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Carmichael Times

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Serving Carmichael & Sacramento County since 1981

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Pin-ups Parade at Founders Day



Above: Pin-up culture models posed among vintage vehicles during Founders Day celebrations at Carmichael Park. Showing a leg were Suzie Shortcake (left), Candy Apple Red, Sara Slushy, Cupcake Calamity, Devin De Ville, Bet D, Miss Sunshine and Petina Puppy. Right: Students of the KM Dance Arts studio made ballerina paper dolls in their Founders Day booth. Photos by Susan Maxwell Skinner



By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael's 110th birthday united critters, cars and community in Carmichael Park. The area's biggest car show spotlighted more than 100 classic vehicles and sponsored a contest to celebrate the world-wide phenomenon of pin-up culture. From among bevy of vintage-style beauties, a Rancho Cordova grandma was acclaimed "Miss Classy Chassis". Show sponsors - the Cappuccino Cruisers car club - hope to make the contest an annual event in Carmichael.

Rolled bangs and seamed stockings were seamlessly compatible with vehicles that cruised when Betty Grable wore platforms and artist Alberto Vargas airbrushed the girl-next door. Post WW II fashion is eternally in vogue for latter-day Grables who

pose, primp and fundraise for charity; they also convene thousands-strong Las Vegas conventions where only excess suffices.

Special occasions aside, some ruby-lipped divas embrace pin-up culture for everyday life. "I dress like this all the time," claimed contest winner Rosalie Perona (AKA Candy Apple Red). "To me, it isn't a costume, I dress like this to go shopping at Target."

Beyond posing and primping, the ladies in lipstick expound liberated philosophies. "We're not a one-size fits all group," explained contestant organizer Devan Magas (AKA Calamity Cupcake). "We

come in all ages and shapes. Some of us are shy but when the red lipstick goes on, you're out of your comfort zone; the look says confidence. Dressing like this is empowering."

Fundraising is a by-product of sashaying at car shows. "Many of us use the pinup platform to help veterans, animals and mental health causes," says fitness instructor Suzie Shortcake. "A girl can do a lot of good in platform heels."

Learn about Pin-up opportunities at Cupcake Calamity on Facebook. ★

Classy Chassis of the First Kind

Also on hand at the Founders Day event were dozens of first class cars and trucks.



Showing off his 1956 Ford Fairlane Victoria is Al Lyons of Elverta.



Can you say Chevy Truck? Man, what a great job done on this one!



A rare but smooth looking 1927 Rolls Royce graced the grass for onlookers.

Photos by Paul Scholl



You don't see one of these all that often. A 1957 Pontiac Safari proudly displayed by Dwayne Rollings of Sacramento.

Keeping Pets Safe with Vaccines and Licensing

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Pet owners whose animals venture outdoors can be keenly aware of the possible dangers to their animals, such as rabies and other illnesses as well as pets becoming lost. However, indoor animals may occasionally get out and face the same risks. The Sacramento County Bradshaw Animal Shelter offers low-cost vaccination and microchip clinics every third Thursday of the month, 5 - 7 p.m.

Pets with up-to-date vaccinations and preventive care are protected from illnesses including heartworm, kennel cough, Bordetella, parvo and Lyme disease. If unvaccinated animals contract illnesses, an owner may face costly treatments and surgeries for these preventable diseases. And when pets receive rabies vaccinations, it not only helps to prevent them from contracting the disease from bats, skunks, and raccoons, it also protects residents from contracting the virus if bitten by an infected animal.

"Rabies is still a concern for Sacramento and the bats, skunks and raccoons in the area can all potentially carry the disease," said Dave Dickinson, Director of the Bradshaw Animal Shelter. "It's important that owners be responsible and vaccinate, even if they believe their pet will never contract it; indoor pets can be susceptible if they escape."

Pet owners can take advantage of the clinic's affordable microchipping services on the third Thursday of every month. For only \$19, pet owners can buy the extra security that has proven to reunite many owners and their pets. Though visible tags are the first line of identification for animals, they may wear off, fall off or get lost. Unlike traditional ID tags, permanent microchips can contain owner contact information, pet information and Bradshaw Animal Shelter's contact information, and most vets and shelters can easily scan.

Licensing can be done at the same time as vaccinations and microchips for as little as \$15. Owners may also conveniently purchase a license online. This inexpensive service proves a pet's ownership and home address, and animals found by County animal officers can be returned immediately to the home, saving the stress of a shelter stay for the animal and the owners.

The Bradshaw Animal Shelter has many available pets for adoption looking for loving homes. Adoptions include spay/neuter surgery, vaccines and microchipping. Visit the Bradshaw Animal Shelter's website to view a list of adoptable pets. ★

October Recognizes Learning Disability Month

JOY Familytech
Press Release

Did you know that 2.3 million students are diagnosed with specific learning disabilities (SLD) and receive services under IDEA (Individuals with Disabilities Act). This represents 35% of all students receiving special education services. (According to the Learning Disabilities Association of America).

Children with learning disabilities begin school excited to learn. If your child is having difficulty in school, he/she may learn differently from other kids. For many kids, these disorders go undetected despite their ongoing struggles with school work and the behavior issues that often accompany these disorders. Parents are often the first to notice that “something doesn’t seem right.” But sometimes knowing what to do and where to find help can be confusing.

A learning disability is not a problem with intelligence or motivation. Kids with learning disabilities are just as smart as everyone else. Their brains are simply wired differently affecting how they receive and process information.

Types of Learning Disabilities

Dyslexia: Dyslexia is perhaps the best known learning disability. Children with this disorder may have difficulty with spelling, vocabulary, or comprehension. They may be slow readers, struggle learning left from right, or have organizational problems with both written and spoken language.

ADHD: ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. A child has difficulty controlling focus, impulse, energy levels, or some mix of the three.

