

Happy Holidays!

Carmichael Times

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Serving Carmichael and Sacramento County since 1981

DECEMBER 22, 2017

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MERRY CHRISTMAS!



Board Approves Funding for Mather Veterans Village

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors at its meeting on Tuesday, Dec. 12, authorized an additional \$1 million to fund a portion of the construction costs of the second phase of the Mather Veterans Village (MVV) project.

The veterans housing community, which is being built in three phases, has already completed its initial phase and provides permanent supportive housing for formerly homeless and disabled veterans. Phase II will be the supportive services and transitional housing component of the project. Phase III will add additional permanent supportive housing.

"There is a growing number of homeless and at-risk veterans in our community, and it is vitally important we work diligently to ensure they get the care and services they need and deserve," said Sacramento County Board of Supervisors Chairman Don Nottoli. "By approving this funding, Sacramento County continued its longstanding commitment and support for reinvestment at Mather."

"Most importantly, this action will make available more transitional housing units at Mather Veteran's Village and bring much needed resources and services to veterans throughout the Sacramento region."

To date, the County has contributed the 3.65 acre site at the former Mather Air Force Base under a no-cost lease to the City of Rancho Cordova and a \$1 million forgivable loan to support the project.

In addition, the County, acting through the Housing Authority, has committed project-based vouchers averaging \$600 per month per unit to 25 housing units in MVV phase I. It will provide an added 50 permanent supportive housing units located in MVV Phase III.

For more information about how Sacramento County is responding to homelessness, including the County's new initiatives to reduce homelessness, visit the webpage at <http://www.sacounty.net/> ★

Opening of Carmichael's First Winter Sanctuary

Submitted by HART

CARMICHAEL, CA (MPG) - An unprecedented partnership of Carmichael churches, nonprofits and business groups is collaborating on a "Winter Sanctuary" for the community's homeless population.

Participating churches will host as many as 25 people every night for eight weeks, beginning New Year's Eve. Sacramento County and nearby cities have operated shelters in the winter's coldest months for several years. For the first time, Carmichael will have its own winter shelter under the leadership of Carmichael HART (Homeless Assistance Resource Team), a partnership of more than half of the community's churches, the Carmichael Chamber of Commerce, the Carmichael Improvement District, the San Juan Unified School District, Sacramento Self-Help Housing, and ATLAS of Carmichael.

"For some time, Carmichael faith communities have recognized the need to address homelessness in our community. The outpouring of support for HART's Winter Sanctuary has certainly exceeded our expectations. We're responding to the need for emergency shelter but also committed to providing services and resources that will help people find permanent housing," said Scott Young, President of Carmichael HART.

Other HART programs plan shelters in Elk Grove, *Continued on page 3*



For some time, Carmichael faith communities have recognized the need to address homelessness in our community. The outpouring of support for HART's Winter Sanctuary has certainly exceeded our expectations. Photo courtesy HART

California Capital Airshow 2018 Dates Announced



The United States Air Force Thunderbirds will be headlining the event. Photo courtesy CCA

By Liz Fox Johnson,
California Capital Airshow

SACRAMENTO, CA (MPG) - California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, will use the power and magic of flight to thrill spectators of all ages as it hosts the thirteenth annual airshow at Mather Airport, September 21-23, 2018. The three-day event includes a Friday night show, Airshow After Dark, as well as two full days of heart-pounding aerial performances and aircraft displays.

The United States Air Force Thunderbirds flight demonstration team returns to Sacramento for the first time

since 2015 to headline the event. In conjunction with this year's show, Mather Airport celebrates 100 years as a pivotal fixture of aviation in the greater Sacramento region.

"We are thrilled to welcome back the USAF Thunderbirds to Sacramento," said Darcy Brewer, executive director, CCA. "Airshow After Dark kicks off Mather Airport's monumental 100th birthday celebration in a big way, and the action-packed lineup planned for Saturday and Sunday promises to keep airshow fans on the edge of their seats the entire weekend."

For the latest information about the airshow, visit californiacapitalairshow.com. Be the first to know more about 2018

California Capital Airshow performances and discount tickets by signing up to be an Airshow Insider.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com. ★

SMUD Announces Recipients of \$400,000 in Community Sponsorships

SACRAMENTO REGION, CA (MPG) - SMUD has announced the recipients of its inaugural Shine community-sponsorship program. Shine is a new program designed to improve and revitalize neighborhoods in the Sacramento region. Shine awards range from \$5,000 to \$100,000 and all 501(c)3 and 501(c)6 organizations within SMUD's service territory were eligible to apply. Awards this year totaled \$400,000.

"We're passionate about helping improve the neighborhoods in our region," said SMUD CEO and General Manager Arlen Orchard. "Because we're community-owned and not-for-profit, everything we do is for

the benefit of our customers. Shine has given us the chance to learn what our neighborhoods need most, so we can work with other local nonprofits to make positive, lasting changes in ways that our customers will see and experience every day."

SMUD received a wide range of applications and the selected projects were able to successfully demonstrate collaboration and the potential for broad neighborhood impact. Winners are located all over Sacramento County and most of the proposals fit within the following categories: Neighborhood revitalization or cleanup; STEM education (Science, Technology, Engineering and Math);

Environment, energy-efficiency and energy conservation; General beautification.

Each year SMUD contributes approximately \$2 million in cash and in-kind services to community based organizations. SMUD's year-round community sponsorship program will continue to fund small events and programs throughout the year. Applications for the 2018 Shine program are expected to open in May.

For more information about SMUD's corporate citizenship programs, visit smud.org/Community. For more information about the Shine program, visit smud.org/Shine.

Source: SMUD Media ★

Bera Accepts International Franchise Association's Small Business Award



Rep. Ami Bera Accepts the International Franchise Association's 2017 Small Business Award. Photo courtesy Office of Ami Bera

By Jack Miller

WASHINGTON DC (MPG) - Congressman Ami Bera accepted the International Franchise Association's (IFA) 2017 Franchise Small Business Award last week for his support of the small business community. Rep. Bera was recognized for championing local franchises and businesses, as well as his leadership on smart policies that promote economic growth and job creation.

"Owning a small business is part of the American Dream," said Rep. Bera. "If you work hard and play by the rules, everyone should have the opportunity to get ahead. I've seen how hard small business owners work in Sacramento County

and we need to support them every way we can. Thank you to the International Franchise Association for this award. I look forward to working together to continue improving Congress' support for small business."

"Congressman Bera has proven to be steadfast advocate who ensures small businesses are protected in his district and across the country," said IFA President and CEO Robert Cresanti. "Franchise businesses are the small business backbone of our economy and hugely important to their local communities. They create a significant portion of our nation's jobs, give aspiring entrepreneurs a unique and guided path to business ownership, and even sponsor local teams and charitable events. On

behalf of the 733,000 franchise businesses across the country and the 7.6 million people they employ, the IFA is proud to recognize Congressman Bera today."

Rep. Bera is committed to supporting Sacramento County's vibrant small business community by fighting for common-sense tax relief, reducing burdensome regulation, and ensuring that government is a strategic partner for growth – not an obstacle. His office can also connect local businesses with resources they can use to grow and hire. For more information on Sacramento County's small businesses, visit <https://bera.house.gov/helpforbusinesses>.

Source: Office of Ami Bera ★

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Nikki Einfeld, Soprano Karin Mushegain, Mezzo
Michael Desnoyers, Tenor Matt Boehler, Bass

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Sacramento Community Center Theater

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Karin Mushegain

Michael Desnoyers

Matt Boehler

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SacRT Awards Contract for Route Optimization Study

By Wendy Williams, SacRT

SACRAMENTO, CA (MPG) - Re-imagining transit service is a top priority for the Sacramento Regional Transit District (SacRT). The SacRT Board of Directors took a major step toward that goal this week by unanimously voting to award a \$400,000 contract to Jarrett Walker + Associates (JWA) to conduct a Route Optimization Study (ROS).

JWA has an excellent reputation in the transit industry for being innovative in its approach to planning and redesigning transit systems. Under the guidance of Jarrett Walker, JWA was responsible for successfully re-imagining the Houston Transit System and for leading a Comprehensive Operational Analysis of the public transit network in Indianapolis. Closer to home, JWA is credited with developing "Next Network" a Transit Ridership Improvement Program that was rolled out for the Santa Clara Valley Transportation Authority (VTA), which operates in the Silicon Valley.

"Walker is a dynamic presenter, known for building

Board consensus along with community support for study recommendations," said SacRT Chair Andy Morin. "This is an extremely important factor, if this study is to be a useful model to govern redesign efforts."

The ROS will evaluate SacRT's existing service conditions, as well as current travel patterns, to determine the type of design changes to recommend. The goal is to provide frequent service on bus routes that are traveling to destinations where people want to go. New transit trends, such as on-demand bus service using a smartphone app and zero-emission bus deployment, will be evaluated for possible inclusion into SacRT's service design.

"Our number one priority is to significantly improve mobility and connectivity in the Sacramento region for years to come," said General Manager/CEO Henry Li. "Improving accessibility and convenience is essential, if we are to become a world-class transit system in the Sacramento region."

JWA, a Portland, Oregon based company, will rely on AIM Consulting, a Sacramento

public relations firm, to manage local community outreach for the ROS. AIM intends to outreach to passengers and non-transit users alike during two intense cycles that will be defined through a Public Engagement Plan. Community input will be a major component of the study, and JWA has committed to creating compelling visuals to effectively engage the public. Virtual workshops and online surveys will be major components of the outreach effort.

"Transit planning requires some tough choices, but we know how to lead conversations that will help stakeholders and officials understand their options fully," said Jarrett Walker, Principal-in-Charge. "We build the understanding so that when a final plan is adopted, everyone understands the rationale behind the new network."

JWA will begin work on the ROS in January with SacRT's team, and it's expected to take approximately 12 months to complete. Visit sacrt.com and click on the Route Optimization Study to learn more about the upcoming route redesign. ★

Opening of Carmichael's First Winter Sanctuary

Continued from page 1

Rancho Cordova, Citrus Heights, and Folsom. Hundreds of volunteers from Carmichael churches helped with the Citrus Heights Winter Sanctuary last winter. Many of them also participated in the Greater Sacramento Winter Sanctuary program that's based downtown. For the past six months, Carmichael's Christ Community Church has hosted a four-hour monthly open house offering meals, clothes, counseling and showers to local homeless people.

"Our volunteers come mainly from faith-based groups who recognize the need for shelter, clothing, food and resources like job searches, health and welfare, paperwork required for identification, and transitional housing," said Fred Green, co-chair of Carmichael HART's Winter Sanctuary Committee.

"Beyond meeting some immediate needs, our longtime goal is to develop some level of personal relationships with people. We want them to be comfortable with us, and to help us identify prospects among them for housing as it becomes available."

Green continues to stay in touch with five people who participated in the Winter Sanctuary operated by Citrus Heights HART with the help of Carmichael churches last winter.

"One married couple is still in touch, and still on the street. Another friend works part-time in construction and lives in his car. Another works full-time but also lives in his car because he can't afford housing. One man found temporary housing, was given a car, had regular work for several months, and is looking for a new job. Several people are now regularly attending church."

Organizers project that hundreds of volunteers will participate in the Winter Sanctuary program this coming winter. The Church on Cypress will be the intake center where "guests" are processed, beginning at 5:00 p.m., then bused to a host church for an evening meal, offered with a cot and sleeping bag. They will be given a bag breakfast and bused back to the intake center by 6:30 a.m. the next day. They use the same sleeping bag for a week at a time.

Host churches that are committed to a week or more are St. John the Evangelist, Carmichael Presbyterian, Crossroads, Christ Community, Touchstone, and American River Community. Volunteers and meals also will come from "helping churches" including Our Lady of the Assumption, St. Michael's Episcopal, Redeemer and Gethsemane Lutheran, and

Congregation Beth Shalom. Intake center volunteers come from area churches of the Church of Jesus Christ, Latter Day Saints. Carmichael HART participants also include members of Carmichael Seventh-day Adventist, Epiclesis church, Carmichael Church of God, The Orchard, veterans' groups and private citizens.

Organizers estimate the shelter program cost at \$8,500, which is higher in the first year because of initial one-time purchases like sleeping bags (assigned to individuals, laundered and swapped out each week), cots, storage racks, insurance, ongoing cleanup and storage expenses.

Several donations already have come in. Significant initial support came from the Carmichael Improvement District, a collaboration of property owners along the Fair Oaks business corridor, and from ATLAS, a nonprofit that uses its Thrift Shop on Fair Oaks Boulevard to help needy people and connect them with resources aimed at developing healthy independence.

Civic groups and business teams are welcome to become volunteers or to donate meals. Monetary donations are accepted online at www.carmichaelHART.org (Tax ID. #82-1889336) ★

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Carmichael Improvement District Seeks Board Members



Carmichael Improvement District (CID) is accepting applications for its voluntary Board of Directors. An induction and orientation for the new member(s) will take place in January 2018. Prospective board members may include CID-area business owners, public sector property owners and owner representatives, as well as engaged residents of the greater Carmichael community.

A description of expectations for a Board Member and application can be found at www.CarmichaelID.org. Applications must be submitted to info@carmichaelid.org by December 15.

The Carmichael Improvement District was formed in December 2016 to promote the common interests of business and property owners by improving business and economic conditions in the Carmichael area. For additional information contact info@carmichaelid.org.

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Society for the Blind Wraps Up Fitness Challenge

Participates in National Fitness Challenge with Paralympic Sport Event



Ramona Herriford learns adaptive judo from 2012 London Paralympian Katie Davis at Society for the Blind's Paralympic Sport Event that wrapped up the group's participation in the National Fitness Challenge.

By Kristin Thébaud

SACRAMENTO, CA (MPG) - More than 30 kids and adults with vision loss across the Sacramento region came together in November to learn Paralympic sports at Society for the Blind in Sacramento. The all-day event was the grand finale to Society for the Blind's participation in the National Fitness Challenge sponsored by the United States Association of Blind Athletes and Anthem Foundation. The Paralympic event included clinics in rowing, golf, judo and goalball, as well as lunch and presentations by athletes leading the clinics.

"This was a really exciting day as we had kids as young as 10 and seniors up to age 85 learning favorite Paralympic sports and discovering ways to stay active and competitive with

vision loss," said Shari Roeseler, executive director, Society for the Blind. "This was such a fun way to wrap up our hard work in the National Fitness Challenge."

Society for the Blind finished seventh in the challenge out of 13 groups across the nation – and one of only three in California – that competed in the United States Association of Blind Athletes' and Anthem Blue Cross Foundation's fifth annual National Fitness Challenge. Society for the Blind and its competitors provided more than 300 blind and visually impaired youth and adults with an opportunity to increase their physical fitness levels and live healthier, more active lives. Other California participants were Junior Blind in Los Angeles and Lighthouse for the Blind and Visually Impaired in the Bay Area.

When the National Fitness

Challenge kicked off in Sacramento this past spring, participants who signed up with Society for the Blind had a number of physically challenging activities to look forward to. In efforts to increase participants' levels and step counts, staff at Society for the Blind worked with dance instructors, personal trainers, judo instructors and more. In addition to raising their overall physical activity, participants became more aware of opportunities in their community.

For more than 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of

America to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The non-profit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation: www.SocietyfortheBlind.org.

Since its founding in 1976, USABA, a community-based organization of the United States Olympic Committee, has reached more than 100,000 blind individuals. The organization has emerged as more than just a world-class trainer of blind athletes, it has become a champion of the abilities of Americans who are legally blind with a

mission to enhance the lives of blind and visually impaired people by providing the opportunity for participation in sports and physical activity. For more information: www.usaba.org, www.twitter.com/USABA or on Facebook as United States Association of Blind Athletes.

In addition to grant funding, Anthem Blue Cross Foundation will provide volunteers at events across the state during the nine-month program. Local employees will have the opportunity to meet participants and help them achieve their health and wellness goals.

Through charitable grant making, the Anthem Blue Cross Foundation LLC, an independent licensee of the Blue Cross Association promotes Anthem Blue Cross's inherent commitment to enhance the health and well-being of individuals

and families in communities that the company serves. The foundation focuses its funding on strategic initiatives that address and provide innovative solutions to health care challenges, as well as promoting the Healthy Generations Program, a multi-generational initiative that targets specific disease states and medical conditions. These include: prenatal care in the first trimester, low birth weight babies, cardiac morbidity rates, long term activities that decrease obesity and increase physical activity, diabetes prevalence in adult populations, adult pneumococcal and influenza vaccinations and smoking cessation. The Foundation also coordinates the company's year-round Associate Giving program and its parent foundation provides a 50 percent match of associates' pledges. ★

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...HOPE

Sunday, December 10 at 10:00 AM
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...PEACE

Sunday, December 10 at 3:00 PM
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Sunday, December 17 at 10:00 AM
 Worship

...LOVE

Sunday, December 24 at 10:00 AM
 Christmas Eve Morning Worship

...JOY

Christmas Eve Services

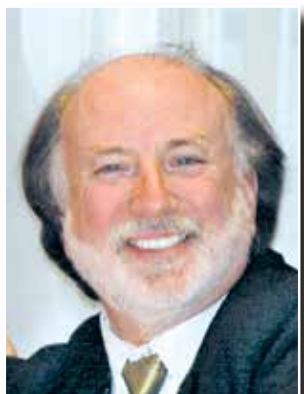
5 PM - Family Worship with carols, a special message for all, candle lighting and an ornament gift for the children.

10 PM - Candlelight Worship with carols, choir and handbells celebrating the birth of the

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The Constitution Deals with Sexual Abuse in Congress



Commentary
by Harold Pease, Ph.D.

According to the media members of Congress of both major political parties are dropping like flies to a flyswatter in a barn: Senator Al Franken, Congressmen John Conyers, Ruben Kihuen, Blake Farenthold, Joe Barton, Trent Franks, Alcee Hastings, in the last 30 days. All are accused of sexually abusing women, some recent, some years ago. The Constitution deals with misbehaving members of Congress when followed fully?

Unfortunately with the disclosure of these seven also came the exposure of the existence of a secret funding source for members of Congress accused of sexual harassment and other work-place discretions created under the Congressional Review Act of 1995. Since 1997, the fund has paid at least \$15 million to settle complaints. Congressman Blake Farenthold is the first member of Congress confirmed to have benefited from it receiving \$84,000 in taxpayer dollars in 2014 to settle a sexual harassment lawsuit with a former aide. We will have many other disclosures to rise to the expenditure of \$15 million. A

fund to potentially hide immoral activities is completely unconstitutional. It also removes a deterrent to transgression.

So how does the Constitution deal with misbehaving members of Congress? It begins with the morality of the electorate. John Adams, a Founding Father and 2nd president of the United States, identified the first principle of a republic where a king does not dictate good or evil, but the participants in that government bridle their "human passions" through "morality and religion." left unbridled, he said, they "would break the strongest cords of our Constitution." He ended a lengthy paragraph on the topic with, "Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."

At least nine other Founders expressed similar opinions. George Washington in his "Farewell Address" wrote: "Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports . . . And let us with caution indulge the supposition that morality can be maintained without religion."

In their time none denied the relationship between morality, religion, God and justice. When morality is situational, as it seems to be for so many today, this link is broken and one depends upon his own wisdom alone. There is no "appealing to the Father of lights to illuminate our understanding," as expressed by Benjamin Franklin in the Constitutional Convention. As Washington once said, "Government is like fire, a dangerous servant and a fearful master." Unprincipled government can do much damage as it has to the Constitution

for years. We expect those we elect to govern to have strong moral fiber and to have their human passions fully bridled. If they are still struggling with the base, hedonistic, animalistic and adulterous elements of themselves, such as is reported of these members of Congress, how can we expect them to make laws for the people based upon righteousness and justice? How can they discern such?

So the first constitutional principle is the election of persons to govern who demonstrate moral fiber. Moral bankruptcy usually starts long before one is a member of Congress. Al Franken demonstrated this by his choice of material as a professional comedian. Women complained of the sexually abusive behavior of John Conyers decades ago. Once this is known and confirmed, he should not be reelected. When the people themselves are morally bankrupt and do not care about the phantasmagoria of their favorite, as in the second election of President Bill Clinton, then such, as Adams said, breaks "the strongest cords of our Constitution." Returning to the principle of electing only those with strong moral fiber, and zero tolerance for those who do not, will eliminate most, if not all, predatory behavior in Congress.

Once manifested two parts of the Constitution come into play to isolate the damage. Each House is to be the judge "of the Elections, Returns and Qualification of its own Members" making certain that it is the will of voters and that will was fairly derived (Article I, Section 5, Clause 1). But neither House can constitutionally rejudge behavior that is known to voters addressed during the

campaign after the expression of the people, should any of the seven run and win in 2018.

Also, each House may "punish its Members for disorderly Behaviour, and, with the Concurrence of two thirds, expel a Member" (Article I, Section 5, Clause 2). In this they deal with behavior occurring after being seated such as sexual harassment. So let the Ethics Committee of both houses deal with the accused.

But the Constitution has one more check. At least six of the seven accused of sexual abuse face their constituents in eleven months to be judged by them and reelected or not. Their best behavior is likely pending that outcome. Let these two constitutional filters do their work not media trials that only serve the vengeful and are too politicized to be fair.

If the above does not end predatory sexual behavior in Congress the Constitution can be said to be broken, as Adams said, at least on curbing immorality of its leaders. The disclosures are serious; still, we need to be reminded that there are 535 members of Congress and most bridle their "human passions" but the seven, who presumably do not, are seven too many.
Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly columns, please visit www.LibertyUnderFire.org. ★

POPPOFF!

with Mary Jane Popp



Life Journaling

Would you like to access the more expansive spaces in your mind? Would you like to tap into positivity to boost happiness and confidence? Would you hope to achieve internal and external healing resulting from awakening to a higher consciousness? What if I told you that you can find personal meaning by journaling? Lots of questions, and **Briana Borten and Dr. Peter Borten** told me on POPPOFF you can do it. Their book "Rituals for Transformation" tells us how in a 108 day journey to your sacred life. **Briana** is a Mastery coach and certified practitioner of Ayurvedic medicine and **Peter** is a Doctor of Asian medicine. According to both, studies show that a regular writing practice enhances self-awareness, helps release and reframe the past and supports goal achievement.

Sitting down with a blank sheet of paper can be daunting. To get past that first step of putting pen to paper, you can use any of the following topics to get you started. **1) DESCRIBE YOUR GOLAS AND RECORD YOUR PROGRESS.** You're much more likely to achieve your goals if you simply write them down. The process of writing your goals signals your brain that they are important, and then your brain organizes and prioritizes based on that information. Journaling also lets you expand upon those

goals and push yourself to dream more. Then, write about your progress. **2) EXPLORE AND RESOLVE CHALLENGING EXPERIENCES AND EMOTIONS.** We all face difficulties in our lives and relationships, but it's what we do during these times that make the difference in our overall happiness. Journaling can relieve the stress of these situations and put things into context so you can process and release the emotions. **3) TAKE TIME FOR SELF-REFLECTION.** Tap into what's going on with you. How are you feeling? What's taking up room in your thoughts? Putting your musings, ideas and feelings onto paper will help you understand and assimilate them so you can move forward with more joy and grace. **4) DEVELOP YOUR INTUITION.** Journaling is like speaking to yourself and listening at the same time. If you have any concerns, issues or questions, write them down and ask your unconscious to come on board while you're meditating or sleeping to bring answers beyond your normal awareness. You might be surprised what creativity and inspirations come to you. **5) REFLECT ON THE POSITIVE THINGS IN YOUR LIFE.** Writing about a positive experience lets your mind relive it, which boosts confidence in your ability to create happiness. Start by simply making a list of five things for which you are grateful. As you do this, you'll become aware of the awesomeness that's already present in your life. Writing about good experiences changes your orientation from scarcity and stress to abundance and peace.

Naturally this is the just the tip of the iceberg for achieving happiness and peace. The rest of the story is in "Rituals for Transformation." Check out www.dragontree.com. The next step is taking that 108 day journey to your sacred life. **HAPPY TRAILS!** ★

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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LANA MARIE GARCIA
CASE No. 34-2017-00220562

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lana Marie Moore, Lana Marie Garcia. A Petition for Probate has been filed by Jennette Garcia Snedden in the Superior Court of California, County of Sacramento, requesting that Jennette Garcia Snedden, 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 January 16, 2018 8:30 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 Petitioner is: Jennette Garcia Snedden 4981 64th Street Sacramento, CA 95820 916-874-6465 Publish: December 15, 22, and 29, 2017 SNEDDEN 170622 12-29-17

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ricky Dean Short, aka Ricky D. Short. A Petition for Probate has been filed by Christine M. Wright-Shore in the Superior Court of California, County of Sacramento, requesting that Christine M. Wright-Shore, 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 January 24, 2018 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 Petitioner is: Christine M. Wright-Shore 6225 Larry Way North Highlands, CA 95660 916-345-9342 Publish: December 22, 29, and January 5, 2017 SHORT 170622 1-5-18

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ricky Dean Short, aka Ricky D. Short. A Petition for Probate has been filed by Christine M. Wright-Shore in the Superior Court of California, County of Sacramento, requesting that Christine M. Wright-Shore, 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 January 24, 2018 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 Petitioner is: Christine M. Wright-Shore 6225 Larry Way North Highlands, CA 95660 916-345-9342 Publish: December 22, 29, and January 5, 2017 SHORT 170622 1-5-18

LEGAL NOTICE

Clemency Application Notice
My current, legal name is Adrienne Rhea Idigpio. On the date of March 26, 2012, I was convicted under the name of Adrienne Rhea Idigpio in Harrison County, Mississippi for the crime of Felony Domestic Violence-Aggravated Assault. I am intending to apply for clemency; pardon. If there is anyone who desires input in this matter, please contact the MS Parole Board at 660 North St., Suite 100A, Jackson, MS 39202; ph# 601-576-3520; fax# 601-576-3528 2-2-18

STATEPOINT CROSSWORD • YEAR IN REVIEW

- CLUES**
- ACROSS**
- Pepsi and Coke, e.g.
 - Batman punch
 - Tit for tat
 - Notable period
 - Opposite of hence
 - Cook-off dish
 - Nile's mouth
 - Jan. predecessor
 - "A United passenger was dragged down one
 - "2017 solar event
 - "Natural disaster or center of Hollywood scandal
 - Second Testament
 - "Best ___ schemes o'mice an' men"
 - Is no longer
 - Supermarket section
 - Broadband predecessor
 - Lyric poems
 - Commisserate
 - "Album of the Year Grammy recipient
 - Opposite of eve
 - "POTUS
 - Fender-bender damage
 - Kindle content
 - a.k.a. Atlantic Richfield Company
 - Jazz singing
 - Freshman?
 - Chutzpah
 - "Listen up!"
 - Freight horse cart
 - Noisy talk
 - "Late Playboy
 - "Fidget ___ banned by many schools
 - Hindu dance gesture
 - Anything female
 - Ransacker or plunderer
 - 4-letter word in speech on broadcast TV
 - Three strikes
 - Lucifer
 - "Tiffany to Ivanka and Don Jr.'s kids
 - "Its neutrality was being threatened in 2017

CROSSWORD													
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Crossword Puzzle Solutions on Page 6

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Solutions on Page 6

What to Do Before the Tax Year Ends

By David A. Tucker II, IRS Media Relations

As tax filing season approaches, the Internal Revenue Service reminds taxpayers there are things they should do now to get ready for filing season.

For most taxpayers, Dec. 31 is the last day to take actions that will impact their 2017 tax returns. For example, charitable contributions are deductible in the year made. Donations charged to a credit card before the end of 2017 count for the 2017 tax year, even if the bill isn't paid until 2018. Checks to a charity count for 2017 as long as they are mailed by the last day of the year.

Taxpayers who are over age 70 ½ are generally required to receive payments from their individual retirement accounts and workplace retirement plans by the end of 2017, though a special rule allows those who reached 70 ½ in 2017 to wait until April 1, 2018, to receive them.

Most workplace retirement account contributions should be made by the end of the year, but taxpayers can make 2017 IRA contributions until April 18, 2018. For 2018, the limit for a 401(k) is \$18,500. For traditional and Roth IRAs, the limit is \$6,500 if age 50 or older and up to \$15,500 for a Simple IRA for age 50 or older. Check IRS.gov for more information about cost-of-living adjustments affecting dollar limitations for pension plans and other retirement-related items for tax year 2018.

Taxpayers should be careful not to count on getting a refund by a certain date, especially when making major purchases

or paying other financial obligations. Taxpayers can take steps now to make sure the IRS can process their return next year.

Taxpayers who have moved should tell the US Postal Service, employers and the IRS. To notify the IRS, mail IRS Form 8822, Change of Address, to the address listed on the form's instructions. For taxpayers who purchase health insurance through the Health Insurance Marketplace, they should also notify the Marketplace when they move out of the area covered by their current Marketplace plan.

For name changes due to marriage or divorce, notify the Social Security Administration so the new name will match IRS and SSA records. Also notify the SSA if a dependent's name changed. A mismatch between the name shown on your tax return and the SSA records can cause problems in the processing of a return and may even delay a refund.

Some refunds cannot be issued before mid-February. By law, the IRS cannot issue refunds before mid-February for tax returns that claim the Earned Income Tax Credit or the Additional Child Tax Credit. The IRS expects the earliest EITC/ACTC related refunds to be available in taxpayer bank accounts or on debit cards starting on Feb 27, 2018, if they chose direct deposit and there are no other issues with the tax return.

Some Individual Taxpayer Identification Numbers must be renewed. Any Individual Taxpayer Identification Number not used on a tax return at least once in the past three years will

expire on December 31, 2017. Additionally, all ITINs issued before 2013 with middle digits of 70, 71, 72 or 80 (Example: 9XX-70-XXXX) will also expire at the end of the year. As a reminder, ITINs with middle digits 78 and 79 that expired in 2016 can also be renewed. Only taxpayers who need to file a U.S. federal tax return or are claiming a refund in 2018 must renew their expired ITINs. Affected ITIN holders can avoid delays by starting the renewal process now.

Those who fail to renew before filing a return could face a delayed refund and may be ineligible for some important tax credits. More information, including answers to frequently asked questions is available on IRS.gov/ITIN.

Keeping copies of tax returns is important. Taxpayers may need a copy of their 2016 tax return to make it easier to fill out a 2017 tax return. Some taxpayers using a software product for the first time may need to provide their 2016 Adjusted Gross Income, or AGI, to e-file their 2017 tax return.

Taxpayers who do not have a copy of their 2016 return and are existing users can log in to IRS.gov/account if they need their AGI. Otherwise the IRS will mail a Tax Return Transcript if requested online or by calling 800-908-9946. Plan ahead. Allow five to 10 days for delivery. Learn more on the website about identification verification and electronically signing tax returns. The IRS has a special page on IRS.gov with steps to take now for the 2018 tax filing season. ★

Sacramento County DA Reports



Defendant Sentenced for Marijuana Robbery Ending in Murder

DATE: December 4, 2017
CASE: Shaquille Huston & Dayvon Stroupe (Case #14F07830)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Michael Savage sentenced Dayvon Stroupe to life in prison without the possibility of parole. On November 1, 2017, a jury convicted Stroupe and co-defendant Shaquille Huston of the first-degree murder of Vincent Amaya with a special circumstance of committing the murder during the course of a robbery.

On November 17, 2014, the victim met Shaquille Huston, Dayvon Stroupe and two additional unidentified assailants at the Florin Meadows Apartments to sell them marijuana. Huston, Stroupe and the two unidentified individuals attempted to rob the victim of his marijuana. During the course of this robbery, one of the four robbers shot and killed the victim.

Shaquille Huston will be sentenced on December 19, 2017, at 1:30 p.m. in Department 33 before the Honorable Michael Savage.

Defendant Convicted of Child Sexual Assault Charges

DATE: December 4, 2017
CASE: Michael Allison (Case #17FE013119)
PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Michael Allison pled guilty to two counts of child sexual assault.

Allison sexually abused a 9-year-old child of a family friend over several years.

Allison will receive a stipulated term of 40 years to life in prison. Sentencing is set for December 28, 2017, at 8:30 a.m. in Department 61 before the Honorable Michael Sweet.

Defendant Convicted of Sexual Assault & Abuse of Elderly Victim

DATE: December 4, 2017
CASE: James Harold Garner (Case #15F02008)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

James Harold Garner was convicted by a jury of three counts of rape by force and two counts

of forced oral copulation with allegations the crimes were committed against an elderly victim on all counts. Garner was also convicted of one count of elder abuse.

Garner was the live-in caregiver of the 65-year-old victim, who had survived a stroke and suffered from COPD. The victim had significant issues with mobility, strength, communication, and memory. On March 29, 2015, Garner went into the victim's room where he repeatedly raped and committed other acts of sexual assault against the victim.

Garner faces a maximum sentence of 45 years in prison. Sentencing is set for January 12, 2018, at 9:00 a.m. in Department 33 before the Honorable Michael Savage.

Defendant Sentenced for Rape, Burglary

DATE: December 4, 2017
CASE: Curt Orlando Martin (Case # 16FE006473)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

The Honorable Patrick Marlette sentenced Curt Orlando Martin to 19 years, 8 months in prison. On October 16, 2017, Martin pled no contest to assault with intent to commit rape and first-degree residential burglary as a violent felony with the burglary taking place when the victim was in the home. Martin also admitted to a prior 2002 assault with a firearm strike conviction.

On March 31, 2016, Martin was a parolee doing yard work for an employer. The victim and her dogs were in the backyard next door when Martin jumped over the fence into her backyard. The victim screamed at Martin to leave before retreating to her back door and calling 911. Martin then lunged at the victim, grabbed her by the throat and landed on top of her. A struggle ensued, and Martin attempted to drive a syringe with methamphetamine into the victim's neck. When Martin stated he would kill the victim if her dogs did not stop barking, she convinced Martin to let her quