



**Dr. Y. Vinny Huang  
Joins Marconi  
Dental Group**

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**Volunteers  
Needed to Help  
Kids Read**

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# Carmichael Times

VOLUME 40 • ISSUE 41

Serving Carmichael & Sacramento County since 1981

OCTOBER 11, 2019

**SEE  
INSIDE**

**SHALL WE DANCE,  
CARMICHAEL?**



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**LIVE LIKE YOUR  
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**YOU WANT  
TO DO WHAT!?**



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## NASCAR Comes to Town

*Carmichael's Andrew Peeler to race in the Super Stocks*



NASCAR K&N Pro Series circle track stock cars to run in the Sacramento Region. Courtesy Blakesley Sports Media

**By Steven Blakesley,  
Blakesley Sports Media**

**ROSEVILLE, CA (MPG)** - One of the largest motorsports events in Northern California returns for the 21st appearance of the NASCAR K&N Pro Series, West in Roseville, when the NAPA Auto Parts/ENEOS 150 roars into the All American Speedway on October 12th. Exciting, door-pounding NASCAR short track racing comes to the one-third mile with the only national televised racing event in Placer County.

\$3 from every ticket sold will support the California Peace Officers Memorial Foundation. The hottest ticket of the year also supports the Placer Breast Cancer Foundation with over \$100,000 raised in event history.

Joining the NAPA Auto Parts/ENEOS 150 will be the championship finales for the NASCAR-sanctioned Late Models, Modifieds, Super Stocks,

and F4s, plus racing for Jr. Late Models, Mini Cups vs. Bandoleros, and Legends of the Pacific. All told, eight main events and over 350 laps of competition are scheduled for over \$100,000 in cash and prizes.

The NASCAR K&N Pro Series, West is the highest developmental level of NASCAR on the West Coast and has been competing since 1954. Some of NASCAR's top drivers, including Cup Series champions Kevin Harvick and Joey Logano, started their racing careers in the K&N Series. Elk Grove's Kyle Larson and Grass Valley's Matt DiBenedetto are among the Northern California-based racers who were propelled up the ladder thanks in large part to the series.

A strong batch of NASCAR hopefuls will be competing, and it includes a pair of 18 year-olds. Championship points leader Derek Kraus of Stratford, Wisconsin and third in points Hailie Deegan of Temecula, California have

taken the stock car world by storm. Kraus has nine career victories, while Deegan – the only female driver to win in the K&N Series – has three wins.

Second in the championship is 17 year-old Jagger Jones out of Scottsdale, Arizona. Jones is the grandson of the legendary Indianapolis 500 champion Parnelli Jones and is the leading rookie of the season. Southern California's Trevor Huddleston and Washington's Brittney Zamora round out the top-five in the championship.

Roseville's NAPA Auto Parts/ENEOS 150 will mark the 12th round in the 14-race championship for 2019. Also in action will be the first NASCAR championships in Roseville in several years as part of the NASCAR Home Tracks program. Cameron Park's Jason Romero has clinched the Late Model title, while battles continue in the other divisions. Points leaders include Loomis' Nick Lyons in

*Continued on page 3*

## Celebrate the Annual Falling Leaf Crafts Festival

**Living Smart Farmers Markets Press Release**

**CARMICHAEL, CA (MPG)** - Living Smart Foundation will be celebrating family, food and fun at the Carmichael Park Farmers Market on Sunday, October 13, 2019 as they host their Annual Falling Leaf Festival. "This annual event features over 100 vendors alongside the weekly farmers market that will include free games, entertainment and healthy foods all in one location," said Marie Hall, Executive Director of Living Smart Foundation.

The festivities will start at 9 am and continue to 2 pm. Live music will be provided by the New Crowns Band made up of young local musicians performing toe tapping alternative sounds.

There will be a great pumpkin patch where youth and families can "pick a pumpkin and paint it" onsite. The pumpkins are grown and harvested locally from Perry's Garden Highway Farms. Local crafters and artisan vendors will sell seasonal and locally handmade goods.

This event will also feature a free Chef Demonstration with Chili Smith, a local Carmichael business and weekly vendor as they prepare and share their famous chili recipe made with fresh ingredients from the farmers market and their special "beans."

A doggy costume contest and parade will commence at 12:30 pm. Patrons can dress up their pooches in their favorite Halloween costume and report to the Doggies Costume area to register. The dogs will parade around the market to compete to win prizes for best costume.

If baking is your talent, locals can also compete in the "pumpkin dessert contest" for a chance to win prizes for best dessert. There is no cost to enter. Desserts must be made with pumpkin as one of the ingredients. Competitors should bring their desserts to the Dessert table by no later than 11:30 am and winners will be announced at 1:30 pm.

Patrons can support Living Smart's fundraising efforts by buying raffle tickets for a chance to win items at a silent auction.

The event will take place at the Carmichael Park located at 5750 Grant Avenue, Carmichael. No cost to enter! Happy Harvest. ★

## Denny's is Now Burnt Toast

**By Paul Scholl**

**CARMICHAEL, CA (MPG)**

- After several days of destructive training, The Sacramento Metropolitan Fire District (Metro Fire or the District) burned the former Denny's restaurant in a very rare nighttime live fire training drill last Wednesday night, which lasted until Thursday morning in Carmichael.

The drill attracted a large crowd of about 1500 people in the surrounding areas on Fair Oaks Blvd. and Manzanita, most wanting to see a huge blaze and fire show. With the training taking place over many hours, the crowd dissipated somewhat by midnight. Many came to see firefighter heroes in training action.

Sacramento Metro Fire had widely announced the live fire activities commencing at approximately 10 pm., during which the building would be burned completely down.

Beginning at 6 pm, Metro Fire crews made final preparations on the building for the evening's burn. This included forcible entry with power



Above: The former Denny's Restaurant was burned last Wednesday night by Metro Fire. Right: The aftermath with demo already started. Photos by Paul Scholl



tools, cutting ventilation holes, and other structural preparations to ensure the safety of the event.

During all live fire trainings, Metro Fire ensures all permits have been acquired by the property owner through the Sacramento County Building Department and Sacramento Metropolitan Air Quality Management

District to ensure not only the safety of firefighters but that of the nearby community. This ensures the building is free of asbestos and other hazards which could be harmful to the health and safety of those nearby.

All times above are

approximate pending implementation of fire and building safety measures, atmospheric and conditions for smoke dispersal, and ensuring all community members are at a safe distance.

Source: Sac Metro Fire Captain Chris Vestal ★

# You Want To Do What!?

**Commentary**  
by Sal Arrigo, Jr.

*"I am thinking of ending my life using one of the end-of-life laws."*

In order to make some distinction, the definition of euthanasia states that a doctor is allowed by law to end a person's life by a painless means, as long as the patient and their family agree. The definition of assisted suicide is that a doctor assists a patient to actually commit suicide if they request it.