Dyscalculia: A child with this condition may have an effect on one’s ability to develop math skills, understand numbers, and learn math-based facts. It can be difficult for individuals with dyscalculia to comprehend math



Octopus Watch Motion Edition is the first icon-based watch that empowers kids by teaching good habits and the concept of time, while also encouraging them to stay active with its new fitness tracker. Photo courtesy JOY Familytech

symbols, organize or memorize numbers, tell time, and count.

Dysgraphia:

Dysgraphia affects a child’s ability to perform handwriting and other fine motor skills. People with dysgraphia might have problems with inconsistent spacing, difficulty composing writing, poor spelling, illegible handwriting, poor spatial planning on paper, and thinking and writing at the same time.

Auditory Memory and Processing Disabilities:

Kids with this condition may have difficulty recognizing the differences between sounds, understanding the order of sounds, recognizing where sounds have come from, or separating sounds from background noise.

Visual Perceptual/ Visual Motor Deficit:

These are disorders that can result in missing subtle differences in shapes or printed letters, losing place frequently, struggles with cutting, holding pencil too tightly, or poor eye/hand coordination. Visual Processing Disorders can cause people to struggle with seeing differences between similar letters, number, objects, colors,

shapes and patterns.

Nonverbal Learning Disorder: Child has significant difficulty with nonverbal cues, such as coordination and body language.

If you think your child might have a learning disability, don’t despair! There is a lot of information and support available, and there are many steps you can take to ensure that your child gets evaluated appropriately.

What to do if you suspect your child has a Learning Disability?

If you suspect that your child is having trouble learning to read, or trouble with learning in general, there is help available. For parents of school-age children, the first source of help should be the public school serving your area. Contact your child’s school principal, express your concerns, and ask to have your child evaluated. The school system is required by federal and state law to evaluate your child at no cost to you or your family. The results of the evaluation will show whether or not your child has a problem with reading or learning and, if so, the nature of the problem.

Once your child has

received a diagnosis, your school psychologist should be able to recommend and help you set up services or accommodations for your kid. Depending on the specific learning disability, your child may qualify for special education services under the federal Individuals with Disabilities Education Act (IDEA) or accommodations through Section 504 of the Rehabilitation Act.

Keep in mind, you are your child’s best advocate. So read books and articles on your child’s specific learning disability and learn how you and your school can help. Talk to your kid’s teacher about additional ways the teacher can assist your child. Most teachers are eager to help. Although, depending on the student-teacher ratio and the school’s resources, it’s sometimes challenging for teachers to do as much as they’d like. There are likely other kids in their classroom with special needs as well. If you feel your child isn’t getting the help he or she needs, talk to the school administrator.

For more information, visit <https://www.heyjoy.io>. ★

California Assembly Lifting Barriers to the Abortion Pill at Universities

By Alexa Garcia-Ditta,
ConwayStrategic

SACRAMENTO, CA (MPG)

- Groundbreaking legislation that would require all on-campus student health centers at public universities in California to offer medication abortion services passed in the California Assembly with an initial vote of 44 to 15. Now, Senate Bill 24, also known as the College Student Right to Access Act, goes back to the Senate for concurrence before it heads to Governor Gavin Newsom’s desk.

“By ensuring that abortion care is available on campus, college students will not have to choose between delaying important medical care or having to travel long distances or miss classes or work. I thank the Governor for inviting women from conservative states seeking abortions to come to California to access their right to abortion care,” said Senator Connie M. Leyva (D-Chino). “I also appreciate Governor Newsom’s public declaration of support last year for SB 320 – the previous version of SB 24 – and am hopeful that he will continue to prioritize the rights of all Californians seeking abortion care, including those attending California’s public university campuses.”

Medication abortion is a safe and effective way to end a pregnancy up to 10 weeks. Currently no student health centers at public universities in California provide abortion services, despite offering other reproductive health services like birth control and STI testing. Almost half of the public university campuses in California are located five miles or more from an abortion provider, and some students must travel upwards of four hours to get care. A consortium of private funders

has stepped forward to cover the costs to bring medication abortion to public university student health centers.

Polling shows that the bill has widespread support among Californians, and the state’s two university student associations – the UC Student Association and Cal State Student Association – representing nearly 700,000 students, also endorsed the bill this year.

University of California (UC) President Janet Napolitano also released a letter last month directing all UC campuses to begin providing medication abortion on campus.

“Once a student has decided to end a pregnancy, they shouldn’t be forced to go off campus to see a provider they don’t know,” said Ruth Shaber M.D., founder and president of Tara Health Foundation. “That is why funders have come together to cover all implementation costs of Senate Bill 24. California is showing the country that providing abortion care on campus is not only the principled thing to do, it’s also popular and possible.”

“As a college student seeking abortion care, I didn’t have the resources to get the care I needed off campus, such as money or a car,” said Jessy Rosales, a UC Riverside graduate and campus coordinator with the justCARE campaign. “Today’s passage means we are one step closer to California college students being able to get the care they need right on campus without unnecessary barriers or delays.”

justCARE: Campus Action for Reproductive Equity mobilizes students and allies across California to make the abortion pill on campus a reality. We envision a future where reproductive health services are available to all students who need them, wherever we live or go to school. ★

Old Sacramento Living History Presents Spirited “Ghost Tours”

By Traci Rockefeller
Cusack, T-Rock
Communications

SACRAMENTO, CA (MPG)

The Sacramento History Museum & Alliance are proud to present an all-new season of Old Sacramento Living History’s annual “Ghost Tours” on Friday and Saturday evenings, October 11 through October 26, 2019. For those who dare, the engaging tours depart from the Sacramento History Museum (101 I Street) every half-hour from 6:30 to 9 p.m. on the evenings the tours are available. Tickets for the new 2019 season of “Ghost Tours” are limited, so get yours now.

With a theme of “Murders, Mayhem and Tragedies” this year, the eerie and ever-popular one-hour “Ghost Tours” provide Old Sacramento guests with the opportunity to relive 19th century



With a theme of “Murders, Mayhem and Tragedies” this year, the eerie and ever-popular one-hour “Ghost Tours.” Photo courtesy of the Sacramento History Museum

Sacramento’s history. This year, the tours will take place at the riverfront, inside and relatively close

to the Sacramento History Museum as daring and inquisitive guests revisit stories of pestilence,

mayhem, quacks and fraud through the darker side of Sacramento’s fascinating history. Along the way,

tour guests may encounter wayward miners, murder victims and other Gold Rush characters while

listening to tantalizing tales of Sacramento’s colorful and lively past.

Advance reservations are recommended as tickets for the Old Sacramento Living History’s “Ghost Tours” are expected to sell out quickly. Tickets cost \$18 per person and are not recommended for children ages 8 and under. For advance tickets or more information, call 916-808-7059 or visit www.sachistorymuseum.org. Proceeds from the Ghost Tours benefit the Sacramento History Alliance programs and the Sacramento History Museum.

The Sacramento History Alliance is a nonprofit 501(c)3 organization that manages the Sacramento History Museum, Sacramento Visitors Center, Old Sacramento Underground Tours, Gold Fever! Games, Anytime Tours, and Living History Programs, and works collaboratively with the City of Sacramento to support the Center for Sacramento History. ★

Volunteer Drivers Needed for Meals on Wheels

Photo and story by Margaret Snider

RANCHO CORDOVA, CA (MPG) - Starting out from Neal Orchard Senior Activities Center, volunteer Meals on Wheels driver Patrick Quinn picked up his hot pack and his cold pack for the nine senior participants to whom he would deliver that day. While the senior center serves hot meals on weekdays every week, patrons using Meals on Wheels are generally home-bound. "I've worked a lot of volunteer places," Quinn said. "It's worth doing." Most of Quinn's stops are fairly uneventful, but each is important. He gets out the individual hot meal and takes it along with a few grocery items to the door of the home. There he hands over the meal or takes it to the table for the participant. "For many of the seniors who rely on Meals on Wheels," said marketing and outreach coordinator Angela Roberts, "receiving their lunch from a volunteer is their only social contact for the whole day." Meals on Wheels participants in Carmichael are served out of the Rosemont facility, with the same standard of excellence. Participation is not income based, but primarily based on a person's home and health needs.

Roberts joined Quinn at the home of Meals on Wheels participant Thelma Wiltscire, who reached 100 years of age on September 13. Wiltscire looks forward to receiving her main meal every week day. She knows each of the drivers who come to deliver. "We have flowers and a card signed by all of us at Meals on Wheels for her," Roberts said. After accepting the birthday greetings, Wiltscire sat down with her dachshund, Dixie, on her lap.

Oldest of three siblings, Wiltscire passes the time by reading and doing puzzles. She attributes reaching 100 to taking care of herself, and to genetics. "Both our parents were almost 100 years old when they passed away," Wiltscire said. "And I have Dixie, my baby. She's a good little one." Meals on Wheels also may provide food, called Ani-Meals, for participants' pets. This ensures that participants will not need to feed pets from their own meals.



Thelma Wiltscire, just turned 100, poses with Meals on Wheels driver Patrick Quinn.

Another of Quinn's deliveries was June Merowitz, 92. She said she has been receiving the hot meals for considerably more than a year. "That way I don't have to cook it myself, they bring it to me," Merowitz said. "I sit down and eat it and that's my main meal for the day. The food is delightful, the people who serve it are delightful, so I have nothing but compliments for it."

For seniors who are able to travel to senior centers, the All Seasons Café is open for lunch at 11:30 a.m., Monday through Friday, at the Neil Orchard Senior Center, 3480 Routier Rd. in Sacramento – phone (916) 366-3133. The Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael, also has a café with weekday meals at 11:40 a.m.; phone (916) 359-1192. Everyone over 60 can receive a hot lunch at no fee, but must call in advance to ensure there will be enough meals.

"We always need volunteer drivers, especially since many volunteer drivers only drive once a week," Roberts said. "They are the direct contact between isolated seniors and the program. In addition to delivering nutritious meals, they can meet and socialize with seniors, brightening their day and helping them feel connected to their communities." Volunteer drivers drive their own vehicles and receive mileage reimbursement. For more information on volunteering, please contact Volunteer Services Specialist Victoria Cristobal at (916) 444-9533 or email volunteer@mowsac.org

For general questions about Meals on Wheels by ACC, or to learn more about applying for the Home-Delivered Meal Program, please call the Meals on Wheels by ACC office at (916) 444-9533, 7:30 a.m.-4 p.m., Monday-Friday. ★

Sacramento Suburban Water District to Hold 2nd Annual Open House

By SSWD Staff

SACRAMENTO, CA (MPG) - Sacramento Suburban Water District (SSWD) will host its 2nd Annual Open House on Tuesday, October 8th from 5:30 to 7:30 p.m. at their District office at 3701 Marconi Ave. in Sacramento.

"The open house is a wonderful chance for our customers to meet our staff, management team and board members; to learn about the infrastructure improvements we made this year; our plans for the future and to find out about the services

and rebates available to help customers be water efficient," said SSWD General Manager Dan York.

The open house will feature stations dedicated to each of the District's departments including, Conservation, Customer Service, Distribution, Engineering and Finance, as well as refreshments and a raffle for a weather-based sprinkler timer for SSWD customers.

More information about the open house is available at sswd.org or by calling Customer Service at 916.972.7171. ★

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To learn more about our services, visit mymercymedicalgroup.org/citrusheights.

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Salary Compensation: \$50,000 to \$60,000 annually plus incentive bonus and benefit structure.

Qualified candidates should submit resumes to execdir@carmichaelchamber.com or in person at Chamber office at the Milagro Centre, 6241 Fair Oaks Blvd., Ste. K, Carmichael

Filing dates - 9/1/2019 - 10/5/2019

Qualified candidates will be invited to interview

Desired start date, early January 2020

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

Now Pending

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 | \$985,000

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

Now Pending

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

Now Pending

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.



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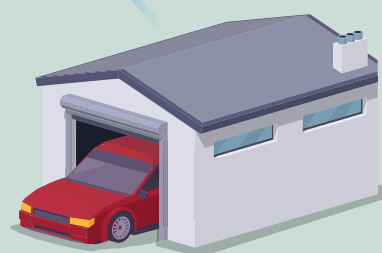
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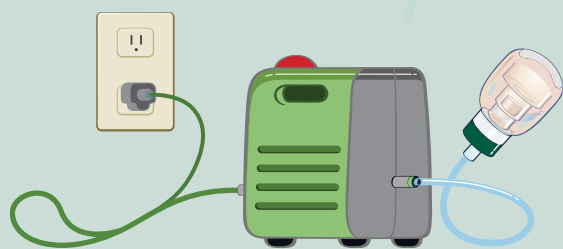
Can we reach you in the event of a Public Safety Power Shutoff? Update your contact info at pge.com/mywildfirealerts.



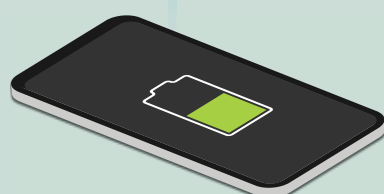
If you own a **generator**, is it safe to operate?



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



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



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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To learn more, visit RYDEFREE RT.com or call 916.321.BUSS (2877)



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Sweetie Apples	99c	Bananas	59c	Shiitake Mushrooms 6 oz	2.99	Golden Sweet Potato	69c	Korean Singo Pear 3 Pk	5.99	Carrots	59c

AMERICAN/HISPANIC GROCERY

Old El Paso Salsa	\$5.99	Wesson Canola Oil	\$2.99	Wesson Vegetable Oil	\$5.99	Jubilee Butter	\$3.99	FARON Salsa de Tomate	3/\$1
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ASIAN GROCERY

Green Onions	\$7.99	Miyazaki Soy Sauce	\$8.99	Condensed Milk	\$1.99	Pork Bone Soup	2/\$5	Soy Milk	\$4.99
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EUROPEAN GROCERY

Tea India	\$6.99	Jim Jumbo Macaroni	\$3.99	Miso Spring Potatoes	\$3.99	Beacon Ladyfingers	\$4.99	Almond Tea	\$2.69
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KOREAN/JAPANESE GROCERY

Onion	9.99	Day One Tofu	7.99	Shiitake Mushrooms	2.99	Prep-8-in Soybean Paste	4.99	Sealed All Purpose Wheat Flour	2.99
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FROZEN & FISH DEPT

Frozen Minced Meat	\$2.99	Parmesan Salmon Burgers	\$2.99
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EUROPEAN DELI

Schwan's German Bread	\$5.29	Soda German Sausages	\$5.99
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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 2 - OCTOBER 8, 2019.



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.

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

Noon to 2:30 p.m.
7115 Greenback Lane
Citrus Heights
Parking on site and across
the street at Citrus Heights
Community Center



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Carrie Hennessey, Soprano
Michael Desnoyers, Tenor
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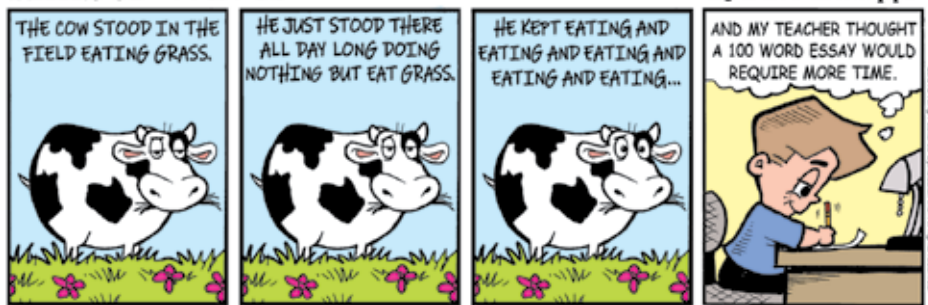
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Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



by Gary Kopervas

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BY AL SCADUTO

R.F.D.



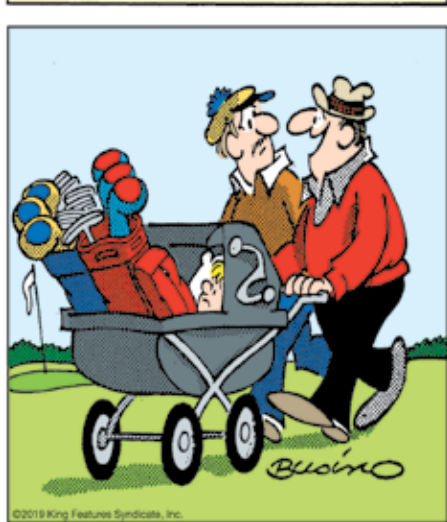
by Mike Marland



CRIM and BLAD IT



LAFF-A-DAY



Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



Find at least six differences in details between panels.

