



Mentors
Make a Difference
 PAGE 2

Rio Americano
Home to Top High
School Bands
 PAGE 3



Carmichael Times

VOLUME 39 • ISSUE 18

Serving Carmichael & Sacramento County since 1981

MAY 3, 2019

**SEE
INSIDE**

**THOSE WITH
ALZHEIMER'S
NEED A FRIEND
— A BEST FRIEND!**



PAGE 13

**ROTARY FUNDS
TRAINING TO
PREVENT HUMAN
TRAFFICKING**



PAGE 12

**HOW TO MAKE
CHANGE FOR
THE BETTER**
 By Janet Hegarty



PAGE 5



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

Ages Ahead of Most of Us

Shriners Hospitals for Children Restoring Our Faith in Humanity



Shriners Hospital Development Director Alan Anderson (center) receives a \$2500 donation from the Carmichael Chamber of Commerce. The gift represents 10 percent of proceeds from the Chamber's recent Person of the Year fundraiser. Presenters are Mayor Kelli Foley (left), Directors Amanda Lambert and Virginia Stone and Chamber President Jim Alves. Photo courtesy of Susan Maxwell Skinner

By Patrick Larenas

SACRAMENTO, CA (MPG) - Sacramento was fortunate when Shriners Hospital for Children opened its doors here in 1997. It's something many of us take for granted, but not the children whose lives begin with tragic physical deformations or are severely burned. To honor this work the Carmichael Chamber of Commerce recently awarded Shriners Hospital for Children with the Nonprofit of the Year Award.

David Pirie of the Northern California Board of Governors for Shriners attended the ceremony and received the award on behalf of the Organization. He thanked business leaders, chamber members and others present for the recognition.

Subsequently, on April 23, the Carmichael Chamber also presented the philanthropic organization a donation for \$2500 to the Director of Development for Shriners Hospital

for Children, Alan Anderson.

Because of the economic recession and rising health care costs, Shriners had been struggling with its traditional model of volunteer and member based funding.

But Anderson said, "We have not lost that single purpose of giving these kids something closer to a normal life, especially when we hear parents are implicitly told by other institutions that their child won't amount to much."

Shriners can do this because they have been leading this independent effort of healing children for well over a century. This enabled them to develop an endowment fund, a specialized infrastructure of hospitals, and research facilities across the country.

Anderson explained some of the history, "Shriners was an early investor in 20th century research and therefore the organization can devote more of that money and resources per child."

Other more profit oriented institutions do not devote funds with "this kind of astonishing efficiency rate."

Margaret Kugler M.D., Coordinator of Educational and Vocational Services, tells us what also makes Shriners Hospital for Children in Northern California so different, "the Hospital has an integrated school system so the child can continue learning and participate in many of the activities, in addition to the arts and entertainment that normal children enjoy."

Shriners Hospital for Children cares and trains kids with long term conditions, their organization having been designed to house those up to 18 years of age. "The spirit of this is just not possible if we were just a conventional hospital," Anderson added.

For more information visit: www.shrinershospitalforchildren.org/sacramento

For more information about Carmichael Chamber of Commerce visit: www.carmichaelchamber.com ★

SSWD to Invest \$18 Million in Water Infrastructure

By SSWD staff

SACRAMENTO, CA (MPG) - Sacramento Suburban Water District (SSWD) is slated to invest more than \$18 million into improving its water infrastructure system this year. This comes on top of the \$19 million spent in 2018. The investment is part of the District's ongoing commitment to replacing and upgrading its infrastructure so the District can continue to meet the needs of its customers.

One of SSWD's priorities is upgrading its extensive system of water mainlines. Water mainlines are the pipes that deliver water from pumping stations to the service line pipe that connects to a home or business. SSWD has close to 700 miles of water mainlines, the oldest of which have been in service for more than 60 years.

This year SSWD will construct 23,500 feet of new distribution mainlines as part of the Jonas Main Replacement Project, which is located north of Hurley Way.

They will also complete the final paving around the Edison Mainline Replacement Project, which is east of Watt Avenue and north of Whitney Avenue and begin planning the Thor Main Replacement Project, located east of Eastern Avenue and north of Arden Way.

Construction on this Project is set to begin in 2020.

In addition, SSWD will: Design and begin construction of two new pumping stations, one in the North Service Area (NSA) and the other in the South Service Area (SSA); Renovate two wells, one in the SSA and one in the NSA; Modify three wells, located in the western portion of the SSA to increase operational efficiency and reduce operating expenses; Remove three inactive wells located throughout the District to help protect groundwater quality.

Another major focus for the District is completing the installation of water meters on all connections in order to meet the state's deadline of transitioning all customers to a metered rate by 2025.

SSWD is on track to install 1,000 new meters in 2019, which will raise the number of metered accounts to 93 percent by the end of the year. The meter installation effort will be finished by the end of 2022 well in advance of the state deadline.

These investments will result in fewer interruptions of service, help to reduce long-term costs and enable SSWD to maintain stable rates into the future. ★

Capital Region Celebrates Small Business Week

By Andrea Sandoval, Sacramento County

SACRAMENTO, CA (MPG)

- According to the U.S. Small Business Association, more than half of Americans either own or work for a small business, and they create about two out of every three new jobs in the U.S. To recognize the entrepreneurs and small businesses in the region, Sacramento County is celebrating Capital Region Small Business Week from May 5 through May 11, 2019.

Small businesses play a vital role in stimulating economic growth and creating jobs, which is why Sacramento County offers several incentives to help these businesses meet their start-up or expansion goals. The Capitol Region

Small Business Week will feature a series of seven events throughout the week including:

Monday, May 6, 2019

Capital Region Small Business Week Multi-Chamber Mixer - Hosted by COWO, network with other small businesses in the Capital Region!

Event Details: 5:00 - 8:00 p.m. at the COWO Campus, 1507 21st Street, Suite 200, Sacramento CA 95811. Participating chambers that pay \$100 fee, tickets are free and all others, including non-chamber members, admission is \$20. Appetizers and a drink ticket included in admission!

Tuesday, May 7, 2019

BizX: "Leading Like a Boss" - Hosted by Sacramento County, BERC, the City of Sacramento, CSUS and Uptown Studios, join entrepreneurs, small businesses, and industry leaders for storytelling designed to energize, motivate, and give you practical tips to lead business growth, talent development, and competitive advantage.

Event Details: The program will go from 3:00 - 7:00 p.m. at Golden 1 Center. Tickets are \$10.

Wednesday, May 8, 2019

Capital Connection - Hosted by the Capital Region SBDC, learn how to bridge that gap, and get your small business the capital you need. Come hear from and meet with banks, credit unions and other lending institutions.

Event Details: 9:00 a.m. - 2:30 p.m. at the West

Sacramento City Hall Galleria, free admission. **Thursday, May 9, 2019** Small Business Awards Lunch - The Sacramento Business Journal and U.S. Small Business Administration are hosting the annual Small Business Awards to celebrate the small businesses that drive our economy. Event Details: 11:00 a.m. - 1:30 p.m. at the Double Tree Hotel 2001 Point W Way, Sacramento, CA 95815. Admission is \$60. **May Marketplace** - Hosted by the California Capital FDC, this annual event focuses on supporting small businesses within the Capitol Region! Shop with 70 small businesses and learn about the latest products and *Continued on page 14*

Mentors Make a Difference

Story and photos by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On April 19, more than 100 young men participated in the Tim Brown 9-1-1 Playmakers Camp, sponsored by retired Oakland Raider and NFL Hall of Fame player Tim Brown and the 9-1-1 for Kids Foundation. The California Highway Patrol (CHP) hosts the annual event at their training academy in West Sacramento, and CHP officers serve as some of the mentors to the youth as they interact through football training drills.

Tim Brown explained to the participating kids that football was just a disguise for what they were really teaching at this camp. Brown said, "I want you to walk away with some sense of hope. Whatever your situation is right now, it can change."

Brown explained that his father was not involved in his life for many years while he was growing up, and that caused him a lot of pain. "If not for the teachers,



Retired Oakland Raider and NFL Hall of Fame player Tim Brown sponsored the Tim Brown 9-1-1 Playmakers Camp. Photo by Roger Riggsty

coaches, and mentors who were around me at that time, especially when I was in high school ... I don't know what would have happened to me."

"You have people here who care about you," said Brown. "I think that's something that's very important. Because sometimes in this world we can think, 'Oh, no one cares about me'... But people do care."

The Playmakers Organization, founded by Greg "Coach Roz"

Roeszler, is a local non-profit that coaches character through leadership. Working together with Tim Brown, the 9-1-1 Playmakers Camp provides an opportunity for mentors to encourage and support at-risk kids.

"What we're doing here today with Tim Brown is a Playmakers activity fun day for at-risk and special needs kids — just providing for them a great day that's all based around character and doing the right thing and serving others in

the community," said Coach Roz. "It's just a wonderful day of character and football."

Coach Shannon Sauers coached with Coach Roz right out of college and, years later, he is still incorporating what he learned from Coach Roz in his own coaching: "He was the first one who taught me that character was the most important aspect of coaching. He taught me that it's really about developing young men."

Lorenzo Walsh, one of the Playmakers mentors, has 15 years of coaching experience, and he strives to get underprivileged kids fed, educated, and involved in youth football. Walsh said he knows all too well how difficult it is to grow up without the support and encouragement of a male role model, so he wants to provide that support to as many kids as possible.

Walsh said that bringing kids to participate in Playmakers is a way to

"expose these kids to experiences and people they'd never have otherwise. I want to let them know that big dreams can be achievable."

Football players from Rio Americano and El Camino — high school teams whose bitter rivalry ended last season with a brawl — served together at the camp as coach's helpers, supporting the kids through the sports drills while teaching about character development.

When asked how his players were feeling about working with the rival team, El Camino Head Coach JP Dolliver said, "At the end of the day... they're just kids playing football.... They shook hands. And this year's going to be a different experience because of it."

"I think it's just a great experience for the kids to give back to the younger kids.... It shows the importance of the leadership aspect of being a student athlete," said Dolliver. "It's good to bring them out here, and I think it's going to make them better football players themselves." ★



Players practice the basics of passing and catching.



Participants warm up with exercises in the gym before hitting the field.



The tug-of-war drill tests participants' strength and stamina while teaching the importance of teamwork.



The hurdles drill tests participants' speed and agility.

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

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
(Short term promotions from vendors. No Membership Fees)

We Only Accept ATM, Cash, & Checks

2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 5/1/19 - 5/7/19

We Beat Almost All Online Prices
on Premium Brand Pet Foods.

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD
13.5 Lb & 27 Lb
•Turkey •Lamb •Trout/Salmon •Zessential •Duck •White Fish •Venison •Salmon •Pork •Cattfish

ON SALE EVERYDAY

Effective 5/1/19 - 5/7/19

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)

\$29.99

Effective 5/1/19 - 5/7/19

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Reg & Lrg Breed) •Senior •Lite 30 Lb Bag

\$35.99

Limit 2 Bags Per Family Effective 5/1/19 - 5/7/19

PEDIGREE DRY DOG FOOD
50 Lb Bonus Bag
•Chicken, Rice, & Vegetable •Steak & Vegetable

\$23.99

Limit 2 Bags Per Family Effective 5/1/19 - 5/7/19

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties

37¢

Limit 1 Case Per Family Effective 5/1/19 - 5/7/19

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegent Medley 3 Oz

ON SALE Everyday

Limit 2 Cases Per Family Effective 5/1/19 - 5/7/19

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

ON SALE Everyday

Limit 2 Bags Per Family Effective 5/1/19 - 5/7/19

SCOOPAWAY CLUMPING CAT LITTER
20 Lb Box
•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.99)

\$5.99

Limit 2 Boxes Per Family Effective 5/1/19 - 5/7/19

WELLNESS CANNED DOG FOOD
Natural 12.5 Oz Full Case 20% OFF
•Regular •Stew •Core Limit 2 Cases

20% OFF

OUR REGULAR LOW PRICES

WORLD'S BEST CAT LITTER
•Original •Extra Strength 14 Lb Limit 2 Bags

\$12.99

WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags

\$5 OFF

OUR REGULAR LOW PRICES!

CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD
24 Lb Bag •Lamb •Duck •Salmon (•Bison 57 OFF our regular price)

\$7 OFF

OUR DISCOUNT PRICE

PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family

\$5.99

PEDIGREE CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)

79¢

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag Limit 2 Bags Per Family

\$11.99

JONNY CAT PREMIUM CAT LITTER
10 Lb Bag Limit 2 Bags Per Family

\$1.89

PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER
40 Lb Bag (Extra Strength 25 Lb \$7.99) Limit 2 Bags

\$8.99

SCIENCE DIET DRY DOG FOOD
28.5-33 Lb Bag Limit 2 Bags
•Lite \$41.99 •Perfect Weight \$47.99 •Sensitive Stomach \$45.99

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs

\$5.99

SUPER BUY

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

\$8 OFF

OUR REGULAR LOW PRICES!

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.

\$4.00 OFF

OUR REGULAR LOW PRICE

BOXED GLASS TANK WITH STARTER KIT

10 Gal Aqueon Economy . . . \$36.99	20 Gal Tetra LED Deluxe . . . \$91.99
10 Gal Tetra LED Deluxe . . . \$53.99	29 Gal Tetra LED Deluxe . . . \$112.99
	55 Gal Tetra LED Deluxe . . . \$187.99

PENN-PLAX CASCADE POWER FILTER SALE

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

REPTILE SUPPLY SALE

Zoo Med Reptibark 8 Qts . . . \$5.49
Tetra Reptomin 3.7 Oz . . . \$3.79
Tetra Reptomin 10.59 Oz . . . \$8.49

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL

\$12.49

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

ON SALE EVERYDAY

Effective 5/1/19 - 5/7/19 PLU 568

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

89¢

Effective 5/1/19 - 5/7/19 PLU 377

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

\$1.49

Effective 5/1/19 - 5/7/19 PLU 422



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.

MAY COMMUNITY MEETINGS

This month I will be holding two community meetings in Arden Arcade and Carmichael each featuring as special guest speaker Captain Santos Ramos, who is the commander of the Sheriff's North Division. Among the unincorporated communities served by his division are Arden Arcade, Carmichael, and Fair Oaks. Besides being responsible for the area's patrol activities, Captain Ramos has the Problem Oriented Policing (POP) and the Homeless Outreach Team (HOT) Units under his command.

The first meeting will be in Arden Arcade on Thursday, May 9, 6 pm at the Conzelmann Community Center in Howe Park, 2201 Cottage Way. The second meeting will be in Carmichael on Wednesday, May 15, also

CARMICHAEL COMMUNITY UPDATE

at 6 pm at the Carmichael Park Clubhouse, 5750 Grant Avenue.

At those evening meetings, I'll provide a brief update on County issues and then we'll have our guest speaker followed by Questions and Answers. It should be an interesting discussion.

I hold several Community Meetings throughout the year each with a guest speaker and flyers for Arden Arcade and Carmichael identifying the remaining dates and times are available on my website at bos.sac-county.net.

SMALL BUSINESS WEEK

Small Business Week is May 6-10 and Sacramento County's Office of Economic Development and the Business Environmental Resource Center are partnering with other business groups in recognizing the contributions of America's entrepreneurs and small business owners.

During the week a series of events will be held designed to connect our region's small businesses with local resources and celebrate the important role small businesses play here in the Capital Region.

As a former small business owner, I know first-hand the hard work it takes to have a successful business so please take advantage of the opportunities available during Small Business Week and unleash your entrepreneurial spirit.

More than half of all Americans either own or work for a small business, and these small businesses create about two out of every three new jobs in the United States each year. Small Business' success equals America's success.

For details about Small Business Week including a schedule of events, please go online to capitalregionsmallbusinessweek.org.

LIBRARY BOOK SALES

Both the Arden-Dimick Library and the Carmichael Library will be holding book sales this month. Funds from these sales will be used for local library programs.

The Friends of Arden-Dimick Library will be holding a three-day Weekend Book Sale starting Friday, May 3, 12 noon-5 pm plus the next day, Saturday, May 4, 10 am to 5 pm, and concluding on Sunday, May 5, 12 noon-3 pm. Each day's sale will be at the Arden-Dimick Library, 891 Watt Avenue.

The Friends of the Carmichael Library will be holding a two-day Weekend Book Sale starting Saturday, May 4, 10 am to 5 pm as well as the next day, Sunday, May 5, 12 noon to 4 pm. Each sale will be at the Carmichael Library, 5605 Marconi Avenue.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@sacounty.net ★

Rio Americano Home to Top High School Bands

DownBeat Magazine Student Music Awards Rio Bands

By Erin Treadwell,

SACRAMENTO CA (MPG) - The Rio Americano High School Band Program is receiving three major awards from DownBeat Magazine, the print authority on Jazz since the 1930's. The awards are:

Co-Winners "Best High School Large Jazz Ensemble" - 'AM Jazz Ensemble';

Co-Winners "Best High School Small Group" - Rio's Mingus Legacy Octet;

Winner - "Best High School Jazz Arrangement" - Rio Junior Jackson Irvine.

The 42nd Annual DownBeat Student Music Awards recognizes excellence in music education, and the winners come from an international pool of applicants.

The recognition caps a banner year for Rio Band which includes:

The AM Jazz Ensemble was named a finalist in the Essentially Ellington Jazz Festival, to be held May 9 - 11th at Lincoln Center in New York City. This will be Rio's ninth appearance at the "super bowl of High School jazz festivals".

Only 15 bands are selected from across North America for this honor. Along with performing at Lincoln Center, the band will receive clinics and be judged by jazz greats including Wynton Marsalis;

The Rio PM Jazz Ensemble was selected as one of twelve national finalists in the Swing Central Jazz festival in Savannah, Georgia and



The Rio Americano High School AM Jazz Ensemble was named a finalist in the Essentially Ellington Jazz Festival. Photo courtesy of Rio Americano High School

they performed on April 5th. This was Rio's second time at Swing Central.

Rio Jazz bands recently placed second in both big band and jazz combo at the Monterey Next Generation Jazz Competition. As one of the top three bands at the event, the AM ensemble has been invited to perform at the world-renowned Monterey Jazz Festival in September. This will be Rio's 17th time performing at the festival;

Rio Band was selected by Eastman Wind Instruments as winner of the national "Perform With Mintzer" competition. Legendary saxophonist Bob Mintzer will be performing with Rio Band on October 17, 2019 in Rio's new Performing Arts Center;

Many other individual and group accomplishments. List available upon request.

"In the storied history of Rio Band, we've never had a year quite like this one. These kids have worked harder than ever, they have created beautiful music, and that music has been recognized with

more accolades than ever before"- Josh Murray, Rio Americano Band Director

With three concert bands, three jazz bands, and a one-of-a-kind small ensemble class, the Rio Americano Band Program has long been acknowledged as one of the finest high school music programs in the United States.

This year, several Rio band seniors have been offered full or significant scholarships to the Berklee College of Music, UCLA - Herb Albert School of Music, and a UOP Jazz Ambassadorship, among others.

Alumni are currently found at the top colleges and conservatories including University of Miami Frost School of Music, Oberlin, Berklee, The New School, and California State University Northridge. Former Rio Student - John Daversa was a winner of three 2019 Grammy Awards and is currently the Jazz Chair at the Frost School of Music.

More information on the awards can be found at www.downbeat.com/sma ★

MPG CALL 916-773-1111 TO ADVERTISE

Cinco de Mayo Dance

Mission Oaks Community Center
1:15-3:45pm
Tuesday, May 7
\$8 per person

Refreshments | Fun | Dancing
Live Big Band Style Music!

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
(916) 972-0336 MORPD.com

MISSION OAKS RECREATION & PARK DISTRICT

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

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608

MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608

SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

THANK YOU 26th DOGGY DASH

We had a tail-wagging good time at the 26th Annual "Doggy Dash" event, which benefited the Sacramento SPCA! Highlights included a K-9 demonstration, doggy ice cream eating contest, and bowling pup contest. Thanks to all those who supported this year's event and made it a great success!

SACRAMENTO SPCA

Craig Diez
Craig@DiezandSiggProperties.com
CalRE #01019930
916.425.5884

DIEZ & SIGG PROPERTIES

BEST OF CARMICHAEL

For exceptional representation of your real estate needs, contact Diez & Sigg Properties today!

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



The Kiwanis Corner

By Sal Arrigo, Jr.

Simply the Best!

out enjoying that beverage. If you want to try some very fine wines, come and sample what Terra d'Oro Winery and Merlo Family Vineyards have to offer, just to mention two of many.

We also have River City Brewing Company as part of our event. If you are sampling beverages, then you need to sample the selection of foods from Bel-Air Markets, Chili Smith, Mesa Mercado, Broderick Roadhouse, Ray Azteca, and a slew of other delicious selections! In total, there will be more than 40 vendors in attendance.

To further entice you to attend, Linda explains an exciting feature of this year's fundraiser:

"The wine cellar is an opportunity to purchase a bottle of wine for a donation price of \$20.00. Each bottle is guaranteed to be valued at a minimum of \$20.00, but many are worth much more; some of them were donated from private collections. Each person draws a number and is given a corresponding wrapped bottle of wine with that assigned number. They can then open

the wrapping and see the special wine they have chosen!"

Linda continued by saying, "the Taste of Carmichael is one of the largest fundraisers for the Kiwanis Club of Carmichael. All proceeds go to support programs, schools and agencies serving the families and children in our community. It is a celebration of a community coming together to demonstrate our heartfelt, joint efforts to make Carmichael a better place to live and work for all of our residents."

I agree with Linda; come out and help support your community. In addition to the food and beverages, there will be raffle prizes, a silent auction, and you cannot have a "taste" without the live music. See you there!

Kiwanis Club Tax I.D. #68-0355524

The Kiwanis Club of Carmichael meets every Wednesday morning at 7:00 am at the Elks Lodge on Cypress Ave. except for the fourth Wednesday when they meet at 7:00 pm at the Mission Oaks Community Center. www.carmichaelkiwanis.org ★

You can travel far and wide, but when it comes to sampling delicious food and palate satisfying wines, then look no further than the 17th Annual "Taste of Carmichael" presented by your local Carmichael Kiwanis Club. The La Sierra Community Center is the setting on Friday, May 17, 2019 from 5:30 pm to 8:30 pm.

Advance tickets cost \$45.00 and \$50.00 at the door. Call Linda Martin at 916-531-3086 to purchase your tickets, or better yet, drop by one of our morning meetings and get a "taste" of who we are in greater detail.

This particular sampling of Carmichael, which has been voted as a "Best of Carmichael" community event for the last two years, showcases many restaurants, food stores, and regional wineries. If you are looking for some "two buck chuck," wine, then by all means knock yourself



You're invited to the
Kiwanis Club of Carmichael Foundation
 501(c)3 Public Charity
17th Annual

TASTE OF CARMICHAEL

Live Music, Sample Foods, Wines, Beers, Raffles, Silent Auctions.



Friday, May 17, 2019

5:30pm - 8:30pm

La Sierra Community Center
 5325 Engle Road
 Carmichael, CA 95608

Fundraising for Children, Schools and Community Charities

Tickets are \$45 Per person
 \$50 at the Door

How to make change for the better



Join speaker Janet Hegarty for a **FREE INSPIRATIONAL TALK** exploring a fresh perspective of God that transforms lives.

Thursday, May 9 at 7pm

at First Church of Christ, Scientist
 4949 Kenneth Avenue, Carmichael

Visit website: ChristianScienceChurchCarmichael.com | 916.487.9338

For Event info and to Order Tickets

www.carmichaelkiwanis.org

Contact Linda Martin

Phone: (916) 531-3086 | martingnl@comcast.net

Sponsor Manager:
 Vera Vaccaro

Phone: (916) 870-0550
vaccarovera@yahoo.com

Event Manager:
 Donna Miller

Phone: (916) 944-2137
donnarmiller@sbcglobal.net



Discover the magic of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. **Come to a Spring Home Tour to learn more. Call for dates. Lunch is on us. Reserve your spot today.**



eskaton.org/evc

ESKATON
 Transforming the Aging Experience

Monthly fees from \$3,956

Eskaton Village Carmichael
 Continuing Care Retirement Community: Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
 916-967-1017

License # 340313383 | COA # 202





Sorry, Democrats, Your Stars Are Socialists

There was Bernie Sanders at a Fox News Channel town hall, not giving an inch in a forum every Democratic presidential candidate has shunned.

His reward was a cataract of good reviews, and monster ratings. Sanders had a solid hour to try to reach people not favorably inclined to his worldview, at the very least demonstrating that he's willing to show up outside his political silo.

Why hadn't any of the other Democrats done it before? Because they lacked the verve and ideological self-confidence of Sanders, as well as the independent streak to buck the Democratic Party's attempt to hold the line against Fox. As a message candidate, Sanders is willing to take his anywhere.

Speaker Nancy Pelosi, miraculously transformed into a relatively moderate Democratic elder stateswoman, has been pushing back against the notion

that she leads a socialist party defined by a few radicals in the House.

On "60 Minutes," she staltwarily declared: "I do reject socialism as an economic system. If people have that view, that's their view. That is not the view of the Democratic Party." She dismissed the left wing in her caucus as "like, five people."

In sheer numbers this is true, but it's the wrong way to count.

The fact is that the most compelling stars of the party are self-declared socialists with a knack for generating controversy and media attention, and with committed mass followings. Pelosi might wish it weren't true, but poll numbers, fundraising and follower counts don't lie.

Sanders is reliably second -- sometimes first -- in national and state presidential polling. He's outtraised everyone else in the field and, with his massive small-donor base, probably can continue to do so for the duration. More than anyone else, he has defined the Democratic Party's current agenda.

It'll be much harder to maintain that the Democratic Party isn't socialist if it nominates one as its presidential candidate, which everyone paying attention realizes is a real possibility.

If this happens, it won't be the work of conservatives hoping to negatively brand the Democrats, but of the party's faithful. The same

goes for the prominence of Alexandria Ocasio-Cortez. She has been on the cover of Time magazine, Rolling Stone (with Nancy Pelosi), Hollywood Reporter and Bloomberg Businessweek. Annie Leibovitz photographed her for Vogue. She's been interviewed by "60 Minutes."

She was among the top 10 House Democrats in fundraising the first quarter, and had the highest percentage of small donors (her ally, Ilhan Omar, also excelled).

It's obviously vexing to Pelosi to see a House majority built by the careful avoidance of ideological extravagance and won in marginal districts hijacked, at least in terms of public attention, by a few freshmen and a 77-year-old Vermont socialist.

Yes, there are vast numbers of Democrats out there who aren't on Twitter or Instagram. Maybe there are enough of them to nominate Joe Biden, or a Pete Buttigieg can win on a progressive platform clothed in a moderate demeanor.

But the party's stars will have something to say about it. The great Zionist Theodor Herzl maintained, "It is the simple and fantastic which leads men." As Bernie Sanders showed, it's also willing to go on Fox News.

Rich Lowry is editor of the National Review.

(c) 2019 by King Features Synd., Inc. ★

Effective Life Change

Deal with Structural Issues

By Chris Cheney

CARMICHAEL, CA (MPG) - Someone tried to break into her home in the middle of the night. He'd already broken into the neighbor's. She prayed specifically. The thief left all of the stolen items on a neighbor's lawn. Find out what specific prayer is and how to do it.

This true experience illustrates how the secure structure of our daily lives often seems interrupted by the unexpected.

"This example can be a bit of a metaphor for our lives," says practitioner of Christian Science healing and international speaker Janet Hegarty. "Permanent, substantive change in our lives often needs more than a new look, a different job, or even a pill. To find lasting peace and even physical healing, we have to go deeper than just managing surface symptoms."

Hegarty continues, "Like a building needs a strong foundation, we can find a secure life foundation by discovering the unending source of our being. This source is the one, all-good God—not



Janet Hegarty will be the speaker for a free, public talk on "How to Make Change for the Better."

an unpredictable man in the sky who arbitrarily blesses some and condemns others, but Life and Love itself, the very Principle of everything real and good."

Hegarty will give a free, public talk exploring this fresh perspective of God titled, "How to make change for the better," on Thursday, May 9 @ 7 PM; 4949 Kenneth Ave, Carmichael. Her ideas come from the Bible and are practiced in a prayer-based method of healing called Christian Science. Christian Science is fully explained in the book, which Hegarty will reference, Science and Health with Key to the Scriptures,

written by the movement's founder, Mary Baker Eddy.

Hegarty will also share her own experiences that illustrate effective change, like being cured of an allergy and recovering from a sudden career derailment.

Before becoming a Christian Science practitioner, Janet Hegarty had a career producing original music for theatre and film. Though finding success, she felt an underlying sense of fear for her health and uncertainty about the future. The new concepts about God found in Christian Science moved her to a feeling of fulfillment and security. More than a superficial change in attitude, Hegarty felt the life-changing power of God's goodness.

Today she helps others find this kind of healing too, and travels from her home base of St. Louis, MO, to talk with audiences as a member of the Christian Science Board of Lectureship.

Janet Hegarty is available for interviews. Contact Chris Cheney at 916-285-5666. ★

Carmichael Cactus & Succulent Society Presents:

Our 43rd Annual Cactus & Succulent Show & Sale

May 18 & 19, 2019

Free Plants to 1st 100 Guests each day

Free Admission

Beautiful Displays of Cacti & Succulents

Carmichael Park Clubhouse
5750 Grant Avenue Carmichael, CA

Saturday 9:00am - 4:00pm
Sunday 9:00am - 2:30pm

**Cash & Checks accepted for purchases*

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **916-483-2299**

All Legal Ads Published by Messenger Publishing **MPG**

Carmichael Elks Lodge presents

7th Annual Classic CAR & MOTORCYCLE SHOW

(1975 and Older)

8AM - 2PM - MAY 4, 2019

Free Admission

Registration \$19.95 - Vendors \$19.95
(Show in our Shady Backyard)

Music & Vendors

Breakfast and Lunch Available for purchase

Carmichael Elks Lodge #2103
5631 Cypress Ave.
Carmichael, Ca 95608

Interested in joining the Elks? Join us for Cars & Coffee from 8-11am, 2nd Sunday in April. \$1.00 application fee this month only.

Visit our website at www.carmichaelelks2103.org

CAPITAL REGION SMALL BUSINESS WEEK

May 6th - May 11th

Powered by: **SMUD**

Small Business Week Events

<p>May 6</p> <p>Capital Region Small Business Week Multi-Chamber Mixer</p> <p>COWO Campus</p> <p>5:00 pm - 8:00 pm</p> <p>\$20 Admission</p> <p>1507 21st Street, Suite 200 (2nd Floor), Sacramento CA 95811 (21st and O Street)</p>	<p>May 7</p> <p>BizX: "Leading Like A BOSS"</p> <p>The City of Sacramento, Sacramento County, BERCCSUS, and Uptown Studios</p> <p>3:00 p.m. - 5:00 pm</p> <p>5:00 pm - 7:00 pm After Party</p> <p>\$10 Admission</p> <p>Golden 1 Center 500 David J Stern Walk, Sacramento, CA 95814</p>	<p>May 8</p> <p>Capital Connection</p> <p>Capital Region Small Business Development Center</p> <p>9:00 a.m. - 2:30 p.m. (9:00 am Registration)</p> <p>West Sacramento City Hall Galleria 1110 W Capitol Ave, West Sacramento, CA 95691</p>
<p>May 9</p> <p>Small Business Awards Lunch</p> <p>U.S. Small Business Administration, Sacramento District, Sacramento Business Journal</p> <p>11:00 a.m. - 1:30 p.m.</p> <p>\$60 registration fee (per person)</p> <p>Double Tree Hotel 2001 Point W Way, Sacramento, CA 95815</p>	<p>May Marketplace: Small Business Pop-Up Shop</p> <p>California Capital FDC</p> <p>5:30 p.m. - 8:30 p.m.</p> <p>The Scottish Rite Masonic Center 6151 H St, Sacramento, CA 95819</p>	<p>May 10</p> <p>Small Business Start-Up Forum: Learn about the Fundamentals of Starting a Business</p> <p>City of Elk Grove</p> <p>9:30 a.m. Registration & Networking 10:00 a.m. - 12:00 p.m.</p> <p>Laguna Town Hall 3020 Renwick Ave, Elk Grove, CA 95758</p>

Growing with Confidence

10am - 12pm - "Market Research Hacks for Startups" Workshop at Placer Business Resource Center, Rocklin

2pm - 4pm - "Idea to Prototype" mentor sessions at HackerLab, Rocklin

4pm - 6pm - "Mark Tank" Pitch Event and Networking at HaneyBiz, Rocklin

capitalregionssmallbusinessweek.org

In Partnership with: US Small Business Administration, SMUD, Sacramento Metro Chamber, The City of Sacramento, Sacramento County, Business Environmental Resource Center (BERC), Capital Region, The City of Elk Grove, California Capital Financial Development Corporation, Haney Biz, Sacramento Business Journal, SBDC

Carmichael
RECREATION AND PARK DISTRICT

Sports • Special Events • Entertainment • Classes

Voted Best Community Center 2019!

CARMICHAEL PARK 5750 GRANT AVENUE

For more information:
Call 916.483.7826 or visit carmichaelpark.com

CARMICHAEL LIBRARY
BOOK SALE

• Carmichael Public Library 5605 Marconi Ave •

BOOKS & TRUFFLES!

May 3, 2019
3:00 to 5:00 p.m. on Friday
Friends Preview
Join us on Friday for first pick on the Book Sale and receive a See's truffle. (No purchase necessary. While supplies last.) If you are not a Friend, it's a perfect time to join! Friends make sure you bring your card and receive a 10% discount.

May 4, 2019
10:00 a.m. to 5:00 p.m.
Saturday
Open to all.

May 5, 2019
12:00 to 4:00 p.m. Sunday
Open to all.

RIVER CITY
BREWING COMPANY

6241

PUPPIES & PITCHERS 4/27/19 | 12-4pm
BEER DINNER 4/28/19 | 6-8pm
BREWERY 101 4/29/19 | 5:30pm
PAINT N SIP 4/30/19 | 6-9pm
HOME BREW COMPETITION 5/1/19 | 11am

rivercitybrewing.net

FOR RESERVATIONS CALLS (916) 550-5093 6241 FAIR OAKS BLVD CARMICHAEL, CA 95608

Carmichael Chamber of Commerce • Carmichael Times

BEST OF CARMICHAEL 2019

FIND OUT WHO'S THE BEST!

3rd ANNUAL BEST OF CARMICHAEL AWARDS DINNER

Friday May 31st, 2019
6:00pm-8:30 p.m.

MILAGRO EVENT CENTER
6241 Fair Oaks Blvd.,
Carmichael, 95608

\$55 PER PERSON/\$400 FOR A TABLE OF 8 BUSINESS ATTIRE DINNER
NO-HOST BAR, DESSERT AUCTION & RAFFLE

PURCHASE TICKETS BY NOON THURSDAY, MAY 23
AT CARMICHAELCHAMBER.COM OR CALL 916-481-1002
NO TICKETS WILL BE SOLD AT THE DOOR

Vote online at
www.BestofCarmichael.com

HOME EQUITY LINE OF CREDIT

4.99% APR for 6 Months

Then Rates As Low As **Prime + 0%**

- NO Application Fees
- NO Annual Fees
- Access your line when you need it with our 20 year Draw/Repayment period

Talk with one of our Real Estate consultants today.

FIRST US
Community Credit Union

2150 Watt Avenue in Sacramento
firstus.org | (800) 556-6768

Subject to change without notice. Interest is variable and based on Prime Rate as published in The Wall Street Journal (currently 5.50%). After introductory rate period, minimum APR 3.99%; maximum APR 15%. \$499 opening fee for 2nd trust deeds or \$799 for 1st trust deeds (waived if \$5,000 initial advance is taken and account remains open for 3 years), plus recording fees. Certain restrictions apply. Appraisal fee may be required. Owner-occupied, CA properties only. \$200,000 maximum loan amount. Not available for purchases as a first mortgage. Payment example: 6 monthly payments of \$6.60 for each \$1,000 borrowed, then 234 monthly payments of approximately \$6.98 for each \$1,000 borrowed. Consult your tax advisor about deductibility.

©05/2019 First U.S. Community Credit Union

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

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254545
Eduardo Alexis Hernandez-Ramirez has filed a petition with this court for a decree changing the name(s) of Eduardo Alexis Hernandez-Ramirez to Eduardo Al Gomez.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254545
Yvonne Marie Wilch has filed a petition with this court for a decree changing the name(s) of Yvonne Marie Wilch to Yvonne Marie Dolner.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254803
Princesandria Berclia Graham has filed a petition with this court for a decree changing the name(s) of Princesandria Berclia Graham to Princesandria Berclia Johnson.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254151
Kyung Won, Han has filed a petition with this court for a decree changing the name(s) of Kyung Won, Han to Elena Mitchell-Loft.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254457
Yvonne Marie Wilch has filed a petition with this court for a decree changing the name(s) of Yvonne Marie Wilch to Yvonne Marie Dolner.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00250869
Benedict Adriane Dapitan Cruz has filed a petition with this court for a decree changing the name(s) of Benedict Adriane Dapitan Cruz to Ben, Adrian, Cruz.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254019
Kachee Cha has filed a petition with this court for a decree changing the name(s) of Kachee Cha to Curtis Cha Croft.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254676
Katherine Nicole Buhave Poliquit has filed a petition with this court for a decree changing the name(s) of Katherine Nicole Buhave Poliquit to Katherine Poliquit Abdul.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254915
Stephen Douglas Ritchie has filed a petition with this court for a decree changing the name(s) of Stephen Douglas Ritchie to Stephen Douglas Laird.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00253821
Rose-Stella Ahmed has filed a petition with this court for a decree changing the name(s) of Darius Felix Ahmed to Darus Felix, Pierrelouis-Ahmed and Arielle Ahmed to Arielle Pierrelouis-Ahmed.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254396
Erika Susanne Alamo has filed a petition with this court for a decree changing the name(s) of Erika Susanne Alamo to Erika Susanne Gorletti Caskey.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254771
Son Hoang Nguyen has filed a petition with this court for a decree changing the name(s) of Son Hoang Nguyen to Ryan Son Nguyen.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254794
Lakshman Yerramshetty has filed a petition with this court for a decree changing the name(s) of Lakshman Yerramshetty to Nityukh Yerramshetty.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254696
Linda Fay Prince has filed a petition with this court for a decree changing the name(s) of Linda Fay Prince to Lisha Kail Rahman.

NOTICE OF PETITION TO ADMINISTER ESTATE OF GREGORY L. TOWNSEND
CASE No. 34-2019-00251672
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gregory L. Townsend, deceased.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254530
Mohammad Fahrad & Salma FNU has filed a petition with this court for a decree changing the name(s) of Mohammad Fahrad to Mohammad Fahrad Hassanzada, Salma FNU to Salma Hassanzada, Humaira FNU to Humaira Hassanzada, Abdul Mobasher to Abdul Mobasher Hassanzada, Sadaf FNU to Sadaf Hassanzada, Saran FNU to Saran Hassanzada, and Zahra FNU to Zahra Hassanzada.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254857
Anabel Claudia Sanchez has filed a petition with this court for a decree changing the name(s) of Anabel Claudia Sanchez to Annabel Claudia Sanchez.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES JEAN GOAD AKA DOLORES J. OLSON
CASE No. 34-2019-00253690
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dolores Jean Goad Aka Dolores J. Olson, deceased.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254502
Aziz Mohammad Frutan & Sonilab Frutan has filed a petition with this court for a decree changing the name(s) of Aziz Mohammad Frutan to Aziz Mohammad Frutan, Sonilab Frutan to Sonilab Shirzada, Bibi Hafasa Frutan to Hafasa Shirzada, Bibi Amena Frutan to Amena Shirzada, and Bibi Sajeda Frutan to Sajeda Shirzada.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254944
Tien Thuy Do has filed a petition with this court for a decree changing the name(s) of Tien Thuy Do to Leah Tien Do.

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE
CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254569
FNU Ramin and FNU Naheed have filed a petition with this court for a decree changing the name(s) of FNU Ramin to Ramin Amiry, FNU Naheed to Naheed Amiry, FNU Yasna to Yasna Amiry, FNU Tamkeen to Tamkeen Amiry, FNU Gehazal to Ghaza Amiry, FNU Safajan to Safa Amiry, and FNU Marwa to Marwa Amiry.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254527
Traci Ann Miller has filed a petition with this court for a decree changing the name(s) of Traci Ann Miller to Yvonne Danielle Chapple Stevenson.

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE
CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-00254686
Osvaldo Ayon-Vasquez has filed a petition with this court for a decree changing the name(s) of Osvaldo Ayon-Vasquez to Osvaldo Ayon Vasquez.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-0026249
Tysen Lamara Gilmore has filed a petition with this court for a decree changing the name(s) of Tysen Lamara Gilmore to Tysen Lamara Whitmore.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DANIEL G. SCHAFER
CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Daniel G. Schafer, deceased.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-0026249
Tysen Lamara Gilmore has filed a petition with this court for a decree changing the name(s) of Tysen Lamara Gilmore to Tysen Lamara Whitmore.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2019-0026249
Tysen Lamara Gilmore has filed a petition with this court for a decree changing the name(s) of Tysen Lamara Gilmore to Tysen Lamara Whitmore.

STATEPOINT CROSSWORD • SOUTH OF THE BORDER

Crossword Puzzle Solutions on Page 10
CLUES
ACROSS
1. Winter warmer
6. *Tu, north of the border
9. Put six feet under
13. Computer programmer
14. Supermarket circulars, e.g.
15. "He loves me..." flower part
16. *Santa Anna's 1836 victory locale
17. Pod dweller
18. All worked up
19. *Filling+corn dough+corn husk, pl.
21. Like Dorothy Gale's dress
23. Selfie, e.g.
24. Cheese on Peloponnese
25. Eye Network
28. *Day of the Dead-inspired Oscar-winner
30. Attempted
35. Hipbones
37. Between Thailand and Vietnam
39. El Dorado-related
40. Lymphatic swelling
41. Archipelago parts
43. Unload on eBay
44. Hue perception
46. Bald eagle's nest
47. Caffeine-containing nut tree
48. ".....! This is the police!"
50. Bank on
52. Aptitude test
53. Like a doily
55. Margaret, for short
57. *Made from agave
61. *Popular huevos accompaniment
65. Drifter's 180
66. Flying saucer acronym
68. Mythological princess of Colchis
69. Repenting
70. Collagen target
71. More capable
72. Tiny sips
73. Skeleton in a lock
74. Must-haves
DOWN
1. Jazz singing
2. Coca follower
3. Comic sandler
4. Chart anew
5. Lark about
6. Puppy barks
7. Keats' poem
8. Cell phone bill item
9. Frigid shipping hazard
10. Butch Cassidy's home state
11. Pro
12. Big Bang's original matter
13. *Blind man's target
20. Cause for food recall
22. "..... Now or Never"
24. Tom's craziness?
25. *..... de Mayo
26. Soft single in baseball
27. Move sideways
29. **"Mi..... es su..."
31. Biscuit
32. Sandwiches for dessert
33. *Zapata's collaborator
34. Audience's approval

Your Family Deserves The BEST Technology... Value... TV... CALL TODAY Save 20%! 1-888-416-7103
Upgrade to the Hopper* 3 Smart HD DVR
Add High Speed Internet \$14.95

SUDOKU
The support you need to find quality SENIOR LIVING SOLUTIONS
aPlaceForMom.
Solutions on Page 10

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 June 25, 2019 11:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826.

NOTICE OF PETITION TO ADMINISTER ESTATE OF KENNETH ARTHUR MEIBERT
CASE No. 34-2019-00251731
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kenneth Arthur Meibert, deceased.

DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case.

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES JEAN GOAD AKA DOLORES J. OLSON
CASE No. 34-2019-00253690
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dolores Jean Goad Aka Dolores J. Olson, deceased.

NOTICE OF HEARING
Superior Court of California
County of Sacramento
Case Number 18FL00952
Petitioner: Gregory Duverney
Respondent: Graciela Duverney
Request for Order: Other-Tile Transfer
Notice of Hearing
To: Graciela Duverney (Respondent)
A COURT HEARING WILL BE HELD AS FOLLOWS:
June 3, 2019 at 10:00am in Department 120 at the Superior Court of California County of Sacramento, 3341 Power Inn Road Sacramento, CA 95828.

