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OCTOBER 18, 2019

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Check This Out, Kids



Reed Baumgarten (third from left, front) receives a donation from Del Campo High School students. The school's Kids Helping Kids organization this year raised \$50,000 to aid Keaton's Child Cancer Alliance. Supporting the presentation is six-year-old Asher Armitage, a previous beneficiary of the volunteers' fundraising.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Del Campo High School students this year donated \$50,000 to a child-cancer non-profit. Through a gala, a golf tournament and with donations from corporate and private boosters, Kids Helping Kids volunteers continued a seven year fundraising tradition and last week handed their 2019 check to a Keaton's Child Cancer Alliance representative. On hand was six-year-old Fair Oaks resident Asher Armitage, whose recovery from cancer was supported by the student group in 2017. Del Campo junior and senior

students began their Kids Helping Kids group to aid a homeless fellow student eight years ago. "Since then, our fundraising has grown every year," explained group leader Melanie Armella (17). "In doing this, we don't just benefit kids; our activities also help our personal growth. We learn to put others before ourselves. Our pitching to corporate sponsors improves our confidence and speaking skills."

Superintendent Kent Kern was among San Juan School District administrators who applauded the donation handover. Keaton's Child Cancer Alliance executive Reed Baumgarten told the teen volunteers their donation would help many

families struggling with the financial burden of treatment for a sick child. "This is the most inspiring organization that we work with," he told the students. "Without your help, some kids would not have a future."

To learn more about Kids Helping Kids, visit www.kidshelpingkidsac.org 2019 fundraising sponsors include: Wells Fargo Bank; Crowe Accounting; Zenith Insurance; Schools Credit Union; Miller Realty; the Sacramento Bee; Sacramento Rotary District; Home Advisor Services; Clark Pacific Construction; California Endowment; Technical Engineered Coatings and Byron Deeter. ★

Executive Order Threatens to Defund Critical Infrastructure Projects

By Bernice Creager, California Trucking Association

SACRAMENTO, CA (MPG) - Shawn Yadon, CEO of the California Trucking Association (CTA), issued the following statement in response to the California State Transportation Agency's statement on Governor Gavin Newsom's executive order which proposes to realign billions of dollars from critical road construction and repair to instead fund unspecified climate change projects. In 2017, the California Trucking Association (CTA) supported Senate Bill 1- and subsequent ballot measures - in order to create a reliable source of revenue to fix California's crumbling infrastructure.

"Making the decision to support fuel taxes was not without its challenges. Promises were made to the motoring public to fix California's deteriorating roads and bridges. These promises must be kept.

"If the effect of the executive order is to divert funds from road and bridge repairs, these projects will once again be placed on the back burner, leading to increased congestion and unsafe roads for all motorists.

"CTA and its members will continue to work with the administration and the legislature to strike a workable solution that represents the clear will of California's voting public and trucking industry."

Since 1934, the California Trucking Association has been serving the commercial motor carrier industry in California and the companies that provide products and services to the trucking industry. A critical and vital component of California's economy, nearly 80 percent of California communities depend solely on trucks to deliver their goods. Carrier membership ranges from individual owner-operators, to small for-hire fleets, to the largest national and international carriers. Allied members of the CTA include other businesses that support the trucking industry. ★

Market Marks Autumn with Falling Leaf Fest

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - It's autumn when leaves fall, pumpkins appear on porches and pooches parade unlikely costumes in Carmichael Park. The Sunday Farmers Market last weekend spiced up business and staged an annual Falling Leaf Festival.

Frivolous fun included pumpkin and face painting, a canine fashion parade and a dessert bake-off. Casa Roble High School (Orangevale) senior, Lainie Beil took best-cook laurels for a glazed pumpkin bar recipe she creatively topped

Continued on page 3



Celebrating the Fall Festival at Carmichael Park, face-painter Upekkha Evans daubed her daughter Dhriti as an autumn sprite.



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SMUD Helps Sponsor the Hubble Space Telescope Exhibit

By Lindsay VanLaningham, SMUD

SACRAMENTO REGION, CA (MPG) - Among a crowd of Sacramento leaders, SMUD announced a partnership with the Aerospace Museum of California and a \$50,000 sponsorship to host NASA's Hubble Space Telescope Exhibit for local students to experience a once-in-a-lifetime STEM education experience.

The announcement came as dozens of area leaders, residents and children got a sneak peek of the exhibit as it opened its doors to the public for Fall 2019.

"This is an incredible opportunity to expose students to science, technology, engineering and math in a new and innovative way," said SMUD CEO and General Manager Arlen Orchard. "Our goal is to help the museum inspire and expose students from all over the region to the expansive possibilities in STEM education and STEM-related careers, so they truly can reach for the stars."

The exhibit features a scaled replica of NASA's Hubble Space Telescope and includes hands-on, interactive activities that allow students to explore the technology used in space to gaze at distant stars, planets and galaxies. They will also be able to learn about the new James Webb Space Telescope and how it will contribute



The tunnel leading into the Hubble telescope exhibit. Photo courtesy of SMUD

to our knowledge into the future.

The exhibit will be on display through December 2019 and is expected to draw thousands of visitors.

In partnership with the museum, SMUD's goal is to reach 15,000 students with this STEM education experience, particularly those in historically underserved communities. A large portion of the grant provides transportation funding for Title I schools,

as well as free participation in the program; teacher membership; and continuing education resources.

"We're excited to host this amazing exhibit in California for the very first time," stated Executive Director for the Aerospace Museum Tom Jones. "The Hubble Space Telescope exhibit is a perfect complement to our other artifacts that can help tell the story of aerospace

from the beginning to well into the future."

Funding for this project comes from SMUD's Sustainable Communities Initiative that seeks to leverage resources for community partners in order to provide increased access to employment, healthcare, STEM education and more. This is one of many projects that will enhance the Sacramento community. ★



Scaled replica of the Hubble Telescope surrounded by images it has provided. The hands-on display is interactive and allows students to interact with various places on the globe. Photo courtesy of SMUD

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Aquamarine Jewelers Joins Carmichael's Five Points Plaza



Owner and jewelry designer, Aiman Nasrawi, of Aquamarine Jewelers joins the Carmichael business community at Five Points Plaza. Photo by Patrick Larenas

By Patrick Larenas

CARMICHAEL, CA (MPG) - Since September 15, besides splendor, brilliance and elegance, you may encounter the familiar face of Aiman Nasrawi of Aquamarine Jewelers at his new location of 5136 Arden Way, Carmichael in Five Points Plaza. In the retail side of the business since 1996, Aquamarine Jewelers presents a variety of brands, and provides repairs and custom designed jewelry from accurate sketchings, 3D modelings, castings and finally to unique inlaid pieces.

Nasrawi brings with him over 25 years of experience in the jewelry industry and descends from a family of jewelers. Originally at the beckoning of one of

his brothers, Alex, in the San Francisco area, Nasrawi's talent and technique has come to be recognized as that of a jewelers' jeweler, being for many years the 'to go specialist' for Nordstrom throughout Northern California.

Despite his extensive reach, for most of his life Aiman Nasrawi, his wife and their three daughters Sienna, Vanessa and Alina have lived in Carmichael. He says, "most of my customers are from this area, so I jumped at the opportunity to move the shop into this very welcoming shopping center." Previously his jewelry shop was located at Watt and Arden.

For more information visit www.aquamarinejewelers.com or call (916) 483-5474 ★

Market Marks Autumn with Falling Leaf Fest

Continued from page 1 with shortbread leaves.

For the much-anticipated doggie Halloween Parade, ten pooches strutted in procession around the packed market place. A small dog in a tutu led the pageant, followed by a huge mutt in hot dog attire. Grand marshal and market founder Marie Hall then called each entrant

forward to gauge audience response. The applause-meter decreed handsome colie Dobrinya – kitted out as a cowboy by owner Tanya Gamaley – a clear favorite.

An all-year tradition, the farmers market is held in Carmichael Park every Sunday, from 9 am to 2 pm. Learn more about market events at www.bemoneysmartusa.org/carmichaelpark ★

Award-Winning Director, Designers, Orchestra and Cast Open "Little Shop of Horrors"



Broadway's wildly popular sci-fi musical, Little Shop of Horrors, is the American River College Theatre feature presentation. Back Row, left to right: Regine Ford, Samaria Sylvester, Sarah Gonzalez. Front Row, left to right: Ethan Mack, Kloe Walker, Corey D. Winfield, Jonathan Wertz. Photo by Brian Williams

By Tracy Martin Shearer, American River College Theatre

CARMICHAEL, CA (MPG) - The acclaimed American River College Theatre and award-winning director Nancy Silva open ARC's 2019-20 season with Broadway's wildly popular sci-fi musical, Little Shop of Horrors. Written by the same team that brought the world Disney's Beauty and the Beast, and Aladdin (Howard Ashman and Alan Menken), this deliciously devious musical comedy is running October 11-27 in ARC's impressive mainstage theatre. The show features an accomplished symphonic band (conducted by Susan Hamre), lively costumes and sets by Elly Award winners Gail Russell and Kathy Burseson, and puppets designed by Sacramento's premier puppeteer, Richard Bay.

Talented newcomer Ethan Mack plays Seymour Krelborn, a meek floral assistant who stumbles across a new breed of plant he names "Audrey II" after his beautiful, troubled co-worker Audrey (Kloe Walker), on whom he has a crush. Before he knows it, the 'strange and interesting plant'

(voiced by Sacramento favorite Corey D. Winfield) has literally taken on a life of its own... but only as long as Seymour keeps feeding it blood! The R&B-singing carnivorous plant offers Seymour unending fame and fortune... but at what cost? With rich harmonies, saucy patter songs, luscious ballads and Barry White-inspired tunes, this show is a musical feast for plant and audience members alike!

Performance days and times are as follows:

Fridays (Oct. 18, 25) at 8pm
(the 10/25 show features an ARC Oak Café dinner option and is ASL interpreted)

Saturdays (Oct. 19, 26) at 8pm
Sundays (Oct. 20, 27) at 2pm
Thursdays (Oct. 17, 24) at 6:30pm

All performances of Little Shop of Horrors will be at the ARC Theatre, 4700 College Oak Drive. Parking is \$2 in Lot D (College Oak and Myrtle). Ticket prices are \$18 (general), \$15 (student, senior, SARTA), with group rates also available. Children 4 and under are not admitted.

For more information, go to ARCTheatre.org or call (916) 484-8234. ★

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Sacramento Fugitive Returned from Denmark to the United States

Federal Bureau of Investigation Press Release

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) announced Mark Anthony Smith, 55, fugitive wanted for crimes against a child in Sacramento County, was returned to the United States following his extradition from Denmark.

Smith, who was wanted for federal unlawful flight to avoid prosecution, was located in Copenhagen, Denmark on July 5, 2019, and detained by the Danish authorities pending extradition to the United States. He was then taken into custody by agents with the Federal Bureau of Investigation Sacramento Field Office on October 4, 2019, in Copenhagen, Denmark, and escorted to Sacramento, where he arrived on October 4, 2019. Smith was then transferred to the custody of the Sacramento State Police Department – the police department for California State University, Sacramento – and booked into the Sacramento County Jail.

On May 4, 1995, Smith was charged in Sacramento County with two felony counts of committing a lewd and lascivious act upon a child under the age of 14 and one

felony count of attempted kidnapping for the purpose of committing a lewd and lascivious act upon a child under the age of 14. The federal warrant for unlawful flight to avoid prosecution was obtained on February 9, 1996.

The FBI Sacramento Field Office, FBI Legal Attaché Office in Copenhagen, INTERPOL, Department of Justice Office of International Affairs, and Sacramento County District Attorney's Office worked collaboratively to ensure Smith's arrest. Smith's return was funded by the United States Government's "Project Welcome Home," which provides funding to assist in the transportation of federal fugitives to the United States.

The FBI continues to work with its law enforcement partners to apprehend criminals charged with state crimes who then flee the jurisdiction. Photos and descriptions of many fugitives wanted by the FBI can be found on the FBI's Wanted webpage on www.fbi.gov or the FBI's Wanted app.

Inquiries regarding Smith's detention and pending prosecution should be directed to the Sacramento County District Attorney's Office. ★

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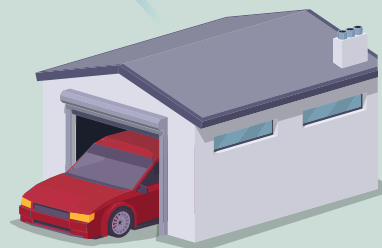
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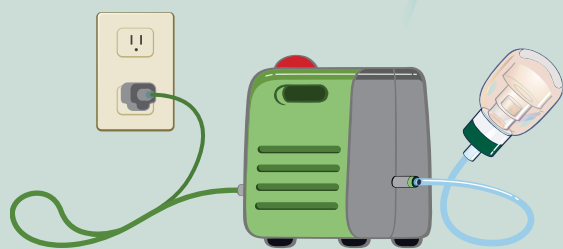
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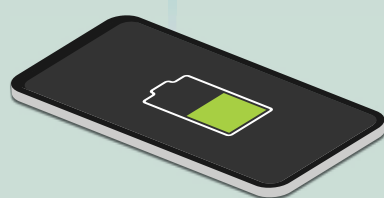
If you own a **generator**, is it safe to operate?