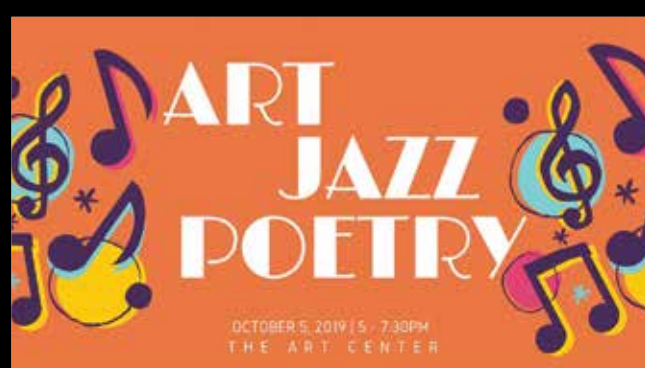


Differences: 1. Catcher's shirt has a stripe. 2. Batter has a hat. 3. Mom's collar is different. 4. Sofa has no ruffle. 5. Picture is tilted differently. 6. There's more grass on floor.

Crossword Puzzle on Page 17

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

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Sudoku Puzzle on Page 17

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

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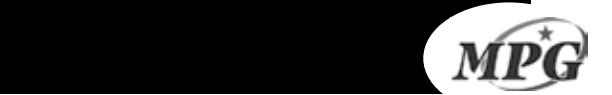
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See 4 MLB Games in 6 days at brand new Texas Rangers field, Houston & Atlanta. Free afternoon in New Orleans. July 24-29
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Coach Bus Trip. Quality Game Tickets & Hotels
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Fifth Annual Wildlife Care Association Fall Photo Contest Takes Flight

By Rick Reed, Rick Reed Public Relations, Inc.

SACRAMENTO REGION, CA (MPG) - One picture on your mobile or your camera. That's all it takes to take off as the 2019 Wildlife Care winner! Get outside and give us your best shot of a bird or birds in your backyard, local park or Sacramento area wild location. Easy!

Submit your picture on the Wildlife Care Association Facebook page as a message with photo attachment. Contest is open October 1 to December 31, 2019. Entries can be made in two categories- Under 12 years old you can enter FREE! Those over 12 are asked to include a minimum \$5.00 donation to WCA on the Facebook donate link for each entry. (Under 18 yrs old? Ask your parents to help!)

Submissions should include your email, the location photo was taken, and your best guess what type of bird this might be. Enter @wildlifecareassociation on Facebook.

Each photo may be entered once, but



2018 Winner Dave Labhard's 'Sapsucker in Flight.' Last year East Sacramento is home, and the American River favorite photo location for Dave Labhard, who snapped a moment in time as a Sapsucker took flight from his perch mid river.

individuals may submit more than one. Enter often and donate to help the WCA heroes of nature save thousands of injured, orphaned and displaced wildlife every year. The non-profit wildlife rehabilitation volunteers depend on the community for their support giving wildlife a second chance to live.

The WCA Photo Contest winner will be awarded a special prize including a guided tour of the Dome at McClellan Park, their photo featured in WCA

Facebook/Instagram as a hero of nature!

Give us the bird! Snap some shots, submit them and let's see if they fly!

For more information call 916-965-WILD

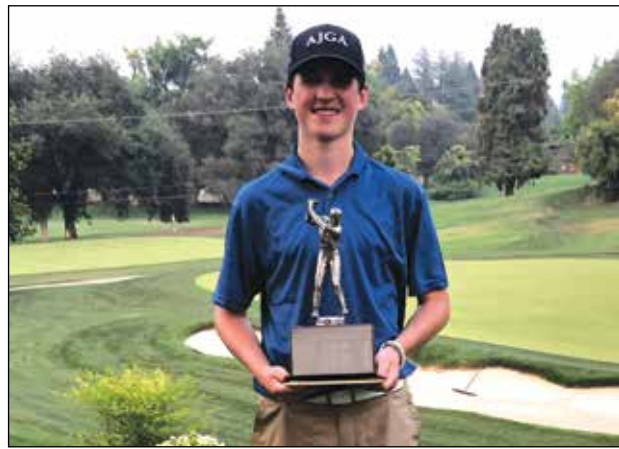
One picture will be chosen from submissions to determine a winner. WCA staff reserves the right to select a winner from content and other factors including artistic merit. All photos submitted become the property of WCA for its use in outreach, education and fundraising. ★

North Ridge Country Club Announces High School Golf Scholarship Awards

From NRCC

FAIR OAKS, CA (MPG) - The Club provided approximately \$8,000 to high school senior men and women scholarships this year with the money coming from member contributions and cumulative grants now approach \$40,000. The criteria for an award include grade point average (GPA), golf index and accomplishments over the student athletes' high school career from local, Sacramento area schools, community involvement and work, and character references. The variety and multitude of accomplishments of the high school men and women recipients and all aspects of the student athletes lives and contributions to the greater Sacramento area is impressive. Many of the recipients have been captains of their golf teams, team or league MVPs, have earned all-league honors and gone on to play collegiate golf.

According to Mike Galli, head professional at North Ridge: "While we have a love of golf, our members also believe young people should have more in their



Former award winner Parker Rose. North Ridge is completing its 11th anniversary of offering golf-related scholarships to high school students. Photo provided by NRCC

lives than just golf. That's why we emphasize grades and community involvement as well as golf skills. We are proud of our members for their generosity in making personal contributions to make these awards possible." Some recipients have gone on to attend such schools as UC Berkeley, Penn State, University of Nebraska, Long Beach State and Cal Poly San Luis Obispo to continue their golf and academic endeavors.

Through member contributions of time and funding, North Ridge also has provided support to such organizations as Youth on Course, Folds

of Honor Foundation, Junior Girls Program, Stanford Youth Solutions, Juvenile Diabetes Research Foundation, Bella Vista, Del Campo and Casa Roble High Schools, Albie Aware Breast Cancer Foundation and others. It is all part of North Ridge's efforts to be involved in the community. Over the past ten (10) years, including the high school golf scholarships, the Club has donated approximately \$300,000 to the aforementioned organizations.