SUMMONS NOTICE TO DEFENDANT: Oleta Parker, YOU ARE BEING SUED BY PLAINTIFF: Merchants Acceptance Corporation. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

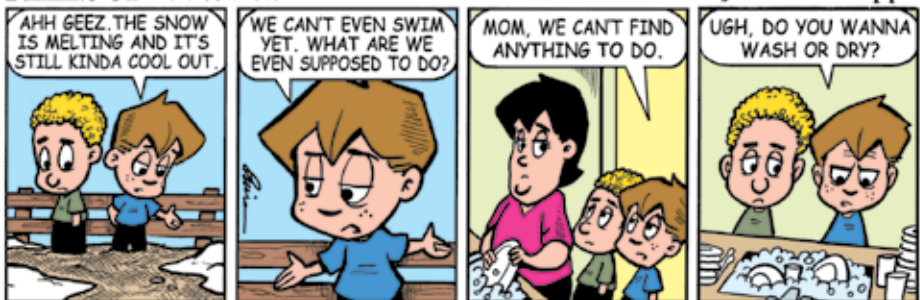
NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD MCINTYRE
CASE No. 34-2019-00254103
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronald McIntyre, deceased.

SUMMONS NOTICE TO DEFENDANT: Daniel G Schafer, an individual; and Does 1-100, inclusive, YOU ARE BEING SUED BY PLAINTIFF: Crown Asset Management, LLC. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



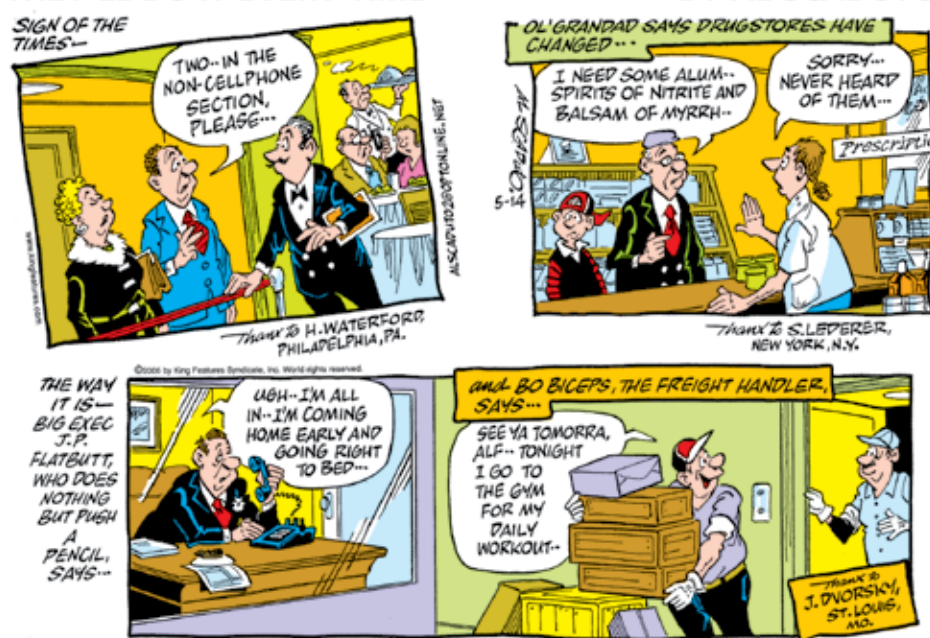
Out on a Limb

by Gary Kopervas



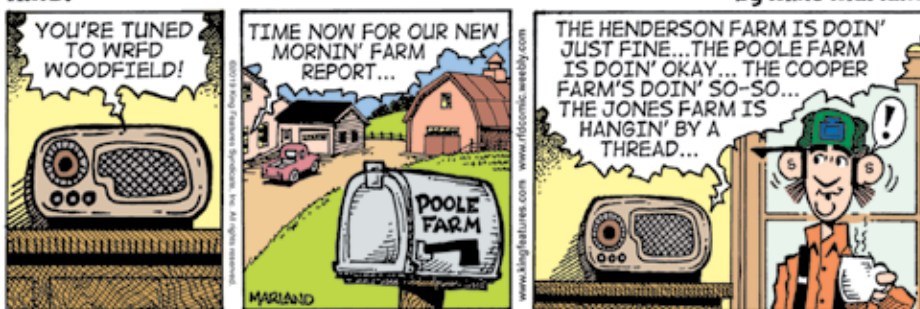
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



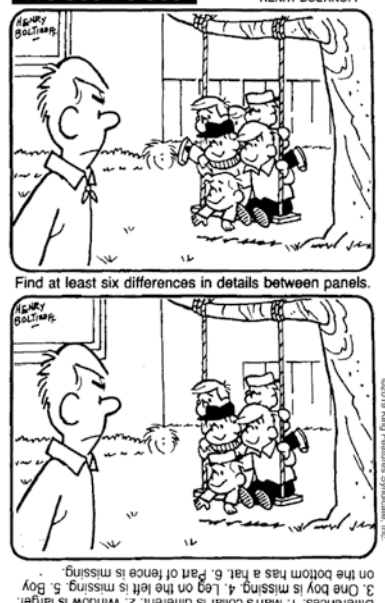
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTNOFF



GRIN and BEAR IT

LAFF-A-DAY



"Could I just hang around to meet guys going through mid-life crises?"

"My son got his driver's license today."

Crossword Puzzle on Page 8

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

Sacramento Fine Arts Center

NCA Members Show
 "Artistic Journey"
 April 22-May 12
 2nd Saturday
 Reception
 May 11
 5:30-8:30 pm - Live music



Sign Up for Childrens Summer Classes Now!

galleries • classes • gift shop
 Tues. 11 am-7 pm, Wed-Fri 11 am-3 pm, Sat-Sun 11 am-5 pm
 5330-B Gibbons Drive, Carmichael, CA 95608
 916.971.3713 • www.sacfinearts.org

Classified Advertising

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



773-1111

Sudoku Puzzle on Page 8

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

Union Gospel Mission Sacramento



WE ACCEPT DONATIONS!
 7 Days a week
 8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
 For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your
 legal advertising

916-483-2299

All Legal Ads Published by Messenger Publishing



CHEERS & JEERS

By Damian Holbrook

Cheers to Hoda Kotb
for delivering some really great news. *Today* viewers got a much-needed break from all the politics and international tragedies when the NBC morning-show host called in on April 16 to reveal that she'd adopted her second daughter, named Hope. Mother and baby are doing great; fans are still totally verklempt.

Jeers to NCIS: LA
for taking so long to enlist *JAG!* You'd think the *NCIS* franchise, which was spun off from CBS's late military-law drama back in 2003, would have gotten stars David James Elliott and Catherine Bell back in

court sooner than this season's finale.

Jeers to Schitt's Creek Deniers
Honestly, after the *Roses'* uplifting, uproarious season finale – complete with an engagement, community-theater Cabaret and a gorgeous showcase for Emily Hampshire's Stevie – anyone who willingly ignores Pop's perfect comedy doesn't deserve its joy.

Cheers to General Hospital
for a recast that has our temps rising. After losing Michelle Stafford in a soapy, backstage contract battle, ABC's daytime staple enlisted delicious *Guiding Light* alum



ABC's daytime staple enlisted delicious *Guiding Light* alum Cynthia Watros (pictured) to step into Stafford's stilettos as shady Nina Reeves.

Cynthia Watros (pictured) to step into Stafford's stilettos as shady Nina Reeves. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Who's Behind The God Friended Me Account?

Question: In the Season 1 finale of *God Friended Me*, the question of who created the God account was left unanswered. I've convinced myself that the Machine from *Person of Interest* is behind it all and got tired of communicating to people from rapidly disappearing pay phones in NYC. Any thoughts on the subject? – Brian

Matt Roush: I like

how your mind works – and seeing Amy Acker on *Grey's Anatomy* last week brought back such fond memories of *Person of Interest*. But I do think you're headed for only more disappointment if you're watching *God Friended Me* for the answer to the origins of the God account. (And I kind of wish the characters would just drop their obsession as well.) In the overall scheme of things, spiritual

quests are all about pursuing the big questions which tend to lead to more questions. Easy answers aren't the point, and in this case, the account is just one big metaphor anyway, so with this series more than most, I would stress that the journey truly is the destination.

Question: Has *Alone* on History been renewed? I love *Survivor*; but *Alone* is better. – Kitzer

Matt Roush: History did renew *Alone* for a sixth season, with a new location at the edge of the Arctic Circle. A premiere date hasn't been confirmed, but expect it to return in early summer.

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

GET A GREAT DEAL!

weekly tv America's most complete TV listings magazine just 75¢ per issue!

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

WOW 81% OFF! FOR MESSENGER PUBLISHING GROUP READERS

The Ultimate Guide To What's On TV

ordering is easy!

1-877-580-4817

tvweekly.com or subscribe by mail

YES! Sign me up for 13 issues for only \$9.75! Just 75¢ per issue! ORDER TODAY

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

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

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

Mail payment with coupon to: Signature Required: _____
TV Weekly magazine
213 Park Drive
Troy MI 48083
Allow 4-6 weeks for delivery of your first issue. TUCP

*the cover price

KP International MARKET

FOOD COURT NOW OPEN
10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

Win a \$1,000 Shopping Spree to KP International
Visit FOX40.com/WinKP

FROZEN & FISH DEPT

REG. \$16.99/EA **\$12.99/ea** Dried Persimmon 3 lb Box

REG. \$7.99/EA **\$5.99/ea** Tilapia Fillets 2 lb Bag

WEEKLY MEAT SPECIALS

BONUS BUY Beef T-Bone Steak \$3.99/lb

USDA CHOICE Beef London Broil & Top Round Roast-Ends \$2.99/lb

Pork Loin Roast Boneless \$1.69/lb

GREAT VALUE Beef Porterhouse Steak \$4.39/lb

USDA CHOICE Beef Top Round/Steak Palpa Sls-Thin Sliced \$3.29/lb

Pork Loin Chops Boneless \$1.79/lb

IBP Boneless Chicken Thigh Meat \$1.69/lb

IBP Pork Cusion Meat-Boneless \$1.69/lb

IBP Pork Spare Ribs Small Size (Single Pak) \$2.29/lb

WEEKLY PROMOTION!

