brave program was established in 2012 by Hewlett Packard employees in Houston TX and Herndon VA. The volunteers later partnered with Veterans Affairs Voluntary Service; the VA Homeless Program and Soldiers Angels. Corporate contributors include Perspecta, Bristol-Myers Squibb and Micro Focus. The campaign's mission to support veterans has created giving events all over America. Fundraising and sponsor donations provide hats, blankets, water bottles and backpacks to thousands of veterans in 42 states, and in Washington DC and Puerto Rico.

Learn about Home of the Brave at www.homeofthebravecampaign.com ★

Playmakers Hosting Youth Basketball Game



Coach Roz

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Local non-profit The Playmakers Organization is hosting a basketball game for special needs and at-risk kids at Oak Hills Church (1100 Blue Ravine Rd. in Folsom). Playmakers is partnering with the Special Olympics, Big Brothers Big Sisters, and UCP of Sacramento and Northern California (which provides programs and services for people with developmental disabilities).

Playmakers founder Greg Roeszler explained that at-risk kids have a 40% chance of living in a single-parent

home, and the risk is increased for special needs kids. Playmakers is working to provide support networks for these parents to help their children thrive. "We're really pleased with how we're beginning to work together with other agencies toward the same goal," said Roeszler.

Roeszler said, "We're converting Oaks Hills Church into the Golden Center with a DJ, music, and a great deal of fun. Our desire is that this is the first of ongoing Playmakers events partnering with these agencies to create more fun activities and resources for kids and their families."

The game will be held on Saturday, November 16, and it will kick off at 9:00 AM with a breakfast catered by the Burgess Brothers BBQ & Burgers, who will be serving their special ChurWaffles.

The game is scheduled from 10:00 AM to 1:00 PM, and the participating kids will be assisted by the Folsom High School freshman football team. "It's a very inclusive

event," said Roeszler.

Roeszler spent years coaching football, so Playmakers events usually focus on his favorite sport. But Roeszler is excited to be expanding into basketball because it is not dependent on the weather and can be played indoors year-round — so they can offer more frequent events for the kids.

Roeszler said Playmakers is grateful to be working with a group of "wonderful Corporate partners" for the event: Mortgage Consultant Group, FitGuard, Asher College, Republic Services, Palm Tile, Go Forth Coaching, and Serenity Spa — which will be offering massages at the game.

The public is invited to attend the game and there is no cost to attend. Roeszler said, "We're hoping for wonderful attendance. Come and cheer and have fun, eat waffles, and meet our partners."

There is still space available for more game participants, and kids can be signed up at www.ThePlaymakers.org. ★

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

November is National Adoption Month

Continued from page 1

adoptive parents, child advocates, community leaders and elected officials will take turns reading the names and ages of every single child in California that is waiting for a permanent family. Sadly, some names have been read year after year.

Another event to recognize National Adoption will be held later in the month, when Sacramento Superior Court judges and staff, Department of Child and Family Adult Services, Child Protective Services, Sheriff's Department, Lilliput, Sierra Forever Families, Uplift, Koinonia, CASA and Soroptomist of

Greater Sacramento come together to celebrate the adoptions of several children and their forever families. Along with the adoption proceedings, there will be refreshments and activities for children including hand painting, family photos, balloons and much more.

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, please attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543 and visit the Sacramento County Department of Child, Family and Adult Services Resource Family web page. ★

ICE RINK COMING TO RANCHO CORDOVA @ KP
OPEN: 11/27/2019 WEDNESDAY
 RanchoCordovaIceRink.com

FRESH PRODUCE

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

Pineapples \$3.49	Kale 69¢	Aloe Vera Leaves 79¢	Jalapeno Peppers 69¢	Avocados Bag 2 lb 2.99	White Potatoes 10 lb Bag 2.99
Pickling Cucumber 99¢	Young Thai Coconut 12.99	Yukon Potatoes 69¢	Garlic 5 pc China 2/\$3	King Oyster Mushrooms 1.99	Korean Shingo Pear 25.99

AMERICAN/HISPANIC GROCERY

Coca-Cola \$9.99	Martitas \$2.59	Martitas \$2.99	Garlic 2/\$3	CRV Smart Water 2/\$5	Extra Peas Chops \$5.99
------------------	-----------------	-----------------	--------------	-----------------------	-------------------------

ASIAN GROCERY

100% Pure Coconut Water 1000 ml \$1.99	Knorr's Soy Sauce \$2.99	Milk Ice Coffee 10 x 220 ml \$1.99	Oyster Sauce 30 oz \$1.99	777 Brand \$2.59	Manjaro Tea \$2.49
--	--------------------------	------------------------------------	---------------------------	------------------	--------------------

EUROPEAN GROCERY

Bertoni Avocado Oil 2.5L \$4.99	Arroz Espanol \$3.69	Casa Nublar II Premium Tea \$5.99	Ephesus \$3.99	TEAR COFFEE COOKIES \$3.69
---------------------------------	----------------------	-----------------------------------	----------------	----------------------------

KOREAN/JAPANESE GROCERY

GI Brown Rice \$9.99	Jack Tofu \$9.99	Ben Chikara \$4.99	Storil \$4.99	Wang Dongsu \$4.99	Bakul \$1.99
----------------------	------------------	--------------------	---------------	--------------------	--------------

HOUSEWARES

ACE COOK Non-Stick Dutch Ovens

10 qt. \$14.99	18 qt. \$20.99
24 qt. \$24.99	30 qt. \$34.99

ACE COOK 12-inch Wok Pan \$9.99

FROZEN & FISH DEPT

Frozen Shrimp Peeled & Deveined 41-50 1 lb Bag \$4.99	Frozen Seasoned Seaweed 2.2 lb \$5.99
---	---------------------------------------

WEEKLY MEAT SPECIALS

Beef T-Bone Steak \$3.29	Beef London Broil \$2.99	Beef Top Round Steak \$3.29
Beef Porterhouse Steak \$3.69	Pork Loin Chops \$1.49	Pork St. Louis \$2.49

FROZEN & FISH DEPT

Fried Fish Cake 2.2 lb \$3.99	Frozen Fully Cooked Clam \$3.99
-------------------------------	---------------------------------

EUROPEAN DELI

Columbus Maple Syrup \$6.99	Columbus Oven Roasted Chicken Breast \$6.99
-----------------------------	---

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 NOVEMBER 13 - NOVEMBER 19, 2019.

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 NOVEMBER 13 - NOVEMBER 19, 2019.

Veterans Day Service Recalls Community Heroes

Continued from page 1

Flag” and 89-year-old Korean veteran Bill Fellers offered a heartfelt trumpet version of Taps.

Heroes named on the nature area’s monument are: Robert D. Anderson, Mark W. Burchard, Robert S. Bynes, Jerry Cowser, Kenneth R. Escott, Gary R. Field, Herbert

Frenzell, Frank Thornburg, Ralph Guarienti, Larry H. Morford, Thomas C. Pigg, Randall B. Rainville, Kim Richins, Jeffrey Tharaldson, Robert A. Willis.

Earl J. Koobs Nature Area is open to visitors. For information, go to www.carmichaelkiwanis.org or visit the Koobs Nature Area site on Facebook. ★

Delta Pilot Takes Off in Assembly Race

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Mission Oaks Neighborhood Association president Cathy Cook has thrown a peaked cap into the ring for Assembly District 8. The seat has been held by Ken Cooley for almost eight years and the Assemblyman will seek a third term in March, 2020.

Cook (62) has flown for Delta for 14 years and was among the first female pilots hired by her airline. Her late husband, Colonel Frasier Fortner, ran the Junior ROTC program at North Highland High School. While his wife flew a KC-135 combat crew to air-refuel fighters during Bagdad strikes, Fortner served the Air Force at the pentagon. Captain Cook has interspersed civilian flying with raising two sons and captaining her neighborhood’s resident association. “I’ve been serving and leading for most of my life,” she says. “Now I offer to serve as my community’s Assembly member. I’ll apply everything I’ve learned to the job.”