For more information on North Ridge Country Club, please contact Rink Sanford, General Manager at 916-967-5717. ★

LEGAL ADVERTISING

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00264873
 Kevin Loc Tran has filed a petition with this court for a decree changing the name(s) of Kevin Loc Tran to Loc Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 6, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 18, 2019
 David I. Brown, Judge of the Superior Court
 Publish: October 4, 11, 18, and 25, 2019
 TRAN 180101 10-25-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00265247
 Kia Faustino has filed a petition with this court for a decree changing the name(s) of Kia Faustino to Kelly Kia Faustino. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 23, 2019
 David I. Brown, Judge of the Superior Court
 Publish: October 4, 11, 18, and 25, 2019
 FAUSTINO 180101 10-25-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00265421
 Katelyn Nicole Isbell has filed a petition with this court for a decree changing the name(s) of Katelyn Nicole Isbell to Katelyn Nicole Axtell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 24, 2019
 David I. Brown, Judge of the Superior Court
 Publish: October 4, 11, 18, and 25, 2019
 AXTELL 180101 10-25-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00265427
 Kiya Rose Gornik has filed a petition with this court for a decree changing the name(s) of Kiya Rose Gornik to Kiya Rose Bibby. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 24, 2019
 David I. Brown, Judge of the Superior Court
 Publish: October 4, 11, 18, and 25, 2019
 BIBBY 180101 10-25-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00265345
 Stephanie Wei-Sen Chen has filed a petition with this court for a decree changing the name(s) of Stephanie Wei-Sen Chen to Weisen Chen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 24, 2019
 David I. Brown, Judge of the Superior Court
 Publish: October 4, 11, 18, and 25, 2019
 CHEN 180101 10-25-19

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF RUBEN MARQUEZ
 CASE No. 34-2019-00263938

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ruben Marquez, deceased A Petition for Probate has been filed by Ernie A. Arealvos, in the Superior Court of California, County of Sacramento, requesting Ernie A. Arealvos, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows October 24, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Benjamin V. Platon II 8261 Greenback Lane Suite 100 Fair Oaks, CA 95608 Auburn, CA 95603 916-745-4901
 Publish: September 27, October 4, and 11, 2019
 SCHOTT 170622 10-11-19

4, 2019
 MARQUEZ 170622 10-4-19

NOTICE OF PETITION TO ADMINISTER ESTATE OF HELEN D. LOPEZ

CASE No. 34-2019-00264243

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Helen D. Lopez, deceased A Petition for Probate has been filed by Candace Silk, in the Superior Court of California, County of Sacramento, requesting Candace Silk, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows October 8, 2019 11:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Samuel K. Swenson 8788 Greenback Lane Suite 105 Orangevale, CA 95662 916-333-0833
 Publish: September 20, 27, and October 4, 2019
 LOPEZ 170622 10-4-19

NOTICE OF PETITION TO ADMINISTER ESTATE OF JUNE RUTH SCHOTT

CASE No. 34-2019-00264877

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of June Ruth Schott, deceased A Petition for Probate has been filed by Kerry S. Mullarkey, in the Superior Court of California, County of Sacramento, requesting Kerry S. Mullarkey, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows October 31, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Benjamin V. Platon II 8261 Greenback Lane Suite 100 Fair Oaks, CA 95608 Auburn, CA 95603 916-745-4901
 Publish: September 27, October 4, and 11, 2019
 SCHOTT 170622 10-11-19

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. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain

very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows October 23, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Heather S. Mayer, Esq 2377 Gold Meadow Way Suite 100 Gold River, CA 95670 916-631-1996
 Publish: October 4, 11, and 18, 2019
 POLK 170622 10-18-19

PUBLIC NOTICE

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

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 Restraining 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. Hearing Date & Time: November 12, 2019 at 8:15am in Department 4B
 To the person in 2: At the hearing, the judge can renew the current restraining order for another five years or permanently. Before the hearing, you can file a response on Form DV-720. You must continue to obey the current restraining orders until the expiration date on current orders or the hearing date, whichever is later. At the hearing, you can tell the judge why you agree or disagree with the request to renew the orders. If the restraining orders are renewed, you must obey the orders even if you do not attend the hearing. THIS IS A COURT ORDER BERTRAND 10/25/19

SUMMONS
 SUMMONS (Family Law)
 NOTICE TO RESPONDENT (Name): Temko 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. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.gov), or by contacting your local county bar association. NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court are: William Ridgeway Family Relations Courthouse; 3341 Power Inn Road Sacramento, CA 95826 The name, address, and telephone number of petitioner's attorney, or the petitioner without an attorney are: Stephen F. Meeks Jr. 5050 Laguna Boulevard #755 Elk Grove, CA 95758 Date: December 16, 2016 Published: October 4, 11, 18, and 25, 2019
 MEEKS 170829 10-25-19

OCT 8TH of WILLIAM JESSUP UNIVERSITY!

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By County Supervisor Susan Peters

Through the generosity of *The Carmichael Times* this column serves to provide an update about matters affecting the unincorporated communities of Arden Arcade and Carmichael.

October Community Meetings

During October I will host two evening community meetings in Arden Arcade and Carmichael focusing on road projects underway and being planned for the unincorporated area as a result of funding provided by SB1. The guest speaker for both meetings will be the County's Transportation Director Ron Vicari. All residents are welcome to attend.

Sacramento County's Department of Transportation (SACDOT) estimates the current pavement maintenance backlog for the unincorporated area is now approximately \$789 million as a result of continuing road deterioration. However, with funding provided by SB 1, SACDOT is now busy with contracts to repave many of our local roads. The County is spending

CARMICHAEL COMMUNITY UPDATE

\$26,428,000 on asphalt overlay projects this paving season. In addition, \$26,856,000 is slated for more overlay projects throughout the unincorporated area next summer. In total, the Sacramento County will be investing \$53,284,000 for overlay projects to be constructed over this year and next.