ACE COOK 3D Fry Pan 28 CM \$17.99 Reg. \$23.99

DIMCHAE IH PRESSURE RICE COOKER \$329.99 Reg. \$449.99

ACE COOK 3D Wok Pan 32 CM \$19.99 Reg. \$33.99

FRESH PRODUCE

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

Avocado 2 lb Bag \$3.99

Manila Mango 15 ct \$9.99

American Cucumber 3/\$1

Spinach 79¢

Pink Lady Apples 79¢

Banana Leaves 99¢

Mexican Green Onions 2/\$1

Serrano Peppers 79¢

Popeye Spinach 2/\$3

Navel Oranges 2lbs/\$1

Carrots 39¢

California Purple Yam 99¢

Seafood Mushrooms 150 g 99¢

AMERICAN/HISPANIC GROCERY

Drury Apple Fresh 1.59 L +TAX \$2.99

Giant Size Apple Jacks \$5.99

Krillig's Apple-Juice Concent 26 oz \$7.99

1-2-3 Vegetable Oil 1 Gallon \$7.99

Knopfler Mac-Light Cheddar 12 lb -TAX \$11.99

Fusion Coconut Yoghurt 5 x 5.9 fl oz + CRV 89¢

ASIAN GROCERY

Assorted Fruit Candy 17.8 oz 2/\$5

Wander Food Brand \$2.99

Alto Drink Peach Flavor 1.5 L Buy 1 Get 1 FREE!

Puree Brand \$3.99

100% Pure Sesame Oil 12 Fl oz \$7.99

Dejiang Almonds 12 oz \$1.99

Longing Bakery Brand \$1.99

Peach Cakes 36 oz \$1.99

EUROPEAN GROCERY

Milk Mottoro \$1.99

Ichiba Condensed Milk 384 g \$5.99

QT Martina Seafood Seeds 500 g \$7.99

Crispy Cake Buns 650 g \$3.49

Hard Sugar Cakes \$3.49

Almond Biscuits 500 g \$2.99

Petite Biscuits 5 x 80 \$2.99

KOREAN/JAPANESE GROCERY

2-1 Brown Rice & Brown Sesame Rice Mix 15 lb \$9.99

Sea Salt 2 Kinds 15.5 oz \$9.99

Non-Frost Soybean 4 Kinds 15.5 oz \$3.99

Single Chew Candy 124 g \$1.99

Late Chilling Oiler 6 x 6.5 fl oz \$6.99

Soybean Seasoned Layer 36 x 4 g \$4.99

Bye Bye Skis Ramen Bites 2 Kinds 12 x 4 g \$9.99

Drum Choco Pie 16.66 oz \$1.99

Fresh Garden Quis 5 lb \$7.99

Organic Roasted Sesame 10 x 34 oz \$2.99

Organic Coconut Rice 2 Kinds 22.2 oz \$3.99

Bye Bye Skis Candy Packs 6 Kinds 25.5 oz \$4.99

FROZEN & FISH DEPT

Raw Frozen Shrimp 2 lb - 71-90 \$7.99

Manago Seasoned Capitan Box - 4.2 oz \$5.99

EUROPEAN DELI

President Madrigal Swiss Cheese \$5.49

Schmid's Maszkowka Kiebsay \$4.99

Bobak's Hamer Smoked Bacon \$7.49

Krinos Seasoned Oil Cured Olives \$3.19

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 MAY 1 - MAY 7, 2019.

Rotary Funds Training to Prevent Human Trafficking

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Human trafficking is a \$150 billion industry and is the fast-growing criminal activity in the world. California has the highest volume of sex trafficking, and the Sacramento region is a hotbed for trafficking in the United States.

The local Rotary District 5180 has undertaken a large-scale campaign to combat the issue of human trafficking in the Sacramento Region.

Rotary members Brian Gladden and Bob Deering (former District Governor) initiated the project more than three years ago. Through their research, they discovered that education is the key to preventing human trafficking. District 5180 raised more than \$383,000 in grant funding to educate youth and the general public about the risks of human trafficking.

District 5180 partnered with local non-profit 3Strands Global in a public awareness campaign that reached approximately 78 million people.

Deering spoke at a recent Fair Oaks Rotary meeting to explain just how insidious trafficking is in our area and to update local Rotary members about the project's progress.

Deering said that traffickers initially contact most victims online and that approximately 65% of the victims come from broken homes. When a stranger online begins showing them love and attention, the children are extremely vulnerable to becoming a trafficking victim.

Deering explained that one of the reasons Sacramento has such high trafficking rates is due to the prevalence of gang activity. He said that trafficking is "quickly becoming the number one revenue producer for gangs."

While drugs can only be sold once and there are numerous risks in obtaining more to sell, the traffickers view young people as merchandise that can be sold repeatedly.

Because Interstate 5 and Highway 80 both run right through the Sacramento region, traffickers can easily transport victims throughout the state. Deering said that the practice of frequently moving the victims to new locations leaves them in a constant state of confusion because they don't know where they are or how to find help.

Deering said that the project's most important component was getting the 3Strands Global educational trainings into local schools. Deering described AB 1227, the Human Trafficking Prevention Education and Training Act, which was sponsored by 3Strands Global Foundation and signed into law in 2017.

The law requires California public schools to train county leadership, administrators, and educators in how to identify children who have been, or who are at risk of being, exploited — as well as how to proceed when potential victims are identified. The schools must also provide human trafficking prevention education at least once in middle school and once in high school as part of sexual health education.

Due to the passage of AB 1227, Deering thought it would be easy to get the 3Strands curriculum into local schools, especially since District 5180 would be paying for it with grant funds. But Deering soon found that navigating the politics of the local school boards was no easy feat.

At many of the schools, Deering said it took months for the local curriculum committees to review and approve

the 3Strands training curriculum. He explained that some individuals at the schools didn't appreciate outsiders coming in and suggesting curriculum improvements and that those individuals believed the schools already knew how to handle the problem.

Deering said they also dealt with one angry parent who mistakenly got the impression that the training targeted students of color. Her frequent complaints that the training was racist made that particular school board initially hesitant to accept the trainings.

But Deering knew just how crucial it was to bring these trainings to the students, especially because the average age of trafficking victims is 12 – 14 years old. So they kept pushing, and now they have educated over 25,000 students and more than 650 teachers.

The trainings are already having a significant impact. Deering said that at each training, at least a few students approach the trainers afterward to say they now recognize they were being groomed for trafficking — or that they are already being trafficked and want help getting out.

Students surveyed after the trainings say that they can define human trafficking, they understand how traffickers recruit victims, they know how to contact the human trafficking hotline, and they know how to protect themselves and others from trafficking.

Deering expressed his thanks to all the clubs in the District for supporting this project. He estimates that the remaining grant money will be spent by the end of the year, so he asked that local clubs consider using some of their funds to sponsor trainings in their neighborhood schools.

"We want to find ways to keep this going even after the initial funding runs out." ★

STD Awareness: Prevent, Test, Treat

By Andrea Sandoval, Sacramento County

SACRAMENTO, CA (MPG) - Three common STDs – chlamydia, gonorrhea and syphilis – are surging across the United States, according to the Centers for Disease Control and Prevention, and especially hard-hit are those between 15-24 years old, which are estimated to account for half of all new sexually transmitted infections each year.

Sacramento County is no exception. In 2017, there were 5,581 reported cases of chlamydia, 1,174 gonorrhea cases, and 97 syphilis cases reported among this same age group.

"Looking at the issues that can threaten the health and well-being of our children, families and communities, the Sacramento County Public Health Division works to raise awareness of critical health issues and provides the information and tools to help prevent chronic diseases and infectious disease outbreaks," said Sacramento County Public Health Officer Dr. Olivia Kasirye.

The consequences of STDs are especially severe for young people. Chlamydia and gonorrhea often have no symptoms; therefore, many infections go undiagnosed and can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility.

Early detection through testing is key to avoiding these consequences, yet research has shown many young people don't talk with their health providers about sexual health issues at all during annual health visits.

All but eradicated 20 years ago, syphilis is making a comeback. In 2017, California was reported to have the second highest syphilis rates in the U.S. by the Centers for Disease Control and Prevention; And Sacramento County last year saw three times the number of cases than in 2015.

Although syphilis is treatable with antibiotics, for those who aren't treated, the infection can be dormant for years and lead to neurological or cardiovascular complications. Mothers with untreated syphilis can transmit the disease to their unborn babies with dire consequences – including blindness, developmental delays, physical deformities, and death.