Eight states and the District of Columbia have enacted legislation that allows people to choose death over life. Death with dignity statutes allow mentally competent adult state residents who have a terminal illness with a confirmed prognosis of having six or fewer months remaining, to voluntarily request and receive a prescription medication to hasten their inevitable, imminent death. By adding a voluntary option to the continuum of end-of-life care, these laws give patients dignity, control, and peace of mind during their final days with family and loved ones.

In order to write this article, I had to ask people this hypothetical question - "what advice would you give if someone that was close to you said they were considering assisted suicide as a means to take away their pain?" To clarify my question - if a person decided there was no hope for recovery from a health condition, and the only alternative they feel open to them is death, how would you respond?

I asked Casey Robinson,



Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no "big deal" and can make the decision quickly. For many others, I am betting this decision may be the toughest of all! MPG file photo

a longtime friend this question. He said, "I would ask if they have discussed this with their doctor and the most trusted and loved people in their lives. If they have and they still feel compelled, I would support their decision. Offer empathy." Another friend, Michael Rubash, said, "this is a tough question. I would ask if they had to live their lives in a hospital connected to tubes, would they wish to consider another option?" The option Michael was referring to was assisted suicide.

As with any highly emotional subject, there are plenty of opinions. For instance, what are the attitudes of the religious community? I recently read

an article published by the Pew Research Center, titled, "Religious Groups Views on End of Life Issues." Although it is several years old, the views have not changed. The Roman Catholic Church strongly opposes physician-assisted suicide and euthanasia. The Evangelical Lutheran Church in America (ELCA) opposes physician-assisted suicide and other efforts by medical professionals to speed a patient's death.

In 1991, the Episcopal Church passed a resolution against assisted suicide and other forms of active euthanasia, stating that it is "morally wrong and unacceptable to take a human life in order to relieve the suffering caused by

incurable illness."

I admit, it was a rather involved decision on my part to write this article as during my research I had to ask myself this question, "where is our nation heading regarding the right to die?" All too often, people witness miracles that defy all science, politics, and rational thought. I personally know of people who were given six months or less to live and they wound up living for years after their diagnosis. This is why there are so many decisions to make if you decide to end your own life through the assisted suicide option.

As for opinions representing the opposite viewpoints, there are agencies that are ready and willing to provide

information to help you make the decision to end your life legally. Two examples are, the Compassion & Choices organization (formerly known as the Hemlock Society) and the Death with Dignity National Center.

Barbara Gillogly, Ph.D., a Developmental Psychologist and licensed Family Therapist, shared her thoughts: "For those who have a terminal diagnosis and wish to exercise control over how and when to leave this world, assisted suicide is a viable option. Someone else's belief should not be imposed to limit the rights of others."

If you live in one of the states that has a version of end-of-life legislation and

you are determined to seek options to end your life; you must understand all of the ramifications that the laws allows. All of the laws have a process that you must abide by in order for the assisted suicide to be legal. Your decision will be monumental. You and all those who will be affected by your decision need to be well-educated. According to the Death with Dignity organization, the following states have end-of-life legislation:

California (End of Life Option Act; approved in 2015, in effect from 2016); Colorado (End of Life Options Act; 2016); District of Columbia (D.C. Death with Dignity Act; 2016/2017); Hawaii (Our Care, Our Choice Act; 2018/2019); Maine (Death with Dignity Act; 2019); New Jersey (Aid in Dying for the Terminally Ill Act; 2019); Oregon (Death with Dignity Act; 1994/1997); Vermont (Patient Choice and Control at the End of Life Act; 2013); and Washington (Death with Dignity Act; 2008).

Montana does not have a death with dignity statute; however, the end-of-life option is legal in the state through a Montana Supreme Court ruling.

Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no "big deal" and can make the decision quickly. For many others, I am betting this decision may be the toughest of all!

*It is not length of life, but depth of life. Ralph Waldo Emerson* ★

**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 - 8:30pm  
(Chinese: 11:30am - 3:30pm)

**FROZEN & FISH DEPT**

REG. \$3.99/EA  
**\$1.99/ea**  
Whole Shell Mussels  
1 lb Bag

REG. \$5.99/EA  
**\$3.99/ea**  
Cleaned Salted Rex Sole  
12 oz (340 g)

**WEEKLY MEAT SPECIALS**

**BONUS BUY**  
Ribeye Roast **\$4.79/lb**

**USDA CHOICE**  
Beef Ribeye Steak - Bnls **\$4.99/lb**  
Beef Bottom Round Roast **\$2.99/lb**  
Beef Bottom Round Steak - Boneless **\$3.29/lb**

**GREAT VALUE**  
Beef Tri-Tip Roast Trimmed **\$3.99/lb**  
Pork Leg Meat Boneless **\$1.99/lb**  
Pork Neck Bones **99c/lb**

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 9 - OCTOBER 15, 2019.

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

**\$1 FOR 6 PEOPLE \$66.00**  
3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room) (12 inch) (Up to 3 pitchers) (9 Dishes To Choose From)

**\$2 FOR 8 PEOPLE \$88.00**  
3 Hours Karaoke + Pizza + Pitcher Soda + 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (9 Dishes To Choose From)

**\$3 FOR 12 PEOPLE \$154.00**  
3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (9 Dishes To Choose From)

**\$4 FOR 14 PEOPLE \$174.00**  
3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (9 Dishes To Choose From)

**9 DISHES TO CHOOSE FROM**  
Hamburger, Cheese Burger, Club Sandwich, Chicken Nuggets, Chicken Wings, Pork Loin, French Fries, Spiced Edamame, Fried Dumpling

**OPEN 7 DAYS A WEEK:**  
Mon-Thu 4PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-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

Red Onions **2 lbs \$1**  
Red Cactus Tuna **79c**  
White Whole Mushrooms 8 oz **2 \$3**  
Russet Potato 10 lb Bag **2.49**  
Red Delicious Apples **2 lbs \$1**

Popeye Spinach 10 oz **2 \$3**  
Fuji Persimmon **99c**  
Hawaii Purple Yam **2 lbs \$3**  
Red Yam **69c**  
Carrots 5 lb Bag **1.99**

**AMERICAN/HISPANIC GROCERY**

Ball's Eye BBQ Sauce ORIGINAL 25 oz **\$1.99**  
Mileage Plus Oil Vegetable 2 Liters **\$3.99**  
ARIEL SODA BY ORANGE PARA ROL **\$7.99**  
TAX Aerial Dehydrated 6 Kilograms **\$7.99**  
2/\$5  
\$3.99 Swiss Chicken Breast 33% Less Sodium 30 oz **BUY 1 GET 1 FREE!**  
\$1.99-2.99 EA  
Borden's Refried Beans Variety 36 oz