Cook is not the only District 8 candidates with hopes for Republican endorsement. Community organizer Carl Burton (79) recently announced his ambition for Ken Cooley’s seat; the candidates will vie for party support. “I believe in serving people ahead of party politics,” says Cook.



Airline Pilot and US Air Force veteran Cathy Cook is among contestants for the District 8 seat occupied by Assemblyman Ken Cooley.

“I can work in a bipartisan way to solve the problems of our neighborhoods.” The pilot will take leave from her job to conduct her campaign. “I’ve proven my skills in a career of decision-making and troubleshooting,” she considers. “Flying captain for the Air Force and in an airline also requires great tact and diplomacy.”

Learn more about Cathy Cook at www.cathy2020.com ★



6476 Chiquita Way, Carmichael | \$939,000

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.

705 La Leita Circle, Sacramento | \$924,500

This timeless 4 bedroom and 3 bath single-story home is tucked away in one of Wilhaggin Estate’s premier neighborhoods on a cul-de-sac street. The great room offers plenty of space for entertaining and has fantastic natural lighting. The large kitchen features granite counter tops, a dining bar, breakfast nook and plenty of storage space. The exquisite master invites total relaxation with a sitting area, soaking tub, walk-in shower and his-and-her sinks. Enjoy a private backyard with a shaded patio and low maintenance landscaping. Fantastic location near top-rated schools, Loehmann’s Plaza and the Pavilions shopping center.



8651 Bader Road, Elk Grove | \$899,000

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!



2304 Cathay Way, Sacramento | \$385,000

From its adorable storybook porch to its fantastic curb appeal and beautiful backyard, this three bedroom and two bath home has it all! Enjoy thoughtful updates in the kitchen and bathrooms. There is gorgeous hardwood flooring throughout. Additional highlights include a 6 year old HVAC with all new ducting, 5 year old water heater, newer dual pane windows, new driveway with fenced-in RV access, and electrical service underground. The private backyard is an entertainer’s dream with beautiful landscaping, mature trees, a covered patio and plenty of space to relax and unwind.



9061 Tuolumne Drive, Sacramento | \$359,500

This adorable home is tucked away in a fabulous neighborhood close to the American River, excellent shopping and great schools! Step inside and enjoy a spacious floor plan with four bedrooms and two full baths. The open concept living/dining room and kitchen is perfect for entertaining guests. Highlights include all new luxury vinyl flooring in all bedrooms and living spaces, a freshly painted interior and private backyard with a sparkling pool. Enjoy convenient access to Highway 50. Must see!



9960 Westminster Way, Elk Grove | \$559,000

This stunning 2 bedroom and 2.5 bath Williams model home in Del Webb’s Glenbrooke has it all! Enjoy a bright and airy floor plan that offers 2,252 square feet of living space. The gorgeous gourmet kitchen features stainless steel appliances, a breakfast nook, island and plenty of storage space. The spacious great room opens up to the private backyard with a covered patio and low maintenance backyard. The sumptuous master invites total relaxation with a large soaking tub, walk-in shower and his-and-her sinks. Separate dining room, denand formal entry. Enjoy a prime location close to the clubhouse, parks and more! Enjoy 55+ active living at its best!



Craig Diez
Craig@DiezandSiggProperties.com
 CalRE #01019930
916.425.5884
 Realtor/Owner
CraigDiezProperties.com



DIEZ & SIGG PROPERTIES



For exceptional representation of your real estate needs, contact me today!
DiezandSiggProperties.com | [/DiezandSiggProperties](https://www.facebook.com/DiezandSiggProperties) | [/DiezandSiggProperties](https://www.instagram.com/DiezandSiggProperties)



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



Volunteer for Carmichael

CARMICHAEL

Interested in meaningful service to impact the future of our Carmichael community? Has your business and leadership experience equipped you to offer real solutions that you would enjoy contributing somewhere? Join with others in a service corps with the Carmichael Improvement District helping to advance business progress for all. Areas of your service could include:

- Statistic identification, research, and application
- Property condition assessments and guidance
- Data entry, analysis and report preparation
- Relationship building and resource connection
- Internet research and telephone verifications
- Meeting and event support

If serving half or full days of flexible regular hours to leverage and support the work of our cooperative would interest you, we would love the opportunity to talk further. Work space can be available in our offices near the post office. Please send an e-mail to info@discovercarmichael.com or call Rachael at (916) 481-3015. Thank you for your interest in our work.

The District is an IRS-recognized 501(c)6 not-for-profit that intentionally creates economic vitality and works toward a Carmichael that is comfortably safe and invitingly clean through broad property and business community engagement.

Carmichael Improvement District
www.discovercarmichael.com

Tuesday, November 19

Business Luncheon

We Will Announce the New Honorary Mayor



Marcos Breton



featuring catering by **Cantina Azteca**

\$20/\$23 Member/Guest

Christ Community Church
 5025 Manzanita Ave., Carmichael




11:30 Lunch Served Noon - 1pm Program Raffle Bring business cards and a raffle prize!

11am - Networking & Registration
 RSVP at carmichaelchamber.com

Carmichaelchamber.com • 916-481-1002

Annual Tree Lighting

Thursday, Dec. 5 - 8pm

Carmichael Park
 5750 Grant Avenue
 Live Music • Arts and Crafts
 Vendors & Food Trucks Galore!




- Visits and photos with **Santa** with donation of 1 canned good per child
- Tree Lighting and a flurry of snowfall at 6:15PM

All canned goods collected go to the **Sacramento Food Bank & Family Services**



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

Sacramento Fine Arts Center



Ars Gratia Artis

Reception and drawing
 December 1, 2019
 Doors open at 2pm
 \$100 per Ticket

Limited tickets available.
 Art preview November 19-December 1.

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

Gallery admission is free and open to the public

5330-B Gibbons Dr.
 Carmichael, CA 95608

www.SacFineArts.org
 (916) 971-3713

Current Exhibits

Journey of Hope	Oct 29 - Nov 17
Changing Perspective	Oct 29 - Nov 17
Glass Art	November 1 -30

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

NEED STORAGE?

ARMOR MINI STORAGE



Since 1980

Computer Gate Access
 6am-9pm **365 Days A Year**

- Award Winning Customer Service
- Digital Video Camera System
- Competitive Rates
- Daily / Monthly Annual Rentals
- Easy Drive-Up Access
- Professional Resident Managers

Office Hours:
 Mon-Sat 9-6 • Sun Closed



Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

5714 Auburn Blvd., Sacramento. 95841

916.332.6455

www.armorministorage.com



CHRISTMAS MARKET!

American River Community Church

3300 Walnut Ave., Carmichael - Next to the DMV

Sat. Nov. 16th • 9AM - 3PM

CRAFTS • FOOD • GIFTS


Come enjoy a variety of handmade arts and crafts, foods and select gifts.

www.arconline.org 916-483-3465



Carmichael Times

Serving Carmichael and Sacramento County since 1981



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.




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. (ISSN # 1948-1918).

We are proud members of these newspaper associations.

HOW DO I PREPARE FOR A PUBLIC SAFETY POWER SHUTOFF?

WHAT EVERY PG&E CUSTOMER NEEDS TO KNOW

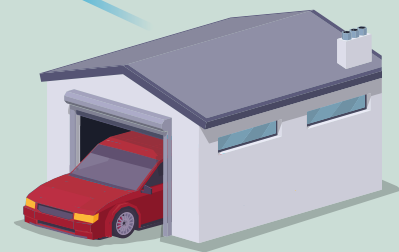


Do you have an **emergency kit** with nonperishable food, one gallon of water per person per day, medications, flashlights and batteries?