The Carmichael meeting will be on Thursday, October 10, at the Mission Oaks Community Center (47001 Gibbons Drive). The Arden Arcade meeting will be on Thursday, October 17, at the Swanston Community Center (2350 Northrop Avenue). Both gatherings start at 6 pm.

You Should Be Dancing

A free community dance will be held at the La Sierra Community Center on Sunday, October 20, 2-4 pm, presented by the Carmichael Recreation and Park District and the John Skinner Band.

This family friendly event is oriented for all ages with music ranging from swing to rock classics and line dances. Refreshments and snacks will be available to purchase with seating provided for those who need to rest their dancing feet.

Sponsors include the Carmichael Recreation and Park District, Susan and the late John Skinner, Carmichael Kiwanis Club, Carmichael Chamber of Commerce, Milagro Centre, Carmichael Chevron, Mission Oaks Recreation and Park District, Tim's Music Store and my office.

La Sierra Community center is located a 5325 Engle Road. For more information, please call 916-483-7826.

Arden Arcade Business Walk

Friday, October 11, Sacramento County's Office of Economic Development in coordination with the Fulton Avenue Association along with regional business professionals will be holding the annual "Business Walk" in the community that morning which involves volunteers canvassing local businesses about the area's economic climate. In return for spending a few hours of your time, volunteers receive a complimentary breakfast before receiving survey instructions and assignments then later lunch is served as results of the walk are reported to the group.

Past efforts provided valuable input that led Sacramento County to make infrastructure improvements on major commercial corridors, respond to code enforcement issues as well as address public safety concerns.

For more information about the business walk, please contact Linzie Fukushima with Economic Development at either 916-874-7414 or fukushimal@saccounty.net

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net ★

Birthday Celebrations



Trillium Real Estate owner Kelli Foley recently celebrated her brokerage's 10th birthday with a business mixer at the company's Marconi Ave office. Tri-tip, chicken and pulled-pork were served courtesy of Pit Boss chef (and Carmichael Chamber of Commerce Vice-President) Joe Green. Lime green is Trillium's trademark color, so Carmichael Honorary Mayor Foley (center) broke out cupcakes of psychedelic greens, pinks and turquoises for Chamber friends. Photo and caption by Susan Maxwell Skinner.

Mayoral Maybe Mingles



Farmers and Merchant Bank lender Annalisa Alvarado (center), is one of two honorary Carmichael mayor aspirants. The candidate was part of the Chamber of Commerce's recent Mayoral Mingle fundraiser at Oakmont residence week. Her date was son Arrick. Background music was supplied by a quintet of teenage jazz virtuosos led by trumpeter Grady Flamm. The candidate will donate half her fundraiser proceeds to the Carmichael Parks Foundation. Alvarado's rival (not pictured) is Izzy Delancey from Trillium Real Estate. The annual appointment carries no political power but obliges the winning candidate to a year of ribbon-cutting and voluntary mayoral duties. Learn more about the campaign at www.carmichaelchamber.com Story and photo by Susan Maxwell Skinner

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Happiness As A Skill: A Different Narrative

Why be unhappy or even "happy most of the time" when you can learn to be happy all the time. The Happy Neighborhood Project is helping people learn that happiness is a skill not just an emotion. Edwin Edeberi will present ways to raise your happiness level through practice, even when life throws you curve balls.

Natomas Sat. Oct. 12, 5-6pm	Folsom Sat Oct 12, 1:30 - 2:30pm Sat. Oct. 26, 1:30 - 2:30pm
Carmichael Wed. Oct. 21, 1-2pm	Rocklin Sat. Oct. 19, 5-6pm

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TV GUIDE MAGAZINE CHEERS & JEERS

By Damian Holbrook

Cheers to A Very Brady Renovation

for nailing the nostalgia factor. More than 10 million fans tuned in to the premiere of HGTV's new series (over three days of time-shifted viewing) to watch *Brady Bunch* kids (from left) Susan Olsen, Mike Lookinland, Eve Plumb, Christopher Knight, Maureen McCormick and Barry Williams re-create their TV home inside the L.A. crib used in the original's exterior shots.

Jeers to The Alec Baldwin Roast

for leaving a bad taste in our mouths. If the Comedy Central "salute" to the *30 Rock* vet was supposed to be funny, why was barely

anyone laughing – especially Baldwin – as his daughter Ireland (pictured, with Alec) slammed him for being a bad dad and that notorious nasty voicemail he left her when she was a kid?

Jeers to Survivor

for adding an unnecessary twist to the game. For this season's *Island of the Idols*, the CBS reality show has recruited former champs Sandra Diaz-Twine and "Boston Rob" Mariano (pictured) to act as mentors for various contestants – a great idea on a show like *The Voice*, where there's actual talent on display, but do castaways really need a tutor for screwing each other over?

Cheers to Kelly Clarkson

for being a daytime delight. The original



Brady Bunch kids (from left) Susan Olsen, Mike Lookinland, Eve Plumb, Christopher Knight, Maureen McCormick and Barry Williams re-create their TV home inside the L.A. crib used in the original's exterior shots.

American Idol champ and all-around powerhouse (pictured) has proven that she's as winning a TV host as she is a singer with her upbeat, tune-filled syndicated talker, *The Kelly Clarkson Show*. Turns out, our lives sucked without you on our screens ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Who's The New Character On Tv I Should Watch?

Question: I LOVE *Lucifer*! It has a sexy, smart, rascal lead who relishes the freedom to not follow the rules, struggles with evolving ethics and loyalties, but is grounded by a core of integrity. I'm looking for another playful, clever, rascal character this Fall. Can you help me find one? – Corinna in KY

Matt Roush: The one breakout character of the season who best fits this bill is Portland, Oregon's "scrappy and sexy" PI Dex Parios, played by the terrific Cobie Smulders in ABC's *Stumptown*. Dex breaks the rules, can dish it out and take it, and has been likened in this very column to a female Rockford (James Garner, look it up, a classic). She's wildly appealing, even when her behavior is borderline

appalling, and embodies the spirit you seem to be looking for. I hope the show lives up to my very high expectations and finds an audience on Wednesdays. *Stumptown* is great fun.