**ASIAN GROCERY**

Chicken Breading Powder 35 oz **\$7.99**  
Lotus Egg Bread **\$7.99**  
Pretzels **3/\$1**  
30 Minute Jack & Jill Bread **\$1.99**  
13.5 Bread **\$1.99**  
Young Coconut Meat in Syrup 20 oz **\$2.49**  
Fish Sauce 25 oz **99c**  
Bullin Bread **\$2.49**  
Grass Jelly **99c**  
Green Jelly 15 oz

**EUROPEAN GROCERY**

SanSiro **\$5.99**  
SanSiro Italian Cold Sals & Dressing 850 gr **\$2.99**  
Enlight Blueberries Never 2 Tr **\$6.99**  
Dry Junco Flakes 4 lb Bag **\$1.49**  
Sofia Italian Wildfire 3 Kinds 175 gr **\$1.99**  
Fruit Breads 150 gr **\$1.99**

**KOREAN/JAPANESE GROCERY**

2.2 Sweet Rice 2 Kinds 25 lb **9.99**  
Joy Do Extra Soft Tofu 14 inch (Up to 9 pitchers) (9 Dishes To Choose From) **7.99**  
Soybean Paste 32 x 200 gr **7.99**  
Sliced Aburage Beefed in Soy 137 oz **4.99**  
Korean Cold Sals 6 x 275 oz **\$9.99**  
Eggs Soy Sauce 1.5 Liters **\$3.99**

Beef Sals 325 g **1.99**  
Nori 100 x 2.5 g **10.99**  
Wing Dipping Noodle 2 lb **3.99**  
Kiliman Blue Seaweed 17 oz **2.49**  
Soybean Paste 12 x 12 fl oz **\$9.99**  
Bundled Boiled Fish Soup Stock 6 x 25 oz **1.99**

**HOUSEWARES**

**NOVEL Rice Cooker**  
3.5 CUP  
Steam Rice Cooking  
BROWN RICE  
Express Cooking  
Soup & Porridge  
Low Stew  
**\$39.99**  
reg price \$59.99

**ACE COOK 3D Wok Pan 32 CM**  
MADE IN KOREA  
**\$19.99**  
reg price \$33.99

**FROZEN & FISH DEPT**

From Cooked Shrimp 41-50 12 oz (340 g) **\$4.99**  
Kimchi **\$3.99**  
Crispy Seaweed Rolls 2 Kinds • 11 lb **\$7.99**

**EUROPEAN DELI**

Krion's Minerva Feta Cheese **\$6.99**  
Schmalz's Maskaska Korbisz **\$4.99**  
President's Madrigal Swiss Cheese **\$5.99**

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# Shall We Dance, Carmichael?



The John Skinner Band co-sponsors a free community dance on October 20. Photograph courtesy John Skinner Band.

By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - The third annual "Get on Your Feet Carmichael" free community dance will kick off at the La Sierra Center on Sunday, October 20.

Around 300 dancers enjoyed the knees-up last year.

The event will include most age groups, with swing, rock, Latin and line-dance tempos. The Carmichael-based John

Skinner Band sponsors and provides live music. Downbeat is 2 pm. Additional sponsors are Carmichael Recreation and Park District, Supervisor Susan Peters, Carmichael Kiwanis Club, Carmichael Chamber of Commerce, the Milagro Centre, Tim's Music Store and Carmichael Chevron. The La Sierra center is located at 5325 Engle Road.

Learn about the event at [www.carmichaelpark.com](http://www.carmichaelpark.com) ★

# NASCAR Comes to Town

Carmichael's Andrew Peeler to race in the Super Stocks

Continued from page 1

the Modifieds, Carmichael's Andrew Peeler in the Super Stocks, and Roseville's Ray Molina in F4s.

Mini Cups vs. Bandoleros are in a dead heat between Fort Bragg's Trey Daniels and Loomis' Kenna Mitchell. Smartsville's Brody Armtrout leads the Jr. Late Model competition. The Legends of the Pacific touring series makes their second stop of the season after Nick Halen scored the win in August.

Tickets are on sale in advance by visiting [www.AllAmericanSpeedway.com](http://www.AllAmericanSpeedway.com) or visiting the track ticket office at 900 Riverside Blvd in Roseville. The office is open from 9 am to 4 pm Monday through Friday.

General Admission tickets



Image of the grand stands at Roseville's All American Speedway which will be hosting NASCAR K&N Pro Series, West and several other main events. Courtesy Blakesley Sports Media

are \$35 for adults, \$25 for kids ages 6-12, and \$30 for Military, First Responders, and Seniors ages 65 and older. Kids five and under are free. A VIP experience is available which includes a free gift, BBQ dinner, VIP pit tour, driver meet and greet, and much more. VIP tickets are \$60 for adults and \$50 for kids ages 6-12. Gates open at 4pm with the first of the local NASCAR main events starting immediately afterwards.

Additional details are available by calling the track info line at (916) 786-2025. All American Speedway is located at 800 All America City Blvd in Roseville. ★

A FREE COMMUNITY FAMILY EVENT

## HARVEST FESTIVAL

American River Community Church  
& Wonder-Land Christian Pre-School and Daycare  
3300 Walnut Ave., Carmichael

**OCT. 27TH • 3-6PM**

- Games
- Food
- Candy
- Face Painting
- Tractor Rides
- Free Photos

[info@arconline.org](mailto:info@arconline.org) [www.arconline.org](http://www.arconline.org)

**WE SUPPORT OUR MILITARY**

## Leave behind more than just memories.

Leave behind detailed plans.

**Free Informational Seminar**

<p><b>WED., OCT. 16 for Veterans</b> 11:30am   Lunch Provided East Lawn Andrews &amp; Greulich Mortuary LIC FD #136 3939 Fruitridge Road Sacramento, CA RSVP: 916.407.0259</p>	<p><b>WED., OCT. 16</b> 11:30am   Lunch Provided Sierra Hills Memorial Park &amp; East Lawn Mortuary LIC FD#1242 5757 Greenback Lane Sacramento, CA RSVP: 916.269.9291</p>
--	--

*Reservations required. Seating is limited. Complimentary meal provided.*

EastLawn.com

**FREE SEMINAR**

## The U.S. POINTER Study

AEGIS LIVING PRESENTS

**Dr. Sarah Farias**  
Professor of Neurology  
at UC Davis

**Thursday, October 24th**  
11:30 am - 1:00 pm

Refreshments provided.  
Complimentary parking available.

**KINDLY RSVP**

The U.S. POINTER Study is the first large-scale effort in th U.S. to test whether multiple lifestyle changes can prevent cognitive decline. UC Davis Health is one of only five sites participating in the national study, which includes adults aged 60 to 79 who have a family history of memory problems.

**Sarah Tomaszewski Farias, Ph.D.** is a Professor of Neurology at the University of California, Davis. Dr. Farias is a board- certified clinical neuropsychologist. She is Director of the California State Alzheimer's Disease Center at UC Davis, in Sacramento and holds a leadership role in the NIH-funded UC Davis Alzheimer's Disease Center (ADC). She has authored over 60 peer-reviewed publications in the area of cognitive aging and Alzheimer's disease and has had continuous NIH funding for over 15 years.

**Aegis Living**  
CARMICHAEL  
Assisted Living | Memory Care

4050 Walnut Ave  
Carmichael, California 95608  
916-231-9458  
[aegisliving.com](http://aegisliving.com)

# Business Luncheon

Caterer: San Juan Culinary Arts



**Tuesday, October 22**  
featuring  
San Juan HS  
Culinary Arts Students

\$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](http://carmichaelchamber.com)

**CarmichaelChamber.com • 916-481-1002**



**5185 Rabeneck Way, Fair Oaks | \$374,500**

Lovely 3 bedroom and 2 bath home in the heart of Fair Oaks! Enjoy updates throughout including dual pane windows, fresh paint, new carpet and a separate family room addition with beautiful vaulted ceilings. The private backyard features an outdoor patio, perfect for entertaining! Great neighborhood close to fabulous shopping and restaurants. This purchase includes a second lot and sound wall that will be erected.

**8651 Bader Road, Elk Grove | \$969,000**

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 3 bedrooms and 2 baths and a separate living and dining room.



**4451 Circuit Court, Rocklin | \$425,000**

This updated cottage-style home boasts 2 bedrooms and 2 baths with a detached garage. There is also a separate guest house with 1 bedroom, 1 bath and a kitchen. Enjoy the utmost in privacy on a rare .45 acre lot with tons of Oak trees providing shade, a seasonal stream, a beautiful fruit and vegetable garden and plenty of room to spread out. Enjoy a newly paved driveway and leveled lot. This home is situated in older Rocklin, which offers tons of charm and a great school district.



**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.



**1012 Eastern Avenue, Sacramento | \$399,900**

Great opportunity for young family or contractor to expand! Enjoy a spacious floor plan with three bedrooms and two full baths. Roomy backyard with outdoor kitchen area and low maintenance landscaping. There is in office/single detached garage in the back as well as a double attached garage, offering plenty of space for your toys or RV. Great neighborhood near wonderful shopping and restaurants. Must see!



**4804 Berksford Street, Sacramento | \$399,900**

This beautifully remodeled 4 bedroom and 2 bath home is lovingly maintained with thoughtful updates throughout! The Chef's kitchen features gorgeous all-white cabinetry, beautiful backsplash details and granite countertops. The cozy living room features a stone fireplace and opens up to the large family room/game room. The private master suite offers plenty of space to make your own and has a separate backyard entrance. Highlights include a bonus room that could be used as an office, a newer roof and all stucco exterior, making this a low maintenance home.

**Craig Diez**  
Craig@DiezandSiggProperties.com  
CallRE #01019930  
**916.425.5884**  
Realtor\*/Owner  
**CraigDiezProperties.com**

**BEST OF CARMICHAEL 2019**

**BEST OF CARMICHAEL**

**BEST OF CARMICHAEL**

**For exceptional representation of your real estate needs, contact me today!**

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## 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](http://www.SacFineArts.org)

(916) 971-3713

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



### Current Exhibit

**Bold Expressions** October 1-27



**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](http://ESKATON.ORG/EVC) or call to tour today.

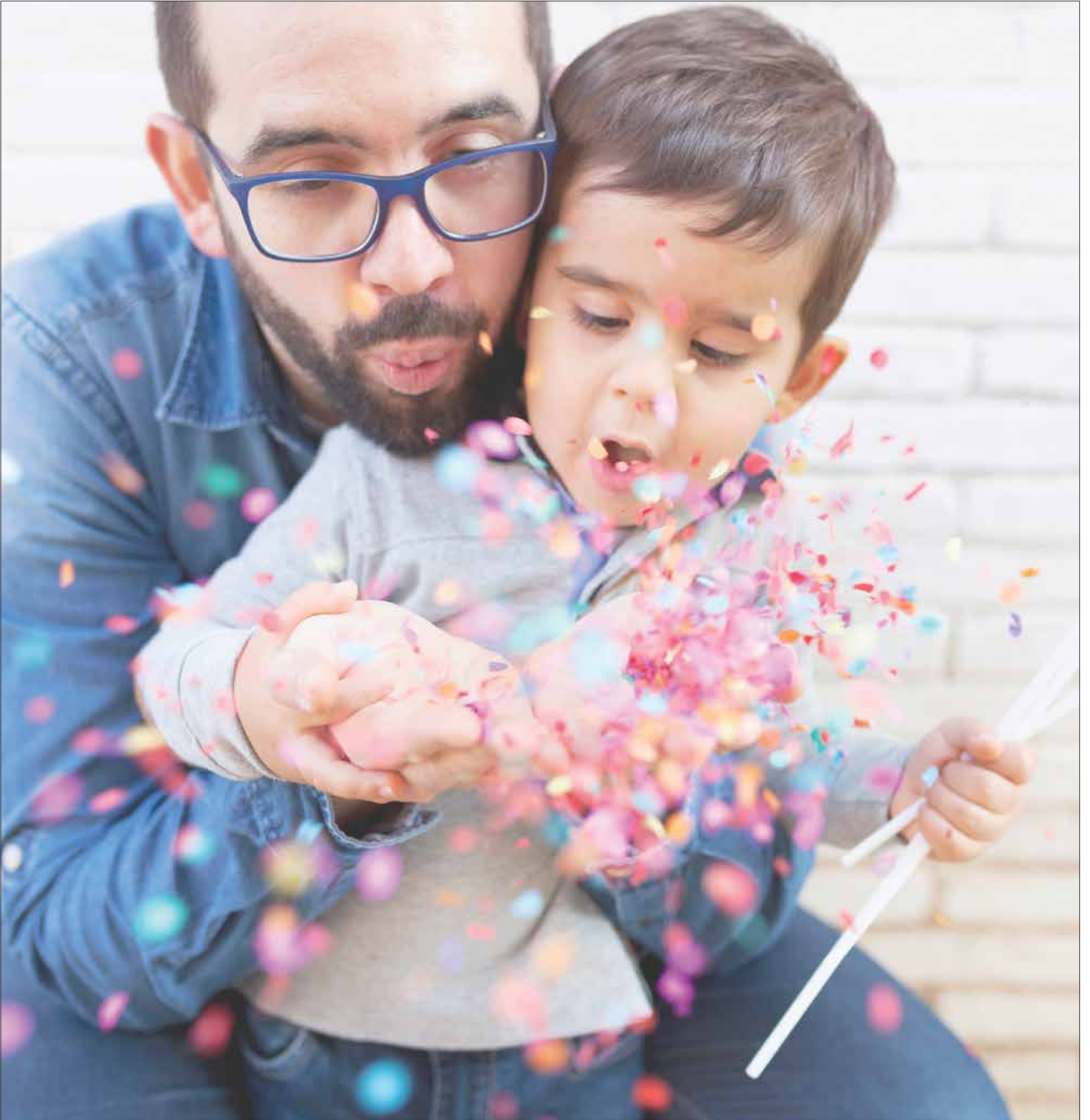
Monthly fees from \$3956

**ESKATON VILLAGE CARMICHAEL | CONTINUING CARE RETIREMENT COMMUNITY (CCRC)**

**916-967-1017**

License # 340313383 | COA # 202





# A healthy dose of fun.

Bring the whole family to celebrate our Citrus Heights Grand Opening.