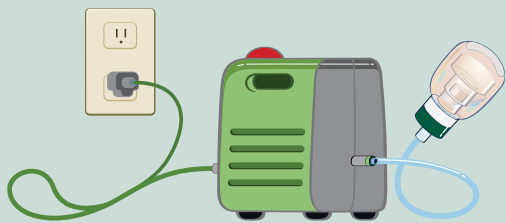
Public Safety Power Shutoff, or PSPS, is a safety program that proactively shuts off electric power lines when there is an elevated fire risk.

All PG&E customers should be prepared for possible power outages that could last for multiple days.

If power is temporarily turned off, customers should consider these questions:



Do you know how to **open your garage door manually**?



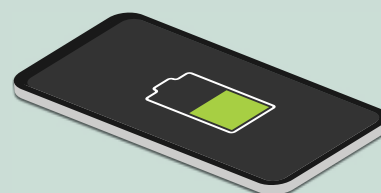
If anyone in your family **depends on electricity for their medical needs**, have you made preparations?



Do you have a **personal safety plan** for all members of your family, including your pets?



If you own a **generator**, is it safe to operate?



Are your mobile phones **fully charged**? Do you have a **portable back-up charger** or a **solar charger**?



To learn more ways to prepare, visit safetyactioncenter.pge.com.





Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young's Corner Crapaholics Anonymous Program

A 12-Step Declutter Program

"My name is Pam and I'm a Crapaholic."

Clutter is a spiritual problem

A lovely woman reported she had systematically and completely decluttered her family home, but she asked, "How do I keep from bringing the clutter back in?" She went on to say she yo-yos between a peaceful streamlined home and one that's cluttered and filled with tension.

If you frequent auctions, church bazaars, garage and estate sales, chances are you're a junk junkie and I don't know of an AA-type program for you.

But you could use the 12-Steps with just a few adjustments. If you think about the problem of having too much stuff can you see that it's a spiritual problem? God takes care of us every moment of our lives and He wants us to have material stuff, but when the collection of the stuff grows beyond our ability to enjoy and use it, and week continue to seek out more, the stuff becomes a god. The spiritual aspects of the 12 steps really apply to the addiction to gathering more than we need. This is what I imagine crapaholics would say:

- 1. We admitted we were powerless over articles priced under a dollar, - that our homes Had become unmanageable because of them.
- 2. We came to believe that a Power greater than ourselves could restore us to sanity.
- 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4. We made a searching and fearless moral inventory of ourselves and why we love other people's junk.
- 5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs: bulging closets, cupboards, drawers, storage units filled to the brim, jam- packed basements, bloated garages and stuffed attics.
- 6. We were entirely ready to have God remove all these defects of character.
- 7. We humbly asked Him to remove our shortcomings.
- 8. We made a list of all venues where stuff is sold, i.e. Goodwill, Salvation Army, auctions, barn sales, garage sales, church rummage sales and bazaars.
- 9. We made a promise to stay away from those venues.
- 10. We continued to take personal inventory

and when we were wrong promptly get rid of what we bought.

- 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the Power to carry that out.
- 12. We having had a spiritual awakening as the result of these steps, we tried to carry this message to crapaholics and to practice these principles in all our affairs.

I hope you're not insulted with my play on AA, but I truly believe that hoarding and collecting too much stuff is a spiritual problem. I'd never read the 12 steps before writing this blog and I can see now why AA is so successful. My heart goes out to all of you who are staying sober because of this profound program. You'll note if you are familiar with AA, that I didn't alter any of the steps that included God in them, because it's no joke, no matter what your problem, go to God first.

We as Americans do have a big spiritual problem; we haven't learned when enough is enough. In another column I asked, "Whatever your religion, do you think the one who started it had too much stuff?" Of course he didn't.

The woman I spoke of who asked for help, said she loves "collections," and I've been in many homes where the collections had got out of hand! One woman had more than 500 Precious Moments figurines! My friends, more than 10 and they lose their preciousness. I think I know what's behind "collecting." It feeds a woman's natural urge to gather. That urge is why we love to shop, looking for just the right berry, nut, vegetable or purse. Men have the "hunting" instinct and that's why they make lousy shoppers. They already know what they're hunting for, they go straight to it and head to the cashier.

Stay Out!

Dave Ramsey made a comment on the radio many times. He said, "Until all your credit cards are paid off, the only reason you get to go to a restaurant is if you work in it." If you've spent a great deal of your time de-junking, you know how much energy your excess stuff takes. The only reason you get to go to a yard sale is to drop stuff off.

For more from Pam Young go to www.club-organized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. All of Pam's books are available on Amazon. ★

Bye Bye Mattress is Working for California

By Mary Parra, Randle Communications

SACRAMENTO REGION, CA (MPG) - More than 4 million mattresses have been recycled in California by the Bye Bye Mattress program since it began in 2016, according to the recently released 2018 Annual Report from the Mattress Recycling Council (MRC). "The continued growth of the Bye Bye Mattress program demonstrates California is still a global leader in waste reduction at a time when the recycling industry is facing significant challenges," said MRC's Managing Director Mike O'Donnell.

Key to that success is MRC's ongoing efforts to increase program accessibility for all Californians, no matter where they live in the state. In 2018 alone, MRC reported more than 1.4 million mattresses were recycled, an increase of 11 percent from the year before. In addition, more than 80 percent of mattresses discarded in California are now being diverted from landfills, where they would otherwise take up valuable and limited space.

"Easy access to the Bye Bye Mattress recycling network is vital to program participation," said O'Donnell. "We accomplish this through innovative collaborations with mattress retailers, solid waste facilities and curbside collection programs. We also have non-profit partners, including the California Conservation Corps, Goodwill Industries and Habitat for Humanity."

MRC increased the number of no-cost permanent collection sites from 163 to 190 across the state in 2018. Bulky item collection programs grew from nine to 40 and collection events increased from 74 to 97. Today, all of California's 58 counties have access to mattress recycling services.

In addition, MRC's digital mapping analysis shows that 93 percent of

Californians live within 15 miles of the program's collection network. Even in rural counties, access was measured at 79 percent. This accessibility is even greater when including mattress retailers that are required by law to offer to take back old mattresses during new product delivery.

"We are raising awareness among Californians that mattresses are recyclable and that no-cost recycling options exist throughout the state," said O'Donnell. "Recycling mattresses keeps them out of landfills and off of our streets, alleys and other public spaces that are often targets of illegal dumping."

MRC helps combat illegal dumping by participating in local and state task forces as well as through the Illegally Dumped Mattress Collection Initiative. This program collects data on illegally dumped mattresses and uses these statistics to target affected communities. Each year, \$1 million is budgeted to fund clean-up activities.

"We are proud of the success of the California mattress recycling program," continued O'Donnell. "Through MRC, the mattress industry has demonstrated its commitment to environmental stewardship, fostering sustainability and a greener future."