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



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



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

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Educating Senior Citizens About Voting Options



By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - With the March 2020 Presidential Primary right around the corner, the Sacramento County Department of Voter Registration and Elections (VRE) aims to register every eligible voter in the County, increase voter turnout and educate every voter on voting accessibility and options. The VRE Outreach Team is visiting local senior living facilities and community centers to speak with the aging population about their voting options in 2020. These presentations consist of an overview of the changes to voting in Sacramento County due to the Voter's Choice Act, instruction on how and

when to update their voter registration, as well as general information about their voting options for the upcoming 2020 election cycle. These presentations are intended to educate our senior population to prepare them to exercise their right to vote in 2020.

More about the Voter's Choice Act

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

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

Choose how, when and where you want to vote.

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

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

At the Vote Center you can drop off your completed ballot OR vote in person. There is even weekend voting!

Vote Centers open for 11 days.

Vote Centers open for four days.

Drop Boxes – Voted/signed ballots may be placed in any of the 57 secure Drop Box locations throughout Sacramento County.

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

A complete list of locations can be found online and will be provided in the Sacramento County Voter Information Guide that will be mailed out prior to the election.

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

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



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<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 style="color: red; font-weight: bold; font-size: 1.2em;">ON SALE EVERYDAY</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>	<p>DIAMOND NATURALS DRY DOG FOOD 40 Lb Bag •Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$29.99</p> <p><small>Effective 10/16/19 - 10/22/19</small></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</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$35.99</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>	<p>PEDIGREE DRY DOG FOOD 50 Lb Bonus Bag •Chicken, Rice, & Vegetable •Steak & Vegetable</p> <p>Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$23.99</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>
<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">37¢</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">ON SALE Everyday</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>	<p>PURINA CAT CHOW DRY CAT FOOD •Regular •Indoor 15-16 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">ON SALE Everyday</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>	<p>SCOOPAWAY CLUMPING CAT LITTER 20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.99)</p> <p>Limit 2 Boxes Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$5.99</p> <p><small>Effective 10/16/19 - 10/22/19</small></p>

<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">20% OFF</p> <p><small>OUR REGULAR LOW PRICES</small></p>	<p>WORLD'S BEST CAT LITTER •Original •Extra Strength 14 Lbs Limit 2 Bags</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$11.99</p>	<p>PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$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 style="color: red; font-weight: bold; font-size: 1.2em;">AS MARKED \$5 OFF</p> <p><small>OUR REGULAR LOW PRICES!</small></p>	<p>PRECIOUS CAT CLUMPING CAT LITTER 18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$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 style="color: red; font-weight: bold; font-size: 1.2em;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>
<p>AVODERM CANNED DOG FOOD •Regular •Grain Free (Avoderm Canned Cat Food 3 oz Grain Free \$89¢ 5.5 oz Reg \$1.19) 13 Oz Limit 1 Case</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$1.59</p>	<p>JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$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 style="color: red; font-weight: bold; font-size: 1.2em;">\$8.99</p>	<p>MEOW MIX DRY CAT FOOD •Original Choice 16 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$11.99</p>	<p>CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER 15 Lb Jug Limit 2 Jugs</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">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 style="color: red; font-weight: bold; font-size: 1.2em;">\$8 OFF</p> <p><small>OUR REGULAR LOW PRICES!</small></p>

<p>ADVANTAGE FLEA CONTROL & TREATMENT Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer.</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$4.00 OFF</p> <p><small>OUR REGULAR LOW PRICE</small></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>CRAZY PET Train Me Treats - 3.5-16 Oz PET BOTANICS Training Rewards Grain Free Omega Treats All Varieties</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p>PENN-PLAX CASCADE POWER FILTER SALE</p> <table style="width: 100%; text-align: left;"> <tr> <td>MODEL</td> <td>TANK SIZE</td> <td>PET CLUB SALE</td> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal.</td> <td>\$17.99</td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal.</td> <td>\$21.99</td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal.</td> <td>\$25.99</td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal.</td> <td>\$35.99</td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal.	\$17.99	CASCADE 150	35 Gal.	\$21.99	CASCADE 200	50 Gal.	\$25.99	CASCADE 300	100 Gal.	\$35.99
MODEL	TANK SIZE	PET CLUB SALE														
CASCADE 100	20 Gal.	\$17.99														
CASCADE 150	35 Gal.	\$21.99														
CASCADE 200	50 Gal.	\$25.99														
CASCADE 300	100 Gal.	\$35.99														
<p>MAMMOTH PET PRODUCTS TIRE BITER PAW TRACKS •Squeaky Freaks •Soft Pet Toys All Varieties</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p>TETRA FISH FOOD SALE Tetrafin Goldfish 7.06 oz... \$7.99 Tetraamin Staple 7.06 oz... \$11.99 Tetra Color 7.06 oz... \$11.99</p>															
<p>ASPEN PET PORTABLE PET HOMES All Sizes Light Weight Pop Up Shelter</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p>INSTANT OCEAN SEA SALT 50 Gal. Salt Mix</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">\$12.99</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</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">ON SALE EVERYDAY</p> <p><small>CHM PLU 568 Effective 10/16/19 - 10/22/19</small></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</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">89¢</p> <p><small>CHM PLU 377 Effective 10/16/19 - 10/22/19</small></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</p> <p style="color: red; font-weight: bold; font-size: 1.5em;">\$1.49</p> <p><small>CHM PLU 422 Effective 10/16/19 - 10/22/19</small></p>
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Reporting from the World Summit of Nobel Peace Prize Laureates

**Exclusive MPG Report
by David Dickstein**

MERIDA, MEXICO (MPG) - They held a World Summit of Nobel Peace Laureates last month in Mexico and a softball game broke out.

If the above phrasing sounds familiar, Rodney Dangerfield liked to joke, "I went to a fight the other night, and a hockey game broke out." After attending what was billed as a forum to "address global issues with a view to encourage and support peace and human well-being in the world," only to walk away disappointed, I knew that by borrowing from the late comedian, I'd have the perfect, albeit sad introductory line.

The batters of my metaphorical softball game were the Nobel Peace Prize winners whose three days in the Yucatan Peninsula included sit-downs with the press. The credentialed journalists were the pitchers, and by throwing mainly softball questions, the mostly Mexico-based contingent squandered the rare opportunity of asking tough and/or insightful questions to the distinguished do-gooders. In all, 30 Nobel Peace Prize laureates attended the event, representing themselves or

so much stuff that, um, that one can say," King said. "He's talked about sh*tthole nations, the way he's spoken about Mexicans — there's a host of things I see that come across as if he does not like certain groups of people."

So far I hadn't heard a specific example of Trump being a racist, and as King continued with her response, she seemed to go further astray.

"Anyone who does not agree with him or stands up to him almost becomes enemy No. 1," she said. "He just attacks, and it's not always driven by race — it's driven by Trump. That's the bottom line. He's a different kind of person than what you'd call your typical racist because ... look at the way he spoke about Senator [John] McCain. Who does that? The army vet, the reporter, it's on and on and on and on."

King is a delightful woman who I had the pleasure of sitting next to on the plane to Mexico City. And what an honor and thrill it was when my offer of my blanket was warmly accepted when she felt a chill halfway there. All that aside, I would be remiss as a journalist if I didn't say that my question didn't continue



Nobel Peace Prize laureate and former Colombian president Juan Manuel Santos makes opening remarks in the Yucatan. Photo by David Dickstein

when she said, "Racism is just a word that's being banded and thrown about and thrown at the president, in my opinion, unjustly. President Trump is not a racist."

After a good laugh over a question her PR person said had never been asked before, Bernice King gave a thorough, thoughtful response:

I don't like that is a part of your ideological system I shut you all the way down. I discount that there may be something in your makeup that is very beautiful, very powerful and has truth to it. But we don't allow ourselves to open up to people unless they think mostly like us. And if we continue to do that then we're going to have friction and tension and conflict."

Attending his ninth World Summit was **Frederik Willem de Klerk**, former president of South Africa and a 1993 Nobel Peace Prize winner with Nelson Mandela for their role in ending Apartheid. The political prisoner he freed and would later succeed him as the country's leader. De Klerk's response to a question on migration was refreshing in that he was the only laureate to say that nations cannot open the floodgates for immigrants.

"Migration is not only a problem between the USA and Mexico," de Klerk said. "Look at the hundreds of thousands of people crossing Africa into Europe to escape from dangerous situations, from hunger and joblessness, and the problems the European countries have in assimilating these migrants. Migration is a problem around the world and it's going to become a bigger problem. In the case of Europe, the population is shrinking, and just to keep the economy at the level

1992 for her work championing rights of indigenous peoples and reconciliation between ethnic groups. The morning of her so-called press conference, during which she and her guest panelists gobbled up all but the last few minutes for questions, Tum was on a different panel on migration. She believes that no one flees their country unless they're desperate, and their sole objective is to live where they are safe. Assuming that's true, I asked Tum why the caravans originating in Honduras and El Salvador make the long and dangerous journey to the United States instead of seeking asylum in the first safe country they reach, which so happens to be her homeland of Guatemala? "How open are the arms of your country, or is your nation happy when the refugees continue on to Mexico to ultimately be handled by the USA?" Her response, through an interpreter, was so off the mark, I may as well have asked if she likes meatloaf on Tuesdays. Even her panelist friend told me she completely dodged the question. Clearly, Tum is riding the Peace Prize train without practicing what she preaches. Hypocrisy reared its ugly head several times during her abbreviated Q&A; at the start she urged the media to ask tough questions.

A fixture at these near-annual events is Lech

because the collapse of communism throughout Europe happened faster than anyone predicted.

"My strategy was Poland first, but then East and West Germany reunified and there was a snowball effect in other countries of the [Eastern] Bloc," Walesa said. "The speed actually surprised President Reagan and myself, too."

Asked about Trump's chances to win a Peace Prize this December, the Polish activist danced the polka around the question, responding through an interpreter that while the world leader diagnoses situations in a correct way, the solutions he applies are wrong.

"He wants to move in a different direction than the whole world is heading," said the man who won his Nobel Prize by doing just that. Walesa used Trump's policy on protecting the nation's southern border with Mexico as an example. "He says there are too many people coming into the United States. There should not be a wall, but money invested in Mexico to create jobs. And once this is done, this will level the disproportion between the countries."

Trump's mistake, Walesa said, is "forgetting that people behave like interconnected containers of water." He elaborated. "There is a great disproportion in development in the world. It's not Mexico's fault of this disproportion. It's the United States' fault. We need to move the water from one container to another. We need to level the disproportion."

Walesa didn't sound like he'd put money on Trump winning a Peace Prize this year or any year. Despite efforts to keep the peace, namely making historic inroads with North Korea and in the Middle East, all without war breaking out, Trump seems to be on the same prizeless path as some past Republican presidents. Reagan engineered the end of the Cold War, and Richard Nixon, by normalizing relations between the U.S. and China, forced the Soviet Union to yield to pressure for detente with the United States.

The last GOP president to win the Peace Prize was Theodore Roosevelt in 1906. Since then, Woodrow Wilson, Jimmy Carter and Barack Obama have been so honored in addition to Vice President Al Gore — all Democrats. This from an organization that as late as last month's World Summit of Nobel Peace Prize Laureates said the selection committee has no political bias. ★



F.W. de Klerk (left) takes questions from the media at a summit of Nobel Peace Prize winners in Mexico. David Dickstein at right, with camera. Photo by Sara Sanchez

winning organizations. The softball field, just to close out the sports-related figure of speech, was next to the working press room inside a world-class convention center in Merida, capital of the state of Yucatan.

Poor organization and logistics made covering the event a living hell, but of greater importance to you readers is how the Nobel Peace Prize winners responded to the questions that didn't kowtow to the people of honor, few and far between as they were. Most journalists asked pandering softball questions like this one to **Dr. Bernice King**, the youngest child of revered Dr. Martin Luther King: "As a privileged white woman who can't relate to the struggles of people of color, what can those like me do to help?" Knowing the organization, that eye-roller will probably get that woman a permanent invitation to all future World Summits. That would be a travesty with the white journalist already feeling so privileged and all.

Then a real question from the press was asked. My first of two called on MLK's daughter to substantiate claims she made earlier at the World Summit about the leader of the Free World: "You have repeatedly called President Trump a racist. Can you give one example of something racist he has said or done?" King fumbled with her response, often looking to her handlers for help.

"Um, I mean there's

to trip King up. She seemed to ramble and contradict herself.

"Out of his mouth I have heard him denounce white supremacy. I've heard that," King said. "Whether or not he denounces it in a way that pushes away those who support him is another discussion. Those are the examples I have. It's hard for somebody to believe he's not racist. I can say that just because There are some things he's done policy-wise that's helped to uplift some of the black community. The First Step Act in terms of prison reform Racism is prejudice plus power. Racism is when you think an entire group of people is inferior to you or your peer group. I don't know if anyone has examined that. Does President Trump feel that all blacks or Mexicans are inferior as a group? That's a question we have to ask and determine."

My second question for King, a quasi-lighthearted one, made the civil rights activist laugh out loud, which, all professionalism aside, was pretty cool. I asked, "When the family sits down for Christmas dinner, what's the conversation like with Cousin Alveda at the table?" Alveda Celeste King, for those who don't watch Fox News, is a civil rights activist, former Georgia congresswoman and a vocal supporter of the President. The 68-year-old niece of MLK has defended Trump on many occasions, including on national TV

"Because our family has such strong unconditional love for each other we do not let those kinds of things tear us apart as a family," she said. "We have strong, vehement disagreements about how President Trump conducts himself. She is a Christian and she is also a minister, but at the end of the day she does what she does. I say what I need to say, she says what she needs to say."

King then spoke much like the minister she is and her father was: "One thing I've learned about different opinions and ideologies is if you sit down and listen long enough and shut down your right to be right and allow yourself to hear what a person is saying, you might discover a bit of truth. That's how my father developed his philosophy of non-violence. He was able to read and study a lot of different philosophers and theologians. Even those he didn't agree with. So, if we're going to create a more humane world, we have to learn to do that. Alveda has taught me because she's so strong in what she feels and believes. We had a discussion over Labor Day weekend, and I sat and really listened to some of the things she was saying, and as I thought about them holistically there was some truth in that, and I had to acknowledge that. We have a tendency with people we disagree with to disagree with them fully. If there's something specifically that



Dr. Bernice King leads a press conference at the World Summit of Nobel Peace Prize Laureates. Photo by David Dickstein

where it is they will have to take in migrants. But I have sympathy for any country that says, 'We can't take anybody who wants to come into the country. We have to have an immigration policy that also puts importance on the interests of our country. We need migrants with specific skills.' So, immigration policy should strike a balance between humaneness and protecting the interests of the country."

Participating in her sixth World Summit was **Rigoberta Menchu Tum**, a Guatemalan Indian who was awarded the Peace Prize in

Walesa, who won the Peace Prize in 1983 for founding Poland's anti-communist Solidarity movement that played a key role in the collapse of communism in Eastern Europe. My question for the former Polish president, a pro-capitalist, was whether he would have been more successful developing his country as "The America of the East," as he declared in 1991, with a businessman in the White House, than an actor-turned-politician, Ronald Reagan. Walesa said that it probably wouldn't have mattered who was the U.S. president at the time



The Secret to Being Organized Pam Young's Corner

Let People Help You

If you are a caregiver, do you find it hard asking for help when it comes to your home? If that's a problem for you, this story may help make it easier to ask for help when you need it.

Incidentally, we all need help in areas we aren't competent in. We get accountants to help with our bookkeeping, and lawyers to help with legal issues and we're willing to get help with electricity and plumbing problems, but for some reason when it comes to our homes, we caregivers have a crazy notion we should be able to take care of everything ourselves.

The whole self-help movement implies you can do everything yourself. Lord knows you've tried, but how's that working for you?

Women are usually in service-rendering businesses; teachers, doctors, nurses, and mothers (even though being a mom isn't considered a business, it really is). As a life coach, today, I worked with a lovely woman from PA who has been an RN for thirty years. She explained how much she adores her calling because she loves to help people.

When I asked her to explain more about the feeling of helping others, she said, "When I help a patient, I feel happy knowing, because of me, that person is happier. I don't feel arrogant, just important in being part of another's well-being and happiness." She went on to tell me she is respected by the doctors at the hospital she works in and she's eager to go to work every day.

Because her home was in critical condition she asked a doctor friend if he thought she had Attention Deficit Disorder (ADD). The doctor asked her these questions: "Do you get to work on time?" (Yes.) "Have you ever missed going to work?" (No.) "Do you pay your bills on time?" (Yes.) With these answers, her friend said, "No you don't have ADD. This woman was relieved (as if having Attention Deficit Disorder was some kind

of fatal disease).

After reading a lot of the material I've written about ADD, she decided to get another professional opinion. This next doctor gave her a test. She passed having ADD with flying colors, but was, at the same time devastated to think something was wrong with her brain. It was important for me to talk her into the joy of having ADD, because it's a wonderful thing to have as long as you understand how to live with it!

When I suggested she get help with getting her home organized, she said, "Oh I'd be too embarrassed to let someone in to do that." When I explained I wasn't going to leave her alone until she agreed to bring someone in, she realized I was serious and she came up with a person's name that was actually her best friend and had been in her home and already knew of her dirty little secret.

Once she'd agreed to get help from this person, I said something to her she'd never thought about before and maybe you haven't either. "Do you realize you'll be giving your friend an opportunity to feel happy knowing because of her, you are happier? She won't feel arrogant, just important for being part of your well-being and happiness. And just think, if you don't ask for help, you'll be a happiness hoarder!" We don't think that we're happiness hoarders when we don't ask others for help, but really we are. By reflecting her words about how she feels helping others to apply to someone's feelings for helping her, she got excited to call her friend.

Don't be a happiness hoarder. Ask for help.

For more from Pam Young go to www.cluborganized.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. ★

Ask Toni

2020 Medicare Part D Changes... Released!

Reader Alert: Effective October 1st, the new Medicare.gov website was released... Webinar on understanding how to navigate the new Medicare.gov site is Wednesday October 23 at 3:00PM visit www.ToniSays.com for more information.



Toni:

Last year, the 2019 Medicare and You handbook did not include the 2019 Part D deductibles and "Donut Hole" costs, and I got in the "famous" Medicare donut hole last March.

I know it is only September, but I would like to get prepared and really cannot find the answer online or at the Medicare.gov website. Please inform me what the 2020 Medicare Part D costs. I did not see the 2020 Medicare Part D costs in either in the handbook or Medicare website. I look forward to what you have to say.

- Carrie League City Area

Carrie:

You are correct that the 2020 Medicare and You handbook did not have the 2020 Part D deductibles or out of pocket maximums. I did not foresee it being updated until October 1st.

But guess what?? For the Toni Says® Medicare newspaper column readers, we have a big surprise! I know what the Medicare Part D cost, copays and Donut Hole will be for 2020.

Below are the findings regarding the 2020 Medicare

Part D costs.

2020 Medicare Part D costs and copays are explained below.

Part D changes for 2020 are:

- **Initial Deductible:** will be increased by \$20 from \$415 in 2019 to \$435 in 2020.

- **Initial Coverage Limit:** will increase by \$200 from \$3,820 in 2019 to \$4020 in 2020 where the 2020 "Donut Hole" begins.

- **Out-of-Pocket threshold cost:** or (TrOOP) will increase from \$5,100 in 2019 to \$6,350 in 2020.

- **Coverage Gap (Donut Hole):** begins once you reach your Medicare Part D plan's initial coverage limit (\$4,020 in 2020) and ends when you spend a total of \$6,350 out-of-pocket in 2020.

- **Does the Donut Hole go away...** in 2020 is now called the Donut Hole Discount **Donut Hole Discount:** Part D enrollees will receive a 75% **Donut Hole discount** on the total cost of their brand-name drugs purchased while in the Donut Hole. The discount includes, a 70% discount paid by the brand-name drug manufacturer and a 5% discount paid by your Medicare Part D plan. The 70% paid by the drug manufacturer combined with the 25% you pay, count toward your TrOOP or Donut Hole exit point.

For example: If you reach the Donut Hole and purchase a brand-name medication with a retail cost of \$100,

you will pay \$25 for the medication, and receive \$95 credit toward meeting your 2020 total out-of-pocket spending limit.

- **Donut Hole Generic Drug Costs:** one will pay a maximum of 25% co-pay on generic drugs purchased while in the Coverage Gap (receiving a 75% discount). For example: If you reach the 2020 Donut Hole, and your generic medication has a retail cost of \$100, you will pay \$25. The \$25 that you spend will count toward your TrOOP or Donut Hole exit point.

- **Catastrophic coverage:** \$3.60 for generics with a retail price under \$72 and 5% for those priced greater than \$72. For brand-name drugs, pay \$8.95 for those drugs with a retail price under \$179 and 5% for those with a retail price over \$179.

- **Prescriptions not in formulary:** If your prescriptions are not in your Part D formulary, then YOU WILL pay 100% of the prescription drug cost. Always verify that your prescriptions are in the Part D plan chosen.

Need help understanding your Medicare options. Attend a Confused about Medicare workshop or call the Toni Says® Medicare hotline at 832/519-8664.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at www.toni-says.com. ★

STATEPOINT CROSSWORD • WORLD SERIES

CLUES

- ACROSS
- At a great distance
 - *TV network, last aired World Series in 1993
 - Biological blueprint
 - "For" in Spanish
 - Clarified butter
 - Kind of Wrangler
 - Foolish person
 - Capital of Latvia
 - More so than #16 Down
 - *As opposed to #51
 - Grateful Dead's kind of rock
 - Like Hitler's ideal
 - Bugling ungulate
 - *2018 World Series winner
 - Like default settings
 - American cuckoo
 - Interstellar cloud
 - Female gamete
 - Noonan in "Caddyshack"
 - Olympic chant
 - Related on mother's side
 - Narc's unit
 - Kind of acid
 - Mountbatten-Windsor Markle
 - Financial deficit
 - Made noise
 - "I ____ You Babe"
 - Next step for juvenile
 - Dylan Thomas, e.g.
 - *League with most World Series victories
 - Miss America's headgear
 - ____ en scene
 - Successor
 - Picnic invaders
 - Change for a five
 - Marine eagle
 - Unknown power
 - *Formerly known as Stockings
 - Shirt is tied, then ____

Crossword Puzzle Solutions on Page 9

1	2	3	4	5	6	7	8	9	10
11				12				13	
14				15				16	
	17			18				19	
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58						59			60
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5	4	7		9	3	8
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Solutions on Page 9

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CRIM and BIAR IT

LAFF-A-DAY

Just Like Cats & Dogs

by Dave T. Phipps

HOCUS-FOCUS

BY HENRY BOLTON

Crossword Puzzle on Page 8

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

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Sudoku Puzzle on Page 8

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

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The NBA Salutes Its Chinese Overlords

Little did Dr. James Naismith know when he invented the game of basketball in Springfield, Massachusetts, in 1891 that, more than a century hence, it would become beholden to its Chinese overlords.

The NBA disgraced itself kowtowing to Beijing after the general manager of the Houston Rockets, Daryl Morey, tweeted his support for Hong Kong protesters. The words he associated himself with — “Fight for Freedom. Stand with Hong Kong” — would seem uncontroversial. Who doesn’t hope for the best for plucky demonstrators trying to advance democracy against an overweening imperial dictatorship?

Morey, though, failed to adequately account for the feelings of the dictatorship. “I was merely voicing one thought,” he said, in a groveling tweet after deleting his original offending one, “based on one interpretation, of one complicated event. I have had a lot of opportunity since that tweet

to hear and consider other perspectives.”

The “other perspectives” are those of people supporting a regime that is determined to crush Hong Kong underfoot, maintain a one-party state that stifles all internal dissent, brutally repress Uighur Muslims, grab the South China Sea, build up its military with an eye to a future confrontation with United States and rewrite the rules of the international order to its liking.

But who’s to judge? In its own lickspittle statement, the NBA said that Morey’s views “have deeply offended many of our friends and fans in China, which is regrettable.” It appears that the Chinese-language version was even more craven, saying that the league is “extremely disappointed” in the GM’s “inappropriate” tweet.

If you follow the NBA and missed the part where Red China stole the league’s soul, it’s only because you haven’t paid enough attention to the international business. China is a huge and growing market for the NBA. When Chinese sponsors and partners of the Rockets began to pull out, the team and the league buckled.

The joke of it is that here at home the league flaunts its woke social conscience. The NBA used the leverage of its All-Star Game

coming to Charlotte to force changes to a North Carolina bathroom bill, in the name of “equality.”

One would think that reeducation camps for a million Uighurs is much worse than any choice North Carolina makes about its restrooms. The NBA should be repelled by China’s policies, which run counter to everything that the NBA purports to stand for.

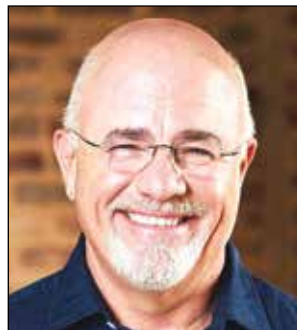
This episode exposes the league’s gutless hypocrisy. So long as social activism is costless, the NBA is all about its values. As soon as there is any price, it is willing to salute smartly at the dictates of one of the most cynical, self-interested regimes on Earth.

Of course, any profit-generating enterprise is going to care about its bottom line most of all. That shouldn’t efface all sense of decency and self-respect, though. James Harden, the Houston Rockets star, has grown very rich and famous playing an American game in an American league. His reaction to Morey’s tweet was unequivocal: “We apologize.”

He thus neatly encapsulated the willingness of a segment of the American business elite to express a kind of national loyalty to a nation that isn’t its own.

Rich Lowry is editor of the National Review.

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Dave Ramsey Says

A Key Element in Getting Out of Debt

Dear Dave, I’ve got about \$3,000 in credit card debt. Would it be a good idea to transfer the balance from my credit card to another one that has a much lower interest rate?

– Tammi
Dear Tmmi,

Lots of people who find themselves in your shoes make the switch to low-interest rate credit cards. A lower interest rate will help you save a little money in the short-term, but the drawback is it can also make you feel like you’ve addressed your problem with debt when you really haven’t. You’ve got to change the behavior

and the mindset that put you in that situation in the first place. Besides, most low-interest, or no-interest, credit card offers are only good for a short period of time. There’s always a catch!

I discovered long ago that personal finance is only about 20 percent head knowledge and 80 percent behavior. Emotion is a key element to getting out of debt and staying out of debt. You’ve got to get really mad at debt, the impact it has on your financial life, and attack it with a vengeance. Think about how many times debt has been a negative influence on your life. My guess is there were many occasions in the past when you could have done great stuff – I’m talking about meaningful, important things – if you hadn’t had to send a bunch of money to those bozos at the credit card company every month. I want you to really think about it.

How about this? First, cut up your credit card and close the account. Then, sell some stuff and take a part-time job nights or weekends for just a little while. You could wipe out all your debt in less than a year by doing that and starting to live on a strict, written, monthly budget.

If you don’t get mad about it and take a stand against debt, and become determined you’re never going to fall into that trap again, you’re liable to find yourself back in the same situation or worse! – 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. ★

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
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#34-2019-00266328
Suhair Abuelhawa has filed a petition with this court for a decree changing the name(s) of Suhair Abuelhawa aka Ayisha Abuelhawa aka Ayisha Aslor to Ayisha Asfor.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-0026619
Osamah Al. Neama and Zainab Muslim has filed a petition with this court for a decree changing the name(s) of Hussein Mousa to Adam Mousa.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00265329
Theodore Wardell Longmire has filed a petition with this court for a decree changing the name(s) of Theodore Wardell Longmire to Theodoro Longmire.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00265591
April Owen and Damien Christopher have filed a petition with this court for a decree changing the name(s) of Gabrielle Rose Christopher to Cosmo Vivienne Rose Christopher.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266419
Omar Mendoza Esquivel has filed a petition with this court for a decree changing the name(s) of Omar Mendoza Esquivel to Omar Esquivel.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266762
Liqing Wu has filed a petition with this court for a decree changing the name(s) of Siwei Tan to Marjorie Ava Tan.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266608
Amelia Love Gruen has filed a petition with this court for a decree changing the name(s) of Amelia Love Gruen to Amie Love.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00262720
Razae Nourallah has filed a petition with this court for a decree changing the name(s) of Rezaei Nourallah to Nourallah Rezaei.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266568
Jessica Montue and John Montue Jr, have filed a petition with this court for a decree changing the name(s) of John Raymond Montue, IV to Johnovon Raymond Montue.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266646
Flilpe Avila Lessa Garcia has filed a petition with this court for a decree changing the name(s) of Flilpe Avila Lessa Garcia to Philip Anthony Lessa.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00265915
Jihad Bensebahia has filed a petition with this court for a decree changing the name(s) of Jihad Bensebahia to Sovana Bensebahia.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266641
Jane W Smith has filed a petition with this court for a decree changing the name(s) of Jane W Smith to Jane Wanjuru Wangombe.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266698
Janice Marie Randel has filed a petition with this court for a decree changing the name(s) of Janice Marie Randel to Janice Marie Randall.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00266863
Sarah Austin has filed a petition with this court for a decree changing the name(s) of Adrian Zylens-Kai Johnson to Adrian Zylens-Kai Austin.

NOTICE OF PETITION TO ADMINISTER ESTATE
ADELINE POLK
CASE No. 34-2019-00263945
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Amy Adeline Polk, deceased A Petition for Probate has been filed by Jerry Polk, in the Superior Court of California, County of Sacramento, requesting Jerry Polk, be appointed as personal representative to administer the estate of the decedent.

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF WILLIAM BELL
CASE No. 34-2019-00266430
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of William Bell, deceased A Petition for Probate has been filed by Divina Gregor, in the Superior Court of California, County of Sacramento, requesting Divina Gregor, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF BANNY DEANNE CORTEZ
CASE No. 34-2019-00263484
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Banny Deanne Cortez, deceased A Petition for Probate has been filed by Norman Renner, in the Superior Court of California, County of Sacramento, requesting Norman Renner, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAUREEN ELIZABETH POCHOP AKA MAUREEN E And/ BETTY POCHOP
CASE No. 34-2018-00230730
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Maureen Elizabeth Pochop aka Maureen E/Betty Pochop, deceased A Petition for Probate has been filed by Mary Christina Pochop, in the Superior Court of California, County of Sacramento, requesting Mary Christina Pochop, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF AMY ADELINE POLK
CASE No. 34-2019-00263945
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Amy Adeline Polk, deceased A Petition for Probate has been filed by Jerry Polk, in the Superior Court of California, County of Sacramento, requesting Jerry Polk, be appointed as personal representative to administer the estate of the decedent.

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DONNA H. BAHR
CASE No. 34-2019-00266493
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Donna H. Bahr, deceased A Petition for Probate has been filed by Mary M. Talbot, in the Superior Court of California, County of Sacramento, requesting Mary M. Talbot, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF BANNY DEANNE CORTEZ
CASE No. 34-2019-00263484
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Banny Deanne Cortez, deceased A Petition for Probate has been filed by Norman Renner, in the Superior Court of California, County of Sacramento, requesting Norman Renner, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAUREEN ELIZABETH POCHOP AKA MAUREEN E And/ BETTY POCHOP
CASE No. 34-2018-00230730
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Maureen Elizabeth Pochop aka Maureen E/Betty Pochop, deceased A Petition for Probate has been filed by Mary Christina Pochop, in the Superior Court of California, County of Sacramento, requesting Mary Christina Pochop, be appointed as personal representative to administer the estate of the decedent.

NOTICE OF PETITION TO ADMINISTER ESTATE OF AMY ADELINE POLK
CASE No. 34-2019-00263945
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Amy Adeline Polk, deceased A Petition for Probate has been filed by Jerry Polk, in the Superior Court of California, County of Sacramento, requesting Jerry Polk, be appointed as personal representative to administer the estate of the decedent.

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Found 1999 blue Nissan pathfinder last 4 of the Vin #7384. If you have proof of ownership please contact Cynthia Black at cindylove768@hotmail.com 10-25-19

NOTICE OF HEARING

Notice of Hearing to Renew Restraining Order

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SAN JOAQUIN
180 E WEBER AVE SUITE 413
STOCKTON, CA 95202
CASE NUMBER: FL389124
1. Name of Protected Person: Sharon Bertrand
1386 Nana Place
Manteca, CA 95336
2. Name of Restrained Person: Donovan Gregory Bertrand

SUMMONS

SUMMONS (Family Law)
NOTICE TO RESPONDENT (Name): Temeko D. Meeks
Petitioner's Name is: Stephen F. Meeks Jr.
CASE NUMBER: 16FL07327
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner.