Hello, neighbor. Mercy Medical Group is honored to be part of your community. With the opening of our new Citrus Heights medical office building, we have a lot to celebrate. The new clinic was designed with our patients in mind and features something we all need: humankindness.

Join the City of Citrus Heights and Mercy Medical Group for a fun, festive and **free** event for the whole family.

- Meet our team and interact with our doctors
- Tour our new clinic
- Kids Kindness Corner, including characters, face painting, Teddy Bear Clinic, games and prizes
- Meet the Citrus Heights Police SWAT Team, K-9 Unit and Fire Department, and see live demonstrations
- Radio broadcast and station prizes from **KZZO-FM**
- Music, food, refreshments
- Vintage air stream photo booth
- Therapy animals

Learn more about our clinic services and providers at [mymercymedicalgroup.org/citrusheights](http://mymercymedicalgroup.org/citrusheights).

**Mercy Medical Group –  
Citrus Heights  
Grand Opening Celebration  
Sunday, October 13**

Noon to 2:30 p.m.  
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Community Center



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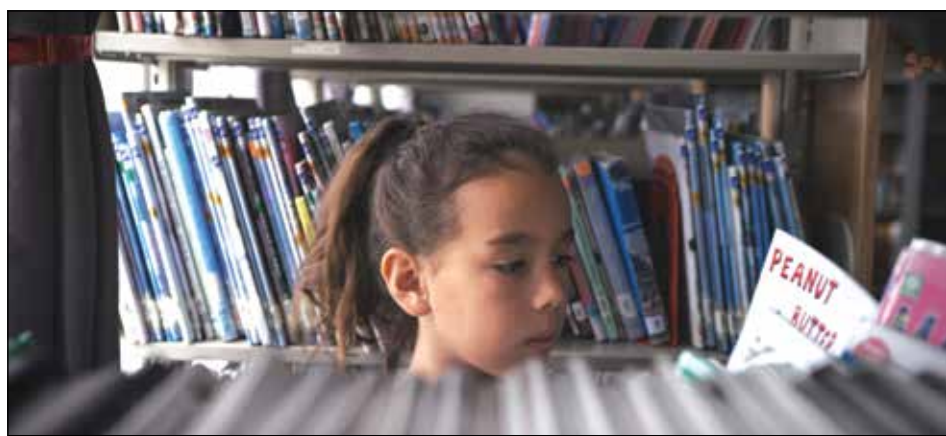
# Volunteers Needed to Help Kids Read

By Kristin Thébaud,  
Kristin Thébaud Communications

**SACRAMENTO REGION, CA (MPG)** - Local residents age 50 and up are needed this fall to help kids in kindergarten through third grade improve their reading through AARP Experience Corps, managed locally by United Way California Capital Region. To learn more and sign up to volunteer, visit [YourLocalUnitedWay.org/Experience-Corps-Literacy-Program](http://YourLocalUnitedWay.org/Experience-Corps-Literacy-Program).

"Kids who are not reading at grade level by fourth grade are more likely to fall behind in all subjects, including math and science, making them less likely to graduate from high school," said Stephanie Bray, president and CEO, United Way California Capital Region. "This corps of volunteers is essential to ensuring our community's kids are successful."

Volunteers serve at local schools approximately two days per week for two to three hours a day throughout the school year, tutoring and tracking progress for groups of two to three students for the year. Volunteers meet monthly to share



Teaching children to read opens them to the vast world of learning and stimulates their curiosity. United Way Experience Corps Photo.

best practices and receive literacy and classroom management experience. They receive training to become mentors and role models and to hone their skills to help students reach their reading goals.

Last year, United Way's AARP Experience Corps helped 415 students with reading - 62 percent of those who were reading below grade level improved their reading and literary performance. In 2018, program participant Robla School

District reported more students meeting and exceeding standards in English Language Arts compared to 2017 - the rate of annual increase was three times higher than state and county averages.

"The results are encouraging and worth the work," said Experience Corps volunteer Mary Ann Rider. "I never felt like I was cut out to be a teacher, but I felt prepared by the curriculum I had learned in our training. Plus getting to know the kids

is fun. If you're looking for volunteer work, what's more important than helping a child learn to read?"

United Way California Capital Region is one of only seven nonprofits across the country helping to grow Experience Corps, the evidence-based AARP Foundation literacy program that improves the reading skills of children, enriches the lives of volunteer tutors and strengthens schools in local communities.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: [YourLocalUnitedWay.org](http://YourLocalUnitedWay.org). ★



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<p><b>NUTRO WHOLESALE ESSENTIALS DRY DOG FOOD</b></p> <p>Lamb Meal &amp; Rice 30 Lb bag</p> <p>Small Bites \$35.99 • Adult • Large Breed \$37.99</p>	<p><b>PURELY FANCY FEAST CANNED CAT FOOD</b></p> <p>2 oz. All Varieties Limit 1 Case</p> <p><b>\$1.09</b></p>	<p>Limit 2 Bags 3 Lb Bag</p> <p><b>FANCY FEAST DRY CAT FOOD</b></p> <p>(Purina One Dry Cat 3 Lb. • Selected Varieties \$6.49)</p> <p><b>\$5.99</b></p>	<p><b>NATURALLY FRESH CAT LITTER</b> 100% Natural Walnut-based</p> <p>14 Lb Bag Limit 2 Bags Pellets \$4.99 Clumping \$8.99 Multi-Cat Clumping \$9.99</p>
<p><b>PEDIGREE CANNED DOG FOOD</b></p> <ul style="list-style-type: none"> <li>Choice Cuts in Gravy • Chunky Ground Dinner • Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)</li> </ul> <p><b>79¢</b></p>	<p><b>ELEVATE SUPER PREMIUM DRY DOG FOOD</b></p> <p>Antioxidant Blend 28 Lb Bag</p> <ul style="list-style-type: none"> <li>Chicken • Lamb • Salmon • Pork (22 Lbs) • Beef</li> </ul> <p>Limit 2 Bags Per Family</p> <p><b>\$5.00 OFF</b> OUR SUPER DISCOUNT PRICE</p>	<p><b>FRESH STEP CRYSTALS CAT LITTER</b></p> <p>8Lb Bag Limit 2 Bags</p> <p><b>\$10.99</b></p>	<p><b>9 LIVES DRY CAT FOOD</b></p> <ul style="list-style-type: none"> <li>Grilled Tuna &amp; Egg</li> </ul> <p>12 Lb Bag Limit 2 Bags Per Family</p> <p><b>\$7.99</b></p>
<p><b>CAT COUNTRY PREMIUM ORGANIC CAT LITTER</b></p> <p>Limit 2 Bags 20 Lb \$7.99 40 Lb \$14.99</p>	<p><b>SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD</b></p> <p>Limit 2 Bags Per Family</p> <ul style="list-style-type: none"> <li>Mature \$30.99 • Light \$33.99 (• Sensitive Stomach 15.5 Lb • Urinary 15.5 Lb • Perfect Weight 15 Lb \$37.99) 16 Lb Bag Adult</li> </ul> <p><b>\$29.99</b></p>	<p><b>BOXIE CAT CAT LITTER</b></p> <p>16 Lb \$3.00 OFF 28 Lb \$4.00 OFF</p> <p>Veterinarian Recommended Limit 2 Bags</p>	<p><b>CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD</b></p> <p>24 Lb Bag Limit 2 Bags</p> <ul style="list-style-type: none"> <li>Lamb • Duck • Salmon • Bison</li> </ul> <p><b>\$5 OFF</b> OUR REGULAR LOW PRICES</p>

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# TV GUIDE MAGAZINE **CHEERS & JEERS**

By **Damian Holbrook**

**Cheers to The Unicorn**

for being a horse of a different color for Walton Goggins. So good at playing dark (*Justified*'s Boyd Crowder and *Six*'s Rip Taggart) and demented (*Vice Principals*' weird Lee Russell), the actor (pictured) is unexpectedly and refreshingly lovable as a widowed dad in CBS's heartfelt new comedy.

**Cheers to Emergence**

for emerging as the new *Lost*. Between the mysterious plane crash, the kid with possible powers (Alexa Swinton), those shady folks who are after her and a guest arc by an ex-castaway, you can't help flashing back to ABC's

prior sci-fi thriller. Toss in the fabulous Allison Tolman as the police chief trying to figure it all out and we're all in.

**Jeers to BH90210**

for that 9021-ewww moment. As much as we adored the so-meta limited series that brought the Peach Pit posse together again, the season finale freaked us out with a dream sequence that saw onscreen siblings Shannen Doherty and Jason Priestley in bed and about to kiss!

**Jeers to NBC's Grim Weepers**

During the first official week of the new fall season, tears were flowing all over the network as Chicago Med offed



Walton Goggins the actor (pictured) is unexpectedly and refreshingly lovable as a widowed dad in CBS's heartfelt new comedy.

Ava (Norma Kuhling), Chicago Fire's Otis (Yuri Sardarov) died following a mattress-factory fire and New Amsterdam revealed that Max (Ryan Eggold, pictured) had lost his wife in last May's cliffhanger ambulance crash. Guess death really does come in threes! ★



**Will They Fix Dancing With The Stars Voting?**

**Question:** *Dancing with the Stars* excludes the West Coast from voting. Why should I watch a show that totally dismisses us viewers? As for the new set, the focus should be on the dancers, not a bunch of glitz. —Ricki, Oregon

**Matt Roush:** But where would *Dancing with the Stars* be without glitz? That said, you have a

legitimate complaint. It does seem counter-intuitive for a competition show based on audience participation to exclude such a large portion of the American public. Although reading the fine print in ABC's press releases, live voting on Mondays is available to fans in all time zones during the 8-10 pm/ET hours (via abc.com, the ABC app and SMS/text). So theoretically, you could vote for a favorite team — from the week before, not

the live show, obviously — during those hours (5-7 pm PT), although your vote won't be responding to what's happening live, unless you're watching from a satellite. Dancing also promises to announce a "big format change in voting" so we'll see what that's all about.

**Question:** I streamed *Yellowstone* season 1. Now I have to pay Paramount? —Marci

**Matt Roush:** Last I looked, both seasons were available for replay on Paramount Network's website. You do have to register, though.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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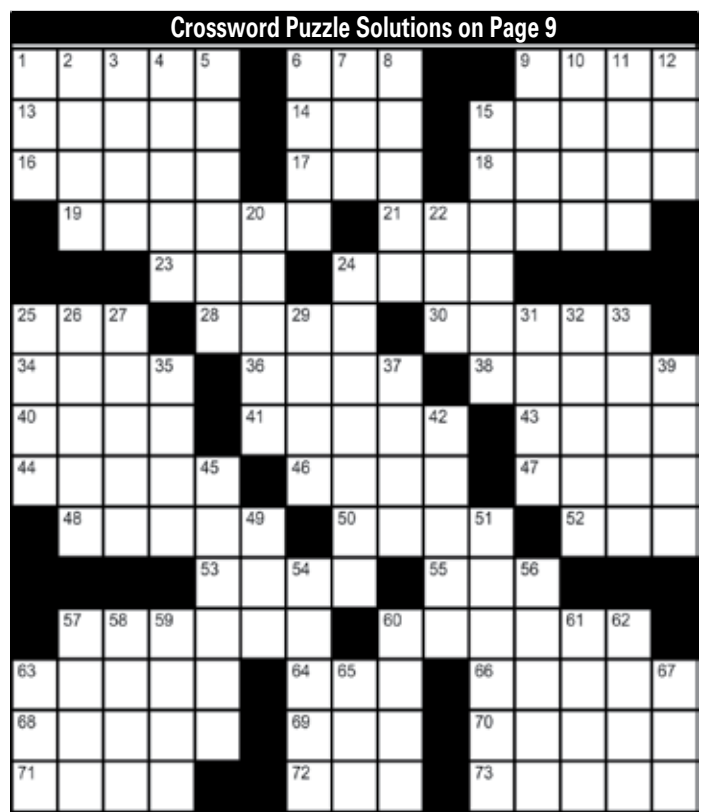
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**CLUES**

- ACROSS  
 1. Will alternative  
 6. Put into service  
 9. Ball on a string  
 13. Conversation starter  
 14. "Platoon" setting  
 15. "Four" prefix  
 16. Macaroni shape  
 17. Dunk value  
 18. "The Dark Knight" star  
 19. \*Marion Crane stops at a motel  
 21. \*Eccentric scientist teleports himself  
 23. Sonny and Cher, e.g.  
 24. \*What "The Swarm" attackers do  
 25. Hot tub feature  
 28. Think, archaic  
 30. Kentucky Derby sound  
 34. \*"American Psycho" weapon, pl.  
 36. Andy's radio partner  
 38. Dished out  
 40. Drunkard  
 41. Type of turn, pl.  
 43. Spare in a trunk  
 44. Pore in a leaf  
 46. Straight out of bottle, as in whiskey  
 47. Port of Yemen  
 48. Angry growl  
 50. Whiskey grain, pl.  
 52. Is in Paris  
 53. \*What a "!"  
 55. Car nut  
 57. \*Chris Washington meets his girlfriend's family  
 60. \*Girl bullied at school  
 63. Type of renewable energy  
 64. Caviar  
 66. Abstains from food  
 68. Opposite of binary  
 69. Barley bristle  
 70. Web mag  
 71. Department store department  
 72. \*Sematary resident  
 73. Saw again