The Mattress Recycling Council was formed by the mattress industry to operate recycling programs (known as Bye Bye Mattress) in states which have enacted mattress recycling laws - California, Connecticut and Rhode Island. Since its inception in 2016, the program has recycled more than 4 million mattresses in California through a network of partnerships with local governments, solid waste facilities, non-profit organizations and small and minority-owned businesses throughout the state. For more information, go to www.ByeByeMattress.com ★

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

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

CALL 916-773-1111

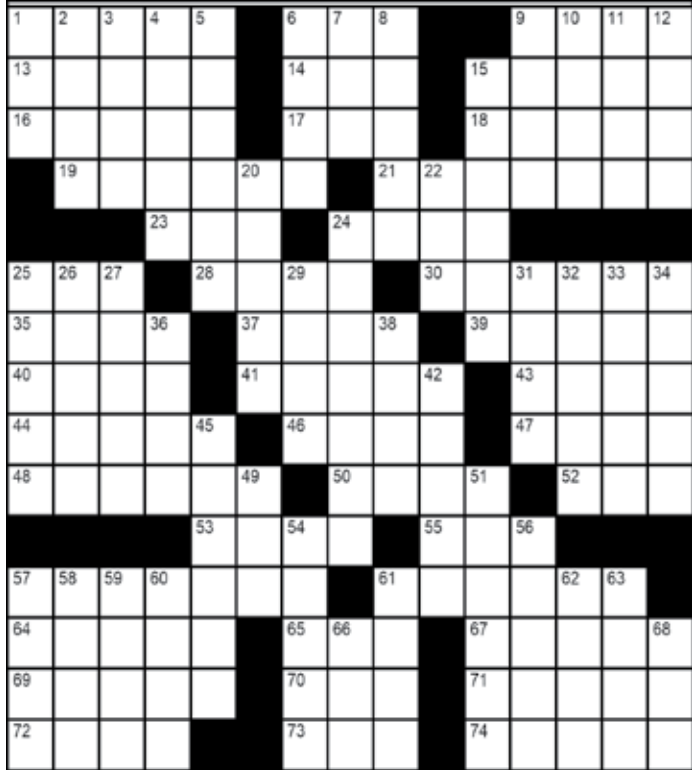


STATEPOINT CROSSWORD • WORLD CUISINES

CLUES

- ACROSS
- 1. Caribbean vacation destination
- 6. "How Green ____ My Valley"
- 9. Elementary particle
- 13. His oyster?
- 14. Where couples are joined?
- 15. Most common vowel in English language
- 16. Relating to a node
- 17. E in BCE
- 18. Makes better
- 19. *Tex-Mex or California cuisine, e.g.
- 21. *Smörgåsbord, e.g.
- 23. Dwindle
- 24. In a frenzy
- 25. U.N. workers' grp.
- 28. Notary Public's mark
- 30. Vandalizing a car
- 35. Karl of politics
- 37. Priests' robes
- 39. Type of eclipse
- 40. One on a list
- 41. *Like cuisine in a fancy restaurant
- 43. Stalactite site
- 44. Las Vegas' main street
- 46. Very pleased with oneself
- 47. Location of ACL and MCL
- 48. John Cusack's time machine, 2010
- 50. Upper hand
- 52. Caribou kin
- 53. Student aid
- 55. Four quarters
- 57. *Pelmeni and borscht, e.g.
- 61. *Samosa and biryani, e.g.
- 64. Remove, as in a Pinterest post
- 65. Any doctrine
- 67. Spectator
- 69. Newman/Redford movie "The ____"
- 70. Cartographer's creation
- 71. " ____ Line Is It Anyway?"
- 72. Carrying container
- 73. Sunday newspaper inserts
- 74. Editor's "Let it stand" marks
- DOWN
- 1. Grass bristle
- 2. Shingled house part
- 3. Pakistani language
- 4. Nonchalantly unconcerned
- 5. Rhymes at rap battling
- 6. One of Five Ws
- 7. Lungful
- 8. Tetanus symptom
- 9. Got an A
- 10. *Tom Kha Gai and Gaeng Daeng, e.g.
- 11. Horned birds
- 12. Classic TV series " ____"
- 15. Israeli money
- 20. African sorcery
- 22. *Chinese pan
- 24. Egg white
- 25. *Coddle and soda bread, e.g.
- 26. Another word for Bingo
- 27. Not hidden
- 29. Regrettably
- 31. Exclamation of disgust
- 32. Absurd

Crossword Puzzle Solutions on Page 7



Your Family Deserves The BEST Technology... Value... TVL... CALL TODAY Save 20%! 1-888-416-7103

Upgrade to the Hopper* 3 Smart HD DVR - Watch and record 16 shows at once - Get built-in Netflix and YouTube - Watch TV on your mobile devices - Hopper upgrade fee \$150.

Add High Speed Internet \$14.95/mo. Subject to availability. Restrictions apply. Internet not provided in 10% of serviceable areas.

dish

SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

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

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

Solutions on Page 7

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



GRIN AND BEAR IT

LAFF-A-DAY



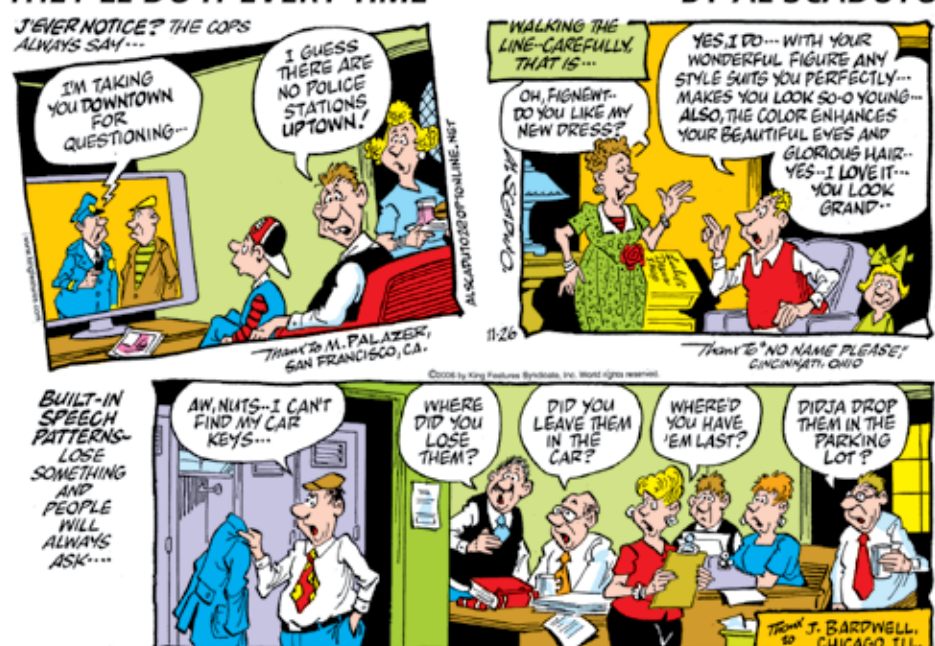
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTIHOFF



Crossword Puzzle on Page 6

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

Classified Advertising

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



916-773-1111

Sudoku Puzzle on Page 6

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

916-773-1111

All Legal Ads Published by Messenger Publishing MPG

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Music Director

WELLS FARGO HOME for the HOLIDAYS



HEADLINER
Chad Somers and the Grinch Puppets!

Sat, December 7 at 2:00 pm and 7:30 pm
Sacramento Memorial Auditorium

Get your tickets early!

TWO performances of this Annual Sacramento Holiday Tradition with full orchestra, candlelit procession and audience sing-along

GUEST CHORUS
Sacramento Children's Chorus
Alexander Grambow, Director

Puppets provided by Green Valley Theatre Company, Christopher Cook, Designer

HIGHLIGHTS

The Grinch Medley
The Sleepy Shepherd Boy
Betelehemu, and the Hallelujah Chorus



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

BUSINESS DIRECTORY

LANDSCAPE SERVICES

Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

Land For Sale

39 ACRE NORTHERN ARIZONA WILDERNESS RANCH \$183 MONTH - Outstanding buy on quiet secluded off grid northern Arizona homestead at cool -clear 6,000' elev. Blend of mature evergreen woodlands & grassy meadows with sweeping views of surrounding mountains and valleys from elevated ridgetop cabin sites. Borders 640 acres of uninhabited State Trust woodlands. Free well water access, rich loam garden soil, ideal climate. No urban noise & dark sky nights amid complete privacy & solitude. Camping and RV ok. Maintained road access. \$19,900, \$1,990 down with no qualifying seller financing. Free brochure with additional properties, prices & descriptions, photos/terrain maps/ weather data/ nearby town & fishing lake info. 1st United Realty 1-602-264-0000. (Cal-SCAN)

DRUG AND ALCOHOL REHABILITATION

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

Natalie Miller
Independent Beauty Consultant

MARY KAY.

millernatalie29@yahoo.com
www.marykay.com/nmill9625
916.621.0833

Contact me for a Complimentary Facial

LET'S FACE IT!

Some jobs are just too big to do-it-yourself!
Whatever it is that you need done,
Call A Professional!
Check out the advertisers on this page. They are waiting to hear from you!

LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified	1x \$650 Statewide
25 words/245+ papers	\$435 North/\$485 South
Daily Classified	7 days \$995
25 words/41 papers/7 days	\$650 North/\$650 South
CLASSIFIED COMBO	8 days \$1,270
25 words/282+ papers	Statewide
DISPLAY - Community Newspapers	1x \$1,600 2x2 Statewide;
140+ papers	\$1,240 2x2 No.; \$1,240 2x2 So.

HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecilia@cpna.com

We'd love to help your business connect with our readers.

Call 916 773-1111

Messenger Publishing Group

GOT LOCAL NEWS?

Call 916 773-1111

Messenger Publishing Group

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

Advertise Your Business Here

CALL 916-773-1111

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranceinfo.com/Call> (Cal-SCAN)

Orlando + Daytona Beach Florida Vacation! Enjoy 7 Days and 6 Nights with Hertz, Enterprise or Alamo Car Rental Included - Only \$298.00. 12 months to use 1-866-903-7520. (24/7) (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie

18 Years of Experience
FREE Fitness Goal Planner

Age Well In Place
Avoid Assisted Living
*Keep Strength and Mobility
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)768-8767

Financial Services

Over \$10k In Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls-All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

Pets/Animals

Professional, Loving PET SITTING

- *Established Reputation
- *Kennel Free
- *Lots of TLC
- *Happy & Safe Environment
- *Affordable Rate

Call Madeline
(916) 723-1608

DOG RESCUE
Gary
(916) 334-2841

Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU
sheltermo@hotmail.com

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. I do respite home health work. References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-19)

Real Estate

Investors/Builders. 53 Gated View Lot Development. All Infrastructure In. Ready To Build Homes. Scenic Columbia River Gorge. Washington State. \$3,500,000.00. Owner. 509-767-1539. https://you.tube/G4B2UQmy_Yc

Wanted

KC BUYS HOUSES - FASTEST CASH - Any Condition. Family owned & Operated. Same day offer! (951) 777-2518
WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Real Estate

RETIRE COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

Real Estate

WE SUPPORT OUR MILITARY

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician.
Financial aid for qualified students.
Job placement assistance.
Call Aviation Institute of Maintenance
877-205-4138

Real Estate

ROADRUNNER TRUCKING

SEEKING EXPERIENCED CHAUFFEUR & TRAILER DRIVERS
Full & Part-Time Positions Available

Work for one of the nation's well-respected transportation companies.

Job Requirements:
High School Graduate of GED required - One (1) year of customer service experience and/or professional driving experience - Must have a valid & up-to-date driver's license from the state in which he/she will be employed by the company - Must have & maintain a clean driving record, meeting company standards - Must pass a pre-employment drug test

Attributes & Characteristics:
Willing & able to provide customer service at the highest level - Maintain a neat & clean appearance, well rested & alert when reporting for duty - Able to make sound & quick decisions Dependable & reliable - Honest & trustworthy

Interested candidate should forward his/her Resume and Cover Letter to
H.Resources@rrts-inc.com or send text to (630) 354-8279.

Handyman

A Quality Home Maintenance

Hauling Gutters Cleaned Yardwork One Time Lawn Mowing You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

LANDSCAPING

Fall clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Roofing

BERNARDINO ROOFING

Repairs, Repairs, Maintenance, Dryrot, Gutter, Family Operated. BBB MEMBER!

FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817946 35 Years Experience
916.920.0100
www.bernardinoroofing.com

School

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138 (Cal-SCAN)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Classified Advertising

916 773-1111

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic.#1036031

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-19)

Classified Advertising

916 773-1111

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Suffering from an ADDICTION TO Alcohol, Opiates, Prescription Painkillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-399-8803

Classified Advertising

916-773-1111

For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

Messenger Publishing Group

Call to Advertise Here 916 773-1111

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT (2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

Bob's BASEBALL Tours

East Coast Tour:
June 24-July 4, 2020
See 7 MLB Games in 11 days at Boston, Cleveland, Philadelphia, Washington DC, Baltimore & New York (Yankees & Mets).
Included: Baseball Hall of Fame in Cooperstown, Guided Tour of NYC and free day in Manhattan.
Hotel near Times Square two nights.
Tour begins near Dallas/FW Intl Airport/
Ends near Cleveland Airport.
\$2,650/person based on double hotel occupancy

Southern Swing Tour
See 4 MLB Games in 6 days at brand new Texas Rangers field, Houston & Atlanta. Free afternoon in New Orleans. July 24-29
Tour begins near Dallas/FW Intl Airport/
Ends near Atlanta Airport
\$1,400/person based on double hotel occupancy

Wrigley Field Experience Tour
Day and night game at Wrigley Field, in addition to Field of Dreams movie site and game at Minnesota Twins. August 18-21
Tour begins/Ends near Minneapolis International Airport
\$1,100/person based on double hotel occupancy

Coach Bus Trip. Quality Game Tickets & Hotels

Free brochure: 507.217.1326



'Nationalism' Shouldn't be a Dirty Word

If there's one thing that elite opinion tends to agree about on the left and the right, it's that nationalism is a very bad thing. If anything, this view has become even more entrenched as nationalism has demonstrated its potency in recent years, from the election of Donald Trump to Britain's vote to leave the European Union.

When President Trump first openly embraced the term "nationalist" at a 2018 campaign rally, commentators reacted in horror. Patriotism is about love, nationalism about hate, New York Times columnist Nicholas Kristof opined. Trump, insisted Jennifer Rubin of The Washington Post, is "normalizing a hateful political philosophy that is contrary to our deepest-held beliefs."

As I write in my new book, "The Case for Nationalism," this reflexive hostility to the concept is ill-informed and an attempt to deem nationalism a swear-word and end all discussion on that basis.

At its most basic, the

scholar Azar Gat writes, nationalism is "the doctrine and ideology that a people is bound together in solidarity, fate, and common political aspirations." Historian Anthony Smith described the national ideal as "a belief that all those who shared a common history and culture should be autonomous, united and distinct in their recognized homelands."

When Europe went off the rails in the early 20th century, nationalism as such didn't cause its crash so much as social Darwinism, militarism and the cult of charismatic leadership. The aftermath of World War I added its own poison.

Regardless, American nationalism — which encompasses such diverse, rightly beloved figures as Alexander Hamilton, Abraham Lincoln and Teddy Roosevelt — is not to be feared. As with so many other things about this country, it is more benign than the versions to be found in Europe and elsewhere.

This is true for a number of reasons. First, we are the inheritors of an Anglo-American tradition that has profound respect for the individual and the rule of law and is a fundamental part of our national identity.

The sheet anchor of American sovereignty, the U.S. Constitution, makes it clear that authority ultimately resides with "we the people of the United

States." The Constitution also happens to be a durable mechanism of self-government and itself an object of patriotic loyalty and national pride.

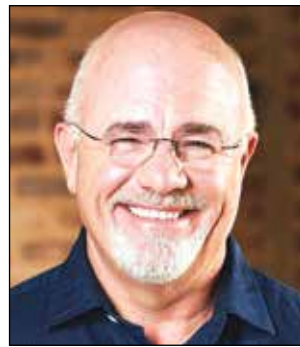
Finally, the United States was never infected with the dream of universal empire that Europe inherited from Rome and that has lingered on in differing forms from Charlemagne to the European Union.

The rise of Donald Trump has pushed the left further away from respect for nationalistic attitudes and even patriotic symbols. Democrats — and the country — would be much better served if they countered Trump's nationalism with aversion of their own.

On his own side of the aisle, Trump has made Republicans more nationalistic. Still, much of the party is quietly uncomfortable with this. If Trump loses in 2020, the party's establishment may try to snap back to its pre-Trump disposition of relative indifference.