TRUSTEE SALE NOTICES

T.S. No.: 2017-01543-CA
A.P.N.: 076-0252-023-0000
Property Address: 2345 La Loma Drive, Rancho Cordova, CA 95670
NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/11/2009. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.

INVIATION TO BID
Detained Animal Care Facility T1
Project #163-2019
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 October 28, 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.

Date of Sale: 11/19/2019 at 09:00 AM
Place of Sale: EAST MAIN ENTRANCE GORDON D. SCHABER SACRAMENTO COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA 95814
Estimated amount of unpaid balance, reasonably estimated costs and other charges: \$216,284.60
NOTICE OF TRUSTEE'S SALE
THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE.

Notice of Hearing to Renew Restraining Order
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SAN JOAQUIN
180 E WEBER AVE SUITE 413
STOCKTON, CA 95202
CASE NUMBER: FL389124
1. Name of Protected Person: Sharon Bertrand
1386 Nana Place
Manteca, CA 95336
2. Name of Restrained Person: Donovan Gregory Bertrand
Description of Restrained Person: Sex: M Height: 5'9 Weight: 150 Hair Color: Blonde/Brown Eye Color: Green Race: White Age: 43 Date of Birth: 5/29/1976 Mailing Address: 55100 Terra Loma Drive #83 Rancho Cordova, CA 95670 Relationship to protected person: Ex-husband
3. Court Hearing
The judge has set a court hearing date. The Restraining Order After Hearing (Order of Protection) Stays in effect until the expiration date on that order or the end of the hearing below, whichever is later.

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 October 28, 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.

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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-07659 Karena Rae Brown, 2351 Mossy Bank Drive #8 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Because Bath and Body, Because Soaps" 2351 Mossy Bank Drive #8 Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 13, 2019 Publish: September 27, October 4, 11, and 18, 2019 BECAUSE 180201 10-18-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-07684 S&V Business Associates, LLC, 2346 Florin Road Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Price Maxx" 2346 Florin Road Sacramento, CA 95822. Filed with the Clerk of Sacramento County September 16, 2019 Publish: September 27, October 4, 11, and 18, 2019 PRICE 180201 10-18-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-07977 Jack Aburnorch, 324 Elkhorn Boulevard Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Mr. Nice Hydroponics & Garden Supply" 3929 Marysville Boulevard Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 25, 2019 Publish: October 4, 11, 18, and 25, 2019 NICE 180201 10-25-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-07873 Yvonne Lawson, 6005 Oakridge Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Fast Cat Automotive Sales" 8110 Power Ridge Road Building 700 Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 23, 2019 Publish: October 4, 11, 18, and 25, 2019 FAST 180201 10-25-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-08105 Continuing Development Inc, 350 Woodview Avenue Suite 100 Morgan Hill, CA 95037 is doing business under the Fictitious Business Name(s) "Child Development Centers- John Ehrhardt" 8900 Old Creek Drive Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 30, 2019 Publish: October 11, 18, 25, and November 1, 2019 CHILD 180201 11-1-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-08090 Continuing Development Inc, 350 Woodview Avenue Suite 100 Morgan Hill, CA 95037 is doing business under the Fictitious Business Name(s) "Child Development Centers- Woodland Prairie" 1444 Stelson Street Woodland, CA 95776. Filed with the Clerk of Sacramento County September 30, 2019 Publish: October 11, 18, 25, and November 1, 2019 CHILD 180201 11-1-19

Carmichael Recreation and Park District and the John Skinner Band present:

A free Community Dance for all the whole family

You should be dancing!
Sunday, October 20, 2-4 pm
 Indoors at La Sierra Community Center
 5325 Engle Rd., Carmichael

Bring the kids, bring the grandparents, bring the teens, bring yourself...

Dancing for all ages: Swing to rock classics and line dances. Contests, prizes, free family fun!

Refreshments and snacks available for purchase. Seating provided. No outside food or drink please.

Sponsors include: CRPD: Susan and John Skinner, Supervisor Susan Peters; Carmichael Kiwanis Club; Carmichael Chamber of Commerce; Milagro Centre; Carmichael Chevron; MORPD Im's Music Store, Carmichael

Information: (916) 483-7826

From Del Campo Student to Award Winning Breast Cancer Researcher

San Juan Unified School District

FAIR OAKS, CA (MPG) - Last month, Dr. H. Michael Shepard received the 2019 Lasker Award. He and his team were recognized for their groundbreaking development of the drug Herceptin, a drug credited for saving more than 500,000 women battling aggressive breast cancer.



Dr. H. Michael Shepard received the 2019 Lasker Award for the development of Herceptin. Courtesy SJUSD

Shepard was a teenager when his family moved to Sacramento in the late 1960s. He enrolled at Del Campo High School as a sophomore

and credits team sports for helping him integrate into his new school.

“Through the physical education programs and the sports programs, I made some very good friends,” said Shepard. “Some of whom I’m still in touch with.”

Biology was his favorite subject, but he admits that he wasn’t very focused as a high school student.

“The teachers, apparently thought they should spend some time with me and I did much better than I would have otherwise,” said Shepard.

Check out Dr. H. Michael Shepard’s #my-story. ★

CAHP Endorses Rich Desmond for Supervisor

By Duane Dichiara, Rich Desmond for Supervisor

SACRAMENTO, CA (MPG) - Rich Desmond, candidate for Sacramento County Supervisor District 3, announced that his campaign has been endorsed by the California Association of Highway Patrolmen (CAHP).

“Your devotion to law enforcement, both as a California Highway Patrol

(CHP) Officer and a member of the CAHP, has earned you the respect and admiration of our 14,000 members and law enforcement throughout our great state,” said Rick LaBeske, President of the CAHP. “We hope our endorsement of your candidacy will assist you, and more importantly, the voters in Sacramento County. We look forward to working with you in the years to come.” ★

Oktoberfest

October 20, 2019

Open with Music at 4:00 pm
 Food Served at 5:00
 German Dance Group at 6:00

Appropriate Bavarian Dress is Highly Encouraged

Let's Have A Party!
 Ticket Price \$27.50
 Includes food and entertainment

Location
 4000 San Juan Avenue, Fair Oaks, CA 95628 Campus of Faith Lutheran Church

NOTICE OF RFQ FOR PATROL SERVICES

Carmichael Improvement District

Visit discovercarmichael.com to review

Deadline 5:00 PM 10/31/19

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- 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
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PASTOR CHARLES CARTER

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Carmichael Times
 Serving Carmichael and Sacramento County since 1981

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 Donations will benefit the Senior Lunch Program

Mission Oaks Community Center 4701 Gibbons Drive, Carmichael
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Sunday, October 20
 2-3pm

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Office Hours:
 8 am-5 pm Monday - Friday

Registration Hours:
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