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- DOWN  
 1. "Wolf of London"  
 2. Counseling, e.g.  
 3. Priestly vestments  
 4. Frank Wright's middle name  
 5. Showing cleavage  
 6. "Do \_\_\_ others..."  
 7. \*Photographer and oncologist trapped by Jigsaw  
 8. Bring character to life  
 9. Bone to pick  
 10. And others  
 11. Pretentiously artistic  
 12. Morse Code dash  
 15. Like Murder Mystery Party  
 20. Pertaining to hours  
 22. Type of farm house  
 24. Two for the price of one deals  
 25. \*It terrorized Amity  
 26. Highway departures  
 27. Part of mortise joint  
 29. \*Boy brings grief to adoptive parents, with The  
 31. 9th letter of Greek alphabet  
 32. Move like on ice  
 33. \*Jack Torrance's catchphrase "\_\_\_ Johnny!"  
 35. "Brave New World" drug

37. Don't go  
 39. Fender-bender damage  
 42. Funerary art form  
 45. Weapon storage  
 49. Romanian money  
 51. The Beach Boys' "\_\_\_ Girl"  
 54. Seatbelt, e.g.  
 56. Feed in a meadow  
 57. "\_\_\_ Girl"  
 58. Panache  
 59. Before feathers  
 60. One tenth of a dime  
 61. a.k.a. The Islamic State  
 62. Tallest volcano in Europe  
 63. Math class total  
 65. Be in the red  
 67. Do needlework

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					5	3					

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.  
**Solutions on Page 9**

## Sacramento County DA Reports



**Defendant Convicted for Murdering Neighbor Over House Party**

**DATE:** October 2, 2019  
**CASE:** Mario Junior Garcia (Case #16FE015384)  
**PROSECUTOR:** Deputy District Attorney Matt Chisholm, Homicide Unit

Mario Junior Garcia and the victim were neighbors. Garcia was behaving recklessly in the neighborhood, including hosting large parties with loud music and alcohol. After one of the parties on July 17, 2016, a shooting occurred outside of Garcia's home. One bullet went through the victim's living room window and lodged in the wall, and four other bullets hit cars parked in front of the victim's home. The victim reported this to law enforcement and confronted Garcia about the damage to the victim's house. Garcia agreed to pay for some of the damage but never followed through. On Sunday night August 8, 2016, Garcia had another large party with loud music and approximately 100 attendees. The victim and other neighbors attempted to shut down the party by calling 911 and attempting to speak to Garcia. An argument ensued between Garcia and the victim. Without warning, Garcia pulled out a gun and shot the victim three times in the chest. The victim retreated to his home, where his wife and other family members attempted to stop the bleeding. The victim was transported to the hospital, where he was pronounced dead. Garcia fled from the scene. He surrendered to law enforcement approximately 36 hours later.

Garcia faces a maximum sentence of 40 years to life in prison. Sentencing is set for December 13, 2019, at 1:30 p.m. in Department 25 before the Honorable Laurie Earle.

**Defendant Sentenced for Murdering Wife in Land Park Home**

**DATE:** October 4, 2019  
**CASE:** Mark Long (Case #18FE000521)  
**PROSECUTOR:** Principal Criminal Attorney Caroline Park, Homicide Unit

The Honorable Eugene Balonon sentenced Mark Long to 26 years to life in prison. On August 28, 2019, a jury convicted Long of the first-degree murder of his wife, Susan Roberts. The jury also found that Long used a deadly weapon in the commission of the murder.

On January 6, 2018, Susan Roberts did not show up for dinner with friends. The next day, her friends went to Ms. Roberts' home, which she shared with her husband, Mark Long. After the friends called for a welfare check, Sacramento police officers responded to the residence. SWAT was eventually called out, and a stand-off ensued for hours. After entry was made, Long was taken into custody. Ms. Roberts' body was found deceased inside the home.

**Defendant Sentenced for Sexually Assaulting 10-Year-Old Victim**

**DATE:** October 4, 2019  
**CASE:** David Snyder (Case #18FE019795)  
**PROSECUTOR:** Deputy District Attorney Bruce Chang

The Honorable Steven Gevercer sentenced David Snyder to 8 years in prison. On August 6, 2019, a jury convicted Snyder of two counts of committing a lewd act upon a child.

Snyder sexually assaulted a 10-year-old female family member on multiple occasions. He also attempted to take photos of the victim as she got out of the shower. ★



# WEEKLY COMICS

**Amber Waves** by Dave T. Phipps

LOOK AROUND MOM. "GETTING SOME FRESH AIR" IS PRETTY MUCH THE ONLY THING THERE IS TO DO.

**The Spats** by Jeff Pickering

ALEXA...  
WHAT  
TURN VOLUME DOWN.

**Out on a Limb** by Gary Kopervas

Buzzy Minkus, wearing a rented tax, driving a rental car, living on borrowed time...  
AUF WIEDERSEHEN, KATARINA...

**THEY'LL DO IT EVERY TIME** BY AL SCADUTO

MODERN MARRIAGE VOWS—THROUGH SICKNESS AND HEALTH—THROUGH BASEBALL AND FOOTBALL—

TEENAGE TRAUMA—  
LET'S HANG OUT IN THE PEN—MY MOTHER JUST CLEANED MY ROOM—WE CAN'T BE COMFORTABLE IN THERE...

**R.F.D.** by Mike Marland

DOESN'T SIM HAVE EQUIPMENT FOR THAT?  
ODD STROKE OF BAD LUCK, MILLIE...  
THEY ALL BROKE DOWN AT THE SAME TIME AND HAD TO GO IN FOR REPAIRS.

TODAY'S QUESTION—WHYZZIT? THE LOUDEST SNORER IS ALWAYS THE FIRST ONE TO GET TO SLEEP...  
ZZZZNORR...ZZZZNORR...  
THOMAS LONGY BURTON, JR. OF ARLINGTON, VA.

**GRIN and BEAR IT**

"You've been pre-approved for a gold card, Rex."

**LAFF-A-DAY**

"Let's see...we had you over. You had us over. Shall we say it's all over between us?"

**Just Like Cats & Dogs** by Dave T. Phipps

THIS PRESCRIPTION I'M PICKING UP FOR STRESS AND ANXIETY IS GOING TO COST ME \$185? CAN YOU NOT SEE THE IRONY HERE?

**HOCUS-FOCUS** BY HENRY BOLTON

Find at least six differences in details between panels.

Differences: 1. Tree is added. 2. Saw blade is shorter. 3. Bricks are missing. 4. Dress's neckline is different. 5. House is wider. 6. Man's hair is different.

**Crossword Puzzle on Page 8**

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

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**Sudoku Puzzle on Page 8**

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

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### The Problem With Impeachment

Impeachment is about to make everything worse.

If our politics seems overheated, our institutions beleaguered and our public debate degraded, just wait until we are in the midst of the impeachment debate.

Democrats have had an impeachment itch that they've been desperate to scratch ever since Donald Trump took office. For them, Ukraine is equal parts a genuine outrage and an excuse, the release valve for nearly three years of fear and loathing.

Rather than conducting himself as if he's aware that a hysterical opposition is eager to impeach him, Trump has embraced constant provocation. He has shown little interest in distinguishing between himself and the high office that he holds. Although we need to learn more, there's clearly an impropriety in his handling of Ukraine.

Enough to impeach and remove him? Presidential-level diplomacy always involves horse-trading, and

it, surely, is not the first time a president has prodded an ally to do him a favor in his political interest. The risk of Trump's heavy-handed request -- an aid package to Ukraine was being held up at the time -- was that the Ukrainians would have felt compelled to manufacture damaging information on the Bidens. That didn't happen, and the aid, thanks to congressional pressure, was released in short order.

So far as we know, Ukraine lacks the hallmarks of other presidential scandals. There's been no cover-up. Trying to keep a transcript of a presidential call from leaking doesn't qualify. And once the controversy became public, the White House rapidly released key documents.

Nor is there any violation of law. Trump's ask of Ukrainian President Volodymyr Zelensky wasn't extortion or a campaign-finance violation under any rational interpretation of our statutes. If it was, practically every president in our history would have had criminal exposure.

Unless there's a thermonuclear revelation, impeachment will be an exercise in futility, inevitably ending with Trump's Senate acquittal. GOP senators, by and large, are going to end up where their voters are. You can't expect Republicans to be told, falsely, for two and a half years straight that some

conspiracy with the Russians was going to be uncovered imminently and then accept at face value a five-alarm interpretation of Ukraine.

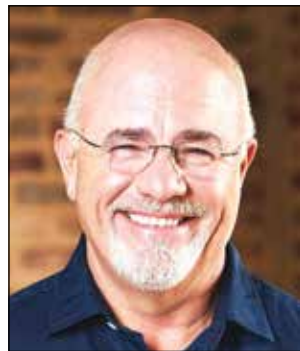
Democrats can point to the predicate of the Clinton impeachment. Although if Trump had flagrantly and repeatedly perjured himself, he'd have been impeached long ago. The lesson from the 1990s is, Yes, you can impeach in the absence of any real hope of convicting in the Senate, but it's a lot of trouble to go through for basically a censure vote.

If Trump were for some reason actually removed on anything like the current uniliterary of possible evidence, it would create a crisis of legitimacy at the heart of our government. Think of what the U.K. is going through with Brexit, only worse. Ten of millions of Trump voters would feel cheated and disenfranchised, and the roiling populism that Trump has tapped into would get stronger, not dissipate.

Congress has shown before that it's possible to conduct a big, news-dominating investigation without impeachment proceedings; it's what it did during the Iran-Contra hearings in Ronald Reagan's second term. But impeachment is the verdict that Democrats have always wanted, and any offense will do.

*Rich Lowry is editor of the National Review.*

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### Dave Ramsey Says

your finances and your degree! If you two just keep living the way you have been, minus the debt, and put the rest toward the debt you've incurred, you could be debt-free in a year or so.

Remember, just because you've got a lot more money coming in doesn't mean you should double your entertainment budget, take an expensive vacation, or run out and buy a new car. The first thing I'd recommend is sitting down together, and working out a written, monthly budget. Give every dollar a name and a job to do before the coming month begins.

Don't forget the debt snowball, either! List all your debts from smallest to largest, and attack the smallest—that credit card debt—first with a vengeance, while making minimum payments on the medical bills and student loan debt. Once you've paid off the credit card debt, roll the money from that payment over and

apply it, plus any other cash you can scrape together, toward the medical bills. Once the medical bills are out of the way, repeat the process and roll the payments over again targeting the student loan debt. At this point, you should have a bunch of cash to throw at those student loans each month until all that debt is off your backs once and for all.

I'm really proud of you two, Mikayla. If you'll follow my plan from here on out, you'll gain control of your money and be set to start saving and building real wealth! –Dave

*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.* ★

### Live Like Your Income Hasn't Changed

Dear Dave,

I'll be graduating from college in December, and I'll have a job waiting for me that pays \$50,000 a year. This will bring our household income up to about \$95,000. The problem is we've got \$18,000 in student loan debt, \$2,500 in credit card debt, and \$4,000 to pay in medical bills. We're living in an apartment right now, so how should we handle this income increase regarding our debt situation? –Mikayla

Dear Mikayla,

Congratulations on your decision to get control of

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## Dr. Y. Vinny Huang Joins Marconi Dental Group

**Marconi Dental Group Press Release**

**SACRAMENTO COUNTY, CA (MPG)** - The Marconi Dental Group of Sacramento County is pleased to welcome Dr. Y. Vinny Huang to its family. Born in Taipei, Taiwan, Dr. Huang received his Master in Science and his Postgraduate Certificate in Prosthodontics from the University of Iowa. He has been practicing prosthodontics, or the restoration and replacement of teeth since 1992, and the Marconi Dental Group looks forward adding an accomplished veteran of the field to its ever-growing family.

With the addition of Dr. Huang, the Marconi Dental Group and the people of Sacramento County are welcoming a man who is expert both in his field and passionate about the work he does. Specializing in implants and dentures, Dr. Huang prides himself in creating and recreating beautiful, natural-looking smiles for all of his patients with the help of both conventional dentures and implant dentures alike. Sacramento can smile knowing that Dr. Huang is here and ready.

With over 27 years of experience, Dr. Huang knows the advantages and disadvantages to every facet of his field. The people of Sacramento can feel safe knowing that if they need implants, dentures, cosmetic dentistry, crowns, bridges, or full mouth rehabilitation, Dr. Huang is here for them and ensure they know the advantages versus the disadvantages for whatever choice they make. From teenage patients to adults, Dr. Huang aims to give the county of Sacramento the gift of full mouth rehabilitation regardless of what brought them to his office.

Dr. Huang is a Diplomate of the American Board of Prosthodontics, a member of both the California Dental Association and the American Academy of Fixed Prosthodontics, and a fellow of the American College of Prosthodontics. Sacramento is getting a passionate, accomplished, expertly-qualified and honest professional who will work with the community to promote oral health and care.

Dr. Huang is looking forward to meeting the people of Sacramento, so contact the Marconi Dental Group at 916-589-6462 today and schedule your first appointment today. Their offices are located at the corner of Marconi and Fair Oaks Boulevard in Carmichael, California. ★

*Dr. Y. Vinny Huang, Courtesy Marconi Dental Group*

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