Another trend the Department of Health Services has become aware of is the overlap of syphilis and meth use. The divisions of Public Health and Behavioral Health's Alcohol and Drug Services are working together and this issue will be a topic for

the upcoming May 9 Sacramento County Methamphetamine Coalition Meeting.

Sacramento County Director of the Department of Health Services Dr. Peter Beilenson said, "Meth use can increase risky behavior, which increases the odds of contracting sexually transmitted infections. To preserve health and prevent the spread of disease to others, it is important to know your risks, learn how to prevent STDs, get tested for STDs and get treated."

The total reported in Sacramento County for all ages in 2017: 9,803 Chlamydia cases; 3,344 Gonorrhea cases; 454 Syphilis cases (primary/secondary/early latent)

STDs: Prevent, Test, Treat

To prevent the spread of STDs, the Sacramento County Division of Public Health's HIV/STD Prevention Program provides residents with a variety of STD/HIV prevention and education services including: STD/HIV education and prevention information and condom distribution; Chlamydia and gonorrhea screening; HIV antibody testing and risk reduction counseling; Linkage to HIV and STD treatment; Community involvement through the Sacramento Workgroup to Improve Sexual Health and the HIV Health Services Planning Council; Other STD/HIV outreach activities and social marketing campaigns.

In addition, the Sacramento County program funds and promotes other local community organizations and HIV/STD testing sites, provides free home chlamydia/gonorrhea tests for women and promotes local pharmacies that provide non-prescription sale of syringes to reduce the spread of blood-borne diseases.

Getting tested for STDs is one of the most important things a person can do to protect their health, but it's not the only thing. There are several ways to prevent STDs.

The most reliable way is to not have sex, but there are many options if you are sexually active: talk openly with partners and healthcare providers about your sexual health; get testing for STDs including HIV; use latex or polyurethane condoms correctly and each time you have sex; and know the sexual histories of your sexual partners.

If you test positive for an STD get treated right away – and be sure your partner is also treated to lower the risk of getting infected again. And finally, if you are a parent, talk to your kids about STDs and their sexual health.

For more information on STDs, testing and resources, visit the Public Health HIV/STD Prevention Program webpage, or call 916-875-6022. ★



FAIR OAKS CEMETERY 21st ANNUAL MEMORIAL DAY EVENT

Saturday, May 25, 2019 - 10:00am

The American Legion was formed in Paris in March of 1919 and was chartered by Congress later that year. The American Legion is headquartered in Indianapolis. The Legion was the primary group behind the passage of what is now known as the G.I. Bill in 1944. The Legion today assists other veterans through service at VA clinics and hospitals in Washington, DC on behalf of veterans. The American Legion is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

Today the American Legion provides many services for Veterans on its website and at its almost 14,000 posts around the world.

The twenty first Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 25, at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.

Healthy, Wealthy & Wise

Carmichael Park FARMERS MARKET
Every SUNDAY, 9AM - 2PM

- ⇒ In the Park 5750 Grant Ave under the trees
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE Parking

Redeem this coupon for 5 FREE Raffle tickets for a chance to WIN the monthly Farmers Market \$25 Gift Certificate!



ILoveMyFarmersMarket.com

Those with Alzheimer's Need a Friend – A Best Friend!

CARMICHAEL, CA (MPG) - Learn *The Best Friends™* approach to caregiving for those with Alzheimer's and memory loss from renowned expert David Troxel, MPH. Troxel and Virginia Bell developed a comprehensive philosophy for caregivers built on a seemingly simple premise that everyone needs a friend and those with Alzheimer's need a best friend. In their first book, *The Best Friends Approach to Alzheimer's Care*, they combat the negative viewpoints of Alzheimer's that can victimize patients and caregivers. Their approach focuses on the positive and essential elements of



David Troxel, MPH

friendship—respect, empathy, trust, support, and humor. In this presentation, you will learn the tools needed as a caregiver or family member to skillfully maximize their quality of life, help your loved one retain their dignity, and be a best friend. Troxel is an internationally well-known expert in

Alzheimer's disease and memory care. With over 25 years in the field, he holds a Masters Degree in Public Health and has served as an Executive Board member of the American Public Health Association and a member of the Ethics Advisory Panel for the Alzheimer's Association.

Aegis Living of Carmichael presents The Art of Dementia Care
 Date: May 9th, 2019.
 Time: 11:30AM – light lunch will be served
 Location: 4050 Walnut Avenue, Carmichael, CA 95608
 RSVP: (916) 972-1313
 – Free Book to first twenty persons to RSVP ★

CARMICHAEL
IMPROVEMENT DISTRICT

BUSINESS Walk
Spring 2019

Join us in meeting the members of our Carmichael business community!

THURSDAY MAY 9TH
 9:00AM ORIENTATION AT CANTINA AZTECA
 VISITS FROM 10AM-12PM

Please RSVP by 5/1 at info@carmichaelid.org

3rd ANNUAL
BEST OF CARMICHAEL
AWARD DINNER

Friday May 31st, 2019
 6:00pm-8:30 p.m.

MILAGRO EVENT CENTER
 6241 Fair Oaks Blvd., Carmichael, 95608

Vote online at
www.BestofCarmichael.com

Lifetime Guarantee

Bob's
 SINCE 1958
BODY SHOP

"Serving the Carmichael Community for over 60 Years"

Check us out on **yelp**

6621 Fair Oaks Blvd • Carmichael, Ca 95608
916.489.0398

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES
 Sunday Schools (All Ages)... 9:45 am
 Sunday Worship..... 11:00 am
 Sunday Evening..... 6:00 pm
 Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
 (Located one block South of Madison; just East of Dewey)
PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

Oakmont Memory Care

Resident-centered care is the cornerstone of Oakmont of Carmichael's Traditions memory care program. Our highly experienced care team will assess your loved one's needs and provide compassionate care for all stages of memory loss associated with Alzheimer's or other related dementias.

- Full-time Nurse
- Enriching Activity Program
- Spacious Floor Plans
- Diabetic Wellness Program
- Indoor and Outdoor Dining
- Courtyard and Resident Gardens

Oakmont
of Carmichael

4717 Engle Rd • Carmichael, CA 95608
 916-597-1109
oakmontofcarmichael.com

Tours Available Today!

Carmichael Times
 Serving Carmichael and Sacramento County since 1981

It is the intent of the *Carmichael Times* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Carmichael Times* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Carmichael Times* are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County. The *Carmichael Times* is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).

MPG

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

Carmichael Times is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Capital Region Celebrates Small Business Week

Continued from page 1
services local vendors have to offer.

Event Details: 5:30 – 8:30 p.m. at the Scottish Rite Masonic Center, free admission.

Friday, May 10, 2019
Small Business Start-Up-Guide: Things to Consider When Starting a Business – The City of Elk Grove is ready to help those looking to start a business. Come learn about business fundamentals from a panel of experts. Topics addresses include: creating a business plan, business organization structure,

taxes, permits and business licensing and hiring employees.

Event Details: 9:30 – 12:00 p.m. at the Laguna Town Hall, free admission.

Mark Tank Pitch Event - HaneyBiz is hosting Friday's final event in conjunction with Placer Business Resource Center and Hackerlab. Join us for high energy networking, happy hour with plenty of food and drinks, and the opportunity to watch four startups pitch to Mark Haney, his investment team, and select angel

investors at our first "Mark Tank" pitch event.

Event Details: 10:00 a.m. – 12:00 p.m. workshop at Placer Business Resource Center, 2:00 p.m. – 4:00 p.m. mentor sessions at HackerLab, Rocklin and 6:00 p.m. happy hour, networking and Mark Tank pitch event at HaneyBiz, free admission.

To learn more about the programs and resources available to entrepreneurs and small businesses in Sacramento County, visit the Office of Economic and Development's website. ★

Feeling Alone as a Caregiver?



Caring for a loved one with dementia can feel isolating

Join our Monthly Support Group

Find fellowship, share tips and learn coping tools with *The Dementia Whisperer, Laura Wayman*

Meets third Thursday of every month. Join us for next meeting 3:30 on May 16th

PLEASE Call to RSVP!



SUMMERSSET.
SENIOR LIVING

2341 Vehicle Dr., Gold River/Rancho Cordova
www.summersetseniorliving.com
RCFE Lic#347005361



916.562.1036

DetinneCPA
Certified Public Accountant



A Small Business Owner's Next Best Friend

- ▶ Taxes
- ▶ Small Business Accounting
- ▶ QuickBooks Consulting
- ▶ Entity Formation

★ 20 years Experience ★
Free 30 Minute Consultation

(916)633-5410

Tiffany@detinnecpaco.com
7144 Fair Oaks Blvd., Suite #9 Carmichael, CA 95608



MPG CALL 916-773-1111 TO ADVERTISE

The Exciting New World of Snap On Dentures!



There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

**Now there is a solution to these issues:
Implants with "Snap On" Dentures!**

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

Implants as low as \$99.00 per month

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group
www.YourCarmichaelDentist.com
916-944-1197

\$1,200.0ff
2 Implants with attachments to a Denture
Offer Expires 05/31/19

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