Yet, if there's one clear political lesson from the long history of nationalism in this country and elsewhere, it is that a party interested in moving people and selling a program should make some sort of an appeal to it — even if conventional wisdom

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



Dave Ramsey Says

Emotions, Basics, and Change

Dear Dave, I've gotten out of debt before following your plan, but I always seem to fall right back in. I find myself spending more than I mean to whenever I go out shopping or running errands. I'm tired of all this, and I want to stop busting my budget and get control of my money once and for all. Do you have any advice?

— Patrick

Dear Patrick,

Years ago, when I lost everything financially, there were two or three extremely strong emotions that spurred me toward change. Probably the biggest emotion was fear. I was scared to death I'd be

broke for the rest of my life, and not be able to take care of my family. Don't misunderstand me, though. I don't think you should ever live your life in fear. But a reasonable, healthy level of fear where some things are concerned can be a fantastic motivator.

Another emotion was disgust. I realized the way I had been living and handling money was stupid. So, I made a proactive, conscious decision that I was going to change, and things were going to be different. The third emotion was contentment. You know, advertisers try to make us believe our lives will be better, and we'll be happier, if we just go out and buy their stuff. I can tell you from personal experience when this idea is crammed down your throat every day, it can warp your perception of contentment and happiness. Lots of stuff does not equal lots of happiness.

If you've tried several times, and are still falling back into the same old trap,

maybe you should approach your situation in a practical, day-to-day way. Stop going places where you're tempted to spend money on silly things. When you go out running errands and shopping, make a list of only the bare necessities, and take along just enough cash to pay for them.

Spending money on a bunch of stuff you don't need, and probably don't even really want, isn't going to bring you contentment. It's just going to bust your budget, and put you in a financial hole that will, sooner or later, become very difficult—if not impossible—to dig your way out of!

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. ★

Earn extra cash for just a few hours delivery work per week!
CALL 916-773-1111

Upgrading to Windows 10 or a New MS Office?

- Learn how to upgrade correctly
- See what problems you might face
- Get familiar with Navigation & new features too

Register Now: only 2 more classes left - Support by Microsoft goes away soon
 Register Online: <https://carmichael/park.com>

916-222-2735
info@rrmartinson.com
 RR Martinson Consulting
 Computer Challenges - Resolved!

Sell Your Vehicle in the Local Classifieds

Call **916.773.1111**

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.

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

PET CLUB FOOD AND SUPPLIES
 EVERYDAY LOW PRICES
 Super Discount Prices • Hot Specials & Coupons
(No Membership Fees)

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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 11/13/19 - 11/19/19

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

<p>ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD 13.5 Lb & 27 Lb •Turkey •Lamb •Trout/Salmon •Zessential •Duck •White Fish •Venison •Salmon •Pork •Catfish</p> <p>ON SALE EVERYDAY Effective 11/13/19 - 11/19/19</p>	<p>DIAMOND NATURALS DRY DOG FOOD 40 Lb Bag •Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Life 30 Lbs (Lg Breed Lamb \$31.99) (Ex Athlete \$36.99)</p> <p>\$29.99 Effective 11/13/19 - 11/19/19</p>	<p>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD •Chicken, Brown Rice & Oatmeal Formula (Reg & Lrg Breed) •Senior •Lite 30 Lb Bag</p> <p>Limit 2 Bags Per Family \$35.99 Effective 11/13/19 - 11/19/19</p>	<p>PEDIGREE DRY DOG FOOD 50 Lb Bonus Bag •Chicken, Rice, & Vegetable •Steak & Vegetable</p> <p>Limit 2 Bags Per Family \$23.99 Effective 11/13/19 - 11/19/19</p>
<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family 37¢ Effective 11/13/19 - 11/19/19</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family ON SALE Everyday Effective 11/13/19 - 11/19/19</p>	<p>PURINA CAT CHOW DRY CAT FOOD •Regular •Indoor 15 Lb Bag</p> <p>Limit 2 Bags Per Family ON SALE Everyday Effective 11/13/19 - 11/19/19</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$8.99)</p> <p>Limit 2 Boxes Per Family \$6.99 Effective 11/13/19 - 11/19/19</p>

<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases</p> <p>20% OFF OUR REGULAR LOW PRICES</p>	<p>WORLD'S BEST CAT LITTER •Original •Extra Strength 14 Lbs Limit 2 Bags</p> <p>\$12.99</p>	<p>PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p>\$1.09</p>
<p>WILDERNESS DRY CAT FOOD •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags</p> <p>AS MARKED \$5 OFF OUR REGULAR LOW PRICES!</p>	<p>PRECIOUS CAT CLUMPING CAT LITTER 18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family</p> <p>\$5.99</p>	<p>CHICKEN SOUP FOR THE SOUL DRY CAT FOOD •Adult •Indoor/Hairball •Weight/Mature Care •Kitten 13.5 Lb Bag Limit 2 Bags As Marked</p> <p>20% OFF OUR SUPER LOW PRICES</p>
<p>AVODERM CANNED DOG FOOD •Regular •Grain Free (Avoderm Canned Cat Food 13 Oz Limit 1 Case 3 oz Grain Free \$89¢ 5.5 oz Reg \$1.19)</p> <p>\$1.59</p>	<p>JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags Per Family</p> <p>\$1.99</p>	<p>PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER 40 Lb Bag (Extra Strength 25 Lb \$7.99) Limit 2 Bags</p> <p>\$8.99</p>
<p>MEOW MIX DRY CAT FOOD •Original Choice 16 Lb Bag Limit 2 Bags Per Family</p> <p>\$11.99</p>	<p>CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER 15 Lb Jug Limit 2 Jugs</p> <p>SUPER BUY \$6.99</p>	<p>MERRICK'S CLASSIC NATURAL DRY DOG FOOD •Chicken/Green Pea/Ancient Grains 25 Lb Bag Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains</p> <p>\$8 OFF OUR REGULAR LOW PRICES!</p>

<p>MIDWEST METAL PRODUCTS •Exercise Pens •Contour Crates •Crates •Ovation Trainer All Varieties</p> <p>20% OFF OUR SUPER LOW PRICES</p>	<p>BOXED GLASS TANK WITH STARTER KIT 20 Gal Tetra LED Deluxe . . . \$91.99 10 Gal Aqueon Economy . . . \$36.99 29 Gal Tetra LED Deluxe . . . \$112.99 10 Gal Tetra LED Deluxe . . . \$53.99 55 Gal Tetra LED Deluxe . . . \$187.99</p>
<p>BARKWORTHIES ALL NATURAL DOG CHEWS •Bully Sticks •Antler Treats •Super Food Jerky •Super Bones</p> <p>20% OFF OUR SUPER LOW PRICES!</p>	<p>STAR-MARK PRODUCTS •Treat Balls •Treats •Bento Ball •Dura Foam Disc & Ball •Chew Ball •Wheeler All Varieties</p> <p>20% OFF OUR SUPER LOW PRICES!</p>
<p>WARE & KAYTEE SMALL ANIMAL PRODUCTS & KITS (Including Ware Farmer Market Products)</p> <p>20% OFF OUR SUPER LOW PRICES</p>	<p>Bramton SIMPLE SOLUTION STAIN & ODOR REMOVER 1 Gallon</p> <p>\$9.99</p>

<p>BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/13/19 - 11/19/19</p> <p>ON SALE EVERYDAY CHM PLU 568</p>	<p>BONUS COUPON FANCY FEAST CLASSIC BROTH 1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/13/19 - 11/19/19</p> <p>89¢ CHM PLU 377</p>	<p>BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/13/19 - 11/19/19</p> <p>\$1.49 CHM PLU 422</p>
---	---	---

On Impeachment Democrats are Sloppy with the Constitution



Harold Pease, Ph. D

The Constitution is presently used by both major political parties defending or opposing the House Intelligence Committee charged with finding a crime hasn't yet found bribery, treason or any high crime, — the only impeachable offenses — but it "knows" one exists somewhere. During three years of a dozen or more attempts to impeach Trump charges crumbled from lack of documentation.