Question: *Manifest* was one of my favorite shows last season but there does not seem to be any info about Season 2 in TV Guide Magazine's Returning Favorites issue. Any info? – Rita

Matt Roush: For that, you'll need to check out our Winter/2020 Preview issue later this year, when we'll deal with the many midseason shows heading our way. To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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CLUES

- ACROSS
- *Like Freddy Krueger's fingertips
 - Roman goddess of fertility
 - Late comedian Bob
 - Painter's support
 - Ornamental pond dweller
 - New York's amusement island
 - *Morticia to Fester
 - Not decaf.
 - *_____hell, or cause trouble
 - *Bram Stoker creation
 - *Dia de los _____
 - Geological period
 - Queen of Spades, e.g.
 - It's all the rage
 - *Like Zombie's skin color
 - Fine-_____pen
 - Miners' passage
 - Marinate, e.g.
 - Miss America's topper
 - Unacceptable
 - Proprietor
 - Jet black
 - One thousand in a kilogram
 - Country dance formation
 - Cincinnati players
 - Croatia's neighbor
 - Shower with affection
 - *Horror movie actor Christopher
 - Fireplace conduit
 - French vineyard
 - *Like some Mansions
 - *Paris Opéra House inhabitant
 - Come to terms
 - Indigo extract
 - Quickly fry
 - Sucrose
 - Long time
 - "Sesame Street" Muppet
 - Jury colleague
 - Tire depression
 - Slap

- DOWN
- Email button
 - *Medusa's snakes
 - Between ports
 - Reconnaissance, for short
 - Lung-covering membrane
 - Southern stew staple
 - *Author known as Master of the Macabre
 - Fraternal letter
 - Gray-haired
 - "Put a lid _____!"
 - Acapulco money
 - *Coraline's buttons
 - Kudos
 - Rodeo rope
 - *Crematorium jar
 - *Jonestown poison
 - *Vampire's canines
 - Love intensely
 - 1/100 of a rial
 - *Werewolf's cry
 - *Coffin's stand
 - Confusion of voices
 - Wear away
 - *_____Macabre
 - *Mummy's home
 - Lotto variant
 - Throw up

Crossword Puzzle Solutions on Page 10

1	2	3	4	5	6	7	8	9	10	11	12		
13					14				15				
16					17				18				
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6	9	4						
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	1		9		7			
			6		4	2		

Solutions on Page 10

Sacramento County DA Reports



Defendant Convicted for Sexually Assaulting Multiple Children

DATE: September 26, 2019
CASE: David Nolan

(Case #17FE023986)
PROSECUTOR: Deputy District Attorney Catrina Ranum, Special Assault & Child Abuse Unit

David Nolan pled guilty to five counts of committing lewd acts upon a child and admitted to a multiple victim enhancement.

In 2010, Nolan sexually assaulted an 8-year-old family member until she was 13 years old. Over the next several years, he sexually assaulted three more girls who were family members of a friend. Nolan assaulted those three victims when they were age 8 to 16 years old, 7 to 9 years old and 13 years old. The 13-year-old victim reported the abuse.

Nolan faces a maximum potential sentence of 50 years to life in prison. Sentencing is set for November 1, 2019, at 10:00 a.m. in Department 22 before the Honorable Russell Hom.

Defendant Sentenced for Human Trafficking

DATE: September 3, 2019
CASE: Robert Taylor

(Case #17FE006278)
PROSECUTOR: Deputy District Attorney Danielle Abildgaard, Human Trafficking Unit

The Honorable Curtis Fiorini sentenced Robert Taylor to 95 years to life in prison. On July 30, 2019, a jury convicted Taylor of human trafficking of a minor with the special findings of force, fear or violence and the allegation of force and violence was found true. Taylor was also convicted of pimping of a minor, pandering of a minor, conspiracy, sodomy of a 14-year-old victim, statutory rape of a minor and committing lewd acts on a child. An allegation that Taylor suffered a prior 1995 strike conviction for first-degree burglary was determined to be true at the sentencing hearing.

In January 2017, the 14-year-old victim ran away from her home in another state and was in a known prostitution area making money to survive on the streets. She met a 17-year-old, who recruited the victim to work for Taylor

in Sacramento. When the two girls arrived in Sacramento on a bus, Taylor took them to his apartment. He told the victim she could live with him if she gave him all her money from her acts of prostitution. Taylor drove the underaged girls and two other women to prostitution areas in an ice cream truck to do acts of prostitution. The underaged girls and women gave Taylor all the money from their sex acts. Taylor physically assaulted one of the women with his hands, belts and metal hangers in front of the other girls and women that worked for him. He also sodomized and had sexual intercourse with the underaged girls and women. In April 2017, the 14-year-old victim called 911 to report that her pimp had "put his hands on her." The Elk Grove Police Department's investigation revealed that Taylor began working as a pimp in 2012 after he was released from prison. From 2012 to his arrest on April 5, 2017, he had at least 10 women and underaged girls that worked for him and lived with him. The women and girls gave him all of their money from their acts of prostitution, so they could have a place to live.

Defendant Convicted for Murdering Wife in Land Park Home

DATE: September 3, 2019
CASE: Mark Long

(Case #18FE000521)
PROSECUTOR: Principal Criminal Attorney Caroline Park, Homicide Unit

Mark Long was convicted by a jury 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.

Long faces a maximum sentence of 26 years to life in prison. Sentencing is set for October 4, 2019, at 1:30 p.m. in Department 10 before the Honorable Eugene Balonon.

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