Probably the most profound statement made regarding impeachment was made by Democrat Jerrold Nadler, Chairman of the House Judiciary Committee, presently engaged in impeaching Trump: "The effect of impeachment is to overturn the popular will of the voters. We must not overturn an election and remove a President from office except to defend our system of government or our constitutional liberties against a dire threat, and we must not do so without an overwhelming consensus of the American people. There must never be a narrowly voted impeachment or an impeachment supported by one of our major political parties and opposed by another. Such an impeachment will produce divisiveness and bitterness in our politics for years to come,

and will call into question the very legitimacy of our political institutions" (144 Cong. Rec. HI 1786 daily ed. Dec. 18, 1998). This Nadler argued during the impeachment proceedings of Bill Clinton.

Using Nadler's criteria Donald Trump does not pose a "dire threat" to our system of government or constitutional liberties, there is no "overwhelming consensus," and only the Democratic Party is working for his removal. Most Americans oppose impeachment.

The Constitution give the House sole power to create the charges against a president. Additional authority is housed under past practice which in time effectively adds to the Constitution unless found to conflict with an original part of the document.

Only Andrew Johnson, Richard Nixon, and Bill Clinton have been indicted. House past practice in each has been based upon fairness. In each a vote of the full House was required to initiate an impeachment inquiry, for Nixon the vote was 410-4 and for Clinton 258-176 (See H. Res. 803, 93rd Cong. 1974 and H. Res. 581, 105th Cong. 1998). The full House participated in defining the scope

of impeachment and established its rules and procedure. After the vote was taken to form an impeachment inquiry both the chair of the inquiring committee and the ranking member of the opposing party had co-equal subpoena powers to call witnesses subject to a vote of the full committee upon the request of either.

The indicted president's council participated. It exercised the right to attend all hearings and depositions, to present evidence, to object to the admittance of evidence, to cross-examine witnesses and to recommend a witness list.

Thus far Nancy Pelosi has opposed a full House vote to authorize an impeachment inquiry as was established in previous impeachments nor has the full House been given input in "defining the scope, rules and procedures" as before. The Committee Report accompanying H. Res. 581 developed in the Clinton impeachment stated: "The full House of representatives should be involved in critical decision making regarding various stages of impeachment."

One serious constitutional provision yet remains in our consideration of the attempt to impeach Trump — due process. This is

housed in several places in the Constitution especially Amendments 5, 6, and 14. Democrat Jerrold Nadler referenced them when Bill Clinton was impeached, "the power of impeachment demands a rigorous level of due process ... the right to be informed of the law, of the charges against you, the right to confront the witnesses against you, to call your own witnesses and to have the assistance of counsel" (Hearing before the Subcom on the Constitution of the H. Comm. on the Judiciary 105th Cong. 17, 1998). These have not been extended to Trump.

Clearly, respecting impeachment, Democrats are sloppy with the Constitution.

As Trump's council recently wrote. "These due process rights are not a matter of discretion for the Committees to dispense with at will. To the contrary, they are constitutional requirements. The Supreme Court has recognized that due process protections apply to all congressional investigations...[even] impeachment proceedings" (Pat A. Cipollone, Counsel to the President White House, October 8, 2019).

Thus far none of the above established practices have been followed in the case of the proposed impeachment

of President Trump, especially due process. No House vote and no formation of an impeachment inquiry committee after the vote. Pelosi simply asked the House Intelligence Committee, led by Adam Schiff, to assume the responsibilities and he is behaving as though his committee will do it alone including the trial constitutionally reserved to the U.S. Senate. Moreover, Schiff has been holding secret hearings of witnesses denying House Republican observers of other committees. He forcibly removed colleague Matt Gaetz.

Clearly, respecting impeachment, Democrats are sloppy with the Constitution.

Dr. Harold W. Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

Housing Legislation Delays Relief for Struggling Homeowners, Sets Up Vague Investment Scheme

By Jacqui Nguyen

SACRAMENTO, CA (MPG) - Senate Republican Leader Shannon Grove (R-Bakersfield) released the following statement after Governor Gavin Newsom signed Senate Bill 113, a housing trailer bill into law. The newly-signed legislation addresses the state's plan to spend \$331 million in national mortgage settlement funds. Senate Democrats passed SB 113 on a partisan vote.

The \$331 million was created as part of the National Settlement Defense Fund in 2012 following the mortgage crisis. The funds were intended to help distressed homeowners who were victims of predatory lending. But Governor Jerry Brown used the funds to backfill the state budget. The National Asian American Coalition (NAAC) sued the state of California in 2012 for the return of the funds and was finally victorious in July 2019.

Both the previous and current

Democratic governors, Brown and Newsom, appealed earlier court rulings against their actions until the California Supreme Court directed the state of California to assist homeowners as originally promised.

In September, Governor Newsom's administration testified that it plans to take a year or more to set up a nonprofit trust that would invest the funds in still-unknown ways, and that it would only spend investment profits, not the actual settlement funds.

"Since 2015, Senate Republicans have been fighting to help struggling homeowners who suffered during the mortgage meltdown. Families should have had their victory at long last, but instead the Newsom administration has concocted a scheme to study the issue for another year and then channel the funds through a vague and possibly risky investment trust.

"This decision will create a needless delay of potentially two more years before homeowners might see a dollar in assistance from unknown investment

profits. Also, if the investments lose money, there is no guarantee that the trust would have any profits to spend on homeowner assistance.

"Families in California already face affordability issues in our state, and now this overdue assistance is delayed once again. This legislation should have simply directed the state to immediately spend the \$331 million for its intended purpose of assisting homeowners, not create more delays and disappointments," said Senate Republican Leader Shannon Grove.

Senate Republican Leader Shannon Grove represents California's 16th Senate District which encompasses large portions of Kern, Tulare and San Bernardino counties and including the cities of Bakersfield, Barstow, California City, Exeter, Frazier Mountain, Joshua Tree, Mojave, Needles, Ridgecrest, Rosamond, Taft, Tehachapi, Twentynine Palms, Tulare, Visalia, Yucca Valley and portions of the Kern River Valley. Follow her on Facebook and Twitter. ★

2018 was Record-Breaking for County Agriculture

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The gross value of all agricultural products in Sacramento has topped all previous records, Agriculture Commissioner Chris Flores told the county Board of Supervisors on Sep. 24. The value increased by \$24 million in 2018, pushing the gross production number past the half-billion-dollar mark.

The gross value was \$520,613, 000, which translates to "the greatest amount of agricultural production in our county, ever," Flores said.

Wine grapes continue to be the county's leading commodity. More than 30 varieties of wine grapes are grown on more than 36,000 acres in Sacramento County. Harvested wine grapes are sold to home

winemakers, small boutique wineries and large production wineries across California.

Every year, the value of specific commodities rises or falls based on weather, supply and demand, and market forces. In 2018, wheat, rice and almonds experienced slight increases. Poultry, pears and tomatoes experienced slight downturns.

Top 10 Commodities Produced in Sacramento County in 2018: (1) Wine Grapes, (2) Milk, (3) Poultry, (4) Pears, (5) Nursery stock (6) Aquaculture (fish, crustaceans, mollusks and aquatic plants), (7) Hay (alfalfa), (8) Cattle & Calves (9) Rice, (10) Field Corn

County agriculture puts the "farm" in the farm-to-fork movement, with more than 500 farmers, growers and agricultural producers making their home in Sacramento County. ★

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

NOTICE OF PETITION TO ADMINISTER ESTATE
 NOTICE OF PETITION TO ADMINISTER ESTATE OF GEORGE R. DAVIS
 CASE No. 34-2019-00266362
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of George R. Davis, deceased A Petition for Probate has been filed by Carl Dexter, in the Superior Court of California, County of Sacramento, requesting Carl Dexter, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 3, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Tonya Nygren 1903 21st Street Sacramento, CA 95811 916-739-1900 Publish: November 8, 15, and 22, 2019 DEXIER 170622 11-22-19

TRUSTEE SALE NOTICES
 Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Walter M. Horton, a married man, as his sole and separate property Recorded: 3/21/2006 as Instrument No. XXX in Book 20060321 Page 0569 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 12/17/2019 at 9:00 AM Place of Sale: At the East Main Entrance of the Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$150,426.56 The purported property address is: 3045 SWANSEA WAY, RANCHO CORDOVA, CA 95670 Assessor's Parcel No.: 077-0073-008-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult

either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-19-864289-BF. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser

shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: Quality Loan Service Corporation 2763 Camino

Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-19-864289-BF IDSPub #0157928 11/15/2019 11/22/2019 11/29/2019 IDS#0157928 11-29-19

PUBLIC NOTICE
 INVITATION TO BID
 Detained Animal Care Facility T1
 Sealed Proposal will be received at the office of the City Clerk, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova CA 95670, up to the hour of 10:00 A.M. on December 3, 2019 and will be publicly opened and read for the T1 conversion at our Neighborhood Services Center located at 2880 Gold Tailings Ct., Rancho Cordova CA 95670 to convert existing storage room into a Detained Animal Care Facility. Space is approximately 360 sf.
 The project Contractor shall furnish all tools, equipment, apparatus, facilities, labor and material necessary to perform and complete all work in a good and workmanlike manner.
 Scope of Work:
 T1 for conversion at our Neighborhood Center located at 2880 Gold Tailings Ct., Rancho Cordova, CA 95670. Convert existing storage room to be used as a Detained Animal Care Facility.
 • Addition of Mini-Split HVAC system and mini exhaust fan and associated ductwork demo/installation.
 • Addition of Plumbing for table/tub sink and new floor sinks.
 • Relocation of lighting controls and adding new outlets.
 • Removal of existing door opening and fill.
 • Replacement of flooring.
 • Removal/replacement of concrete walkway sections & concrete work for floor sinks & drains.
 • Addition of cabinets/casework/countertops.
 • Install portable kennels/cages and hose reel etc., as defined on plans.
 All work to be completed by licensed General-B contractor.
 Contractors are encouraged to attend a non-mandatory Pre-Bid Walk, scheduled for Thursday November 21, 2019 at 10:00 A.M. at the project site located at 2880 Gold Tailings Ct. Rancho Cordova, CA 95670.
 Electronic Copies of the contract documents and specifications, including bid proposal forms are available electronically on the city website or in person between 9:00 A.M. - 4:00 P.M. at:
 City of Rancho Cordova
 2729 Prospect Park Drive
 Rancho Cordova, CA
 For more information contact:
 Todd Humphrey
thumphrey@cityofranchocordova.org
 (916) 851-8875
 Dated: 11/8/19
 Grapevine Independent Nov. 15 and 22, 2019

Students Celebrate Diverse Cultures at Annual Global Expo At Rio Americano



Students from Afghanistan, Egypt, Russia, Ukraine, Iraq and Mexico were among many displaying their cultural heritage at the Global Expo. Photo courtesy SJUSD

San Juan Unified School District

CARMICHAEL, CA (MPG) - The cultures and traditions of more than a dozen countries came alive during the 4th annual Global Expo at Rio Americano (GEAR).

More than 90 students representing different countries shared their diverse traditions with others. The event featured food, art, games and traditional dances from around the world.

"I felt the need to make sure my students didn't turn

their backs on their homeland, their culture, their language and GEAR was born," said Mirna Jope, Rio Americano teacher and lead organizer of the event.

The event drew more than 2,000 people throughout the day. ★

Thanksgiving Sunday

By Reverend Richard Reimer, American River Community Church



Reverend Richard Reimer, American River Community Church. Courtesy ARCC

CARMICHAEL, CA (MPG) - The month of November ushers in a host of special days – Black Friday, Small Business Saturday, Cyber Monday and Giving Tuesday. What I want to direct your attention to is Thanksgiving Sunday!

Thanksgiving Sunday is the Sunday prior to the national holiday of Thanksgiving. This Sunday ought to be right up there with Christmas Eve and Easter in your family's plans to attend your church or faith community. I will use Psalm 66 to give you a few reasons why that should be so.

The Psalmist closes his poem with these words of praise and thanksgiving. "Praise be to God, who has not rejected my prayer or withheld His love from me!"

How did this composer come to that frame of mind and heart? Let's find the reasons in the stanzas prior to this grateful conclusion.

In verse 9 he cites the first reason. "Praise our God, O peoples, let the sound of His praise be heard; He has preserved our lives and kept our feet from slipping." The psalmist is challenging us to reflect upon the past both distant and recent to see if we can identify the rescuing intervention of supernatural power in our lives. How many miles did you drive in this past year without an accident? Or close calls, that put a lump in your throat, but nothing bad happened? Could those moments be evidence of supernatural intervention? If so, you have a reason to be thankful.

In verses 10-12 the poet writes about testing times; hard times; times of confinement or restriction like imprisonment; times of excessive burden or oppression. He looks back to a very tough season of life "we went through fire and water." Many Californians know literally what going through fire means with all the recent wildfires. Many Texans and Southern dwellers know what devastating flooding does to individuals and communities.

These phrases could also be metaphors for any intense season of suffering.

But the good news comes in these praise worthy words: "But YOU brought us to a place of abundance." V12b. The season of suffering and destruction is over! Rescue and recovery and restoration has now taken place! Life has returned to a new normal with a new sense of well-being and purpose. What was lost is now replaced with even more than before. It's time to give thanks!

These are the two reasons the psalmist will "come to the temple" v 13. There with the community of faith this poet will "fulfill the vows my lips promised when I was in trouble." v14. Many people make promises to God when in the midst of suffering and trouble. Thanksgiving Sunday is a great day to make good on them!

The Psalmist shows up at the temple and gives public testimony of thanksgiving to His God with this universal invitation. V16 "Come and listen, all you who fear God; let me tell you what HE has done for me."

Rescue, recovery, restoration demands public testimony. What better time and place to shout out your praise and thanksgiving to your God than with your faith community on Thanksgiving Sunday, November 24th!

Reverend Richard Reimer, Lead Pastor American River Community Church 3300 Walnut Avenue • Carmichael, CA 916-483-3465, Facebook.com/ARCCOnline★

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

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



ENJOY A DELICIOUS CATERED THANKSGIVING MEAL

THANKSGIVING LUNCH

WEDNESDAY NOVEMBER 20

Tickets Cost \$8

Purchase tickets by Friday November 15 at the Mission Oaks Community Center

Lunch is served at 12 pm. Doors open at 11:30am at the Mission Oaks Community Center

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

CELEBRATE Life's JOURNEY



FULL THROTTLE!

Summerset Senior Living

A Beautiful Family-Owned Community
Independent • Assisted • Memory Care

Call to Schedule a FREE Lunch Tour!

2341 Vehicle Dr., Gold River/Rancho Cordova

916.562.1036

www.summersetseniorliving.com



RCFE Lic. #347005361

CT



Private Apartments now available in Assisted Living and Memory Care

ESKATON
Transforming the Aging Experience

Discover the magic of the Eskaton Village Carmichael lifestyle. If you want luxury, comfort and service in a gated, country club-style community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. **Your community. Your life. Your choice.**

Visit us online at ESKATON.ORG/EVC or call to tour today.

Monthly fees from \$3956

ESKATON VILLAGE CARMICHAEL | CONTINUING CARE RETIREMENT COMMUNITY (CCRC)

916-967-1017

License # 340313383 | COA # 202



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

\$1,200.00 off
2 Implants with attachments to a Denture
Offer Expires 11/30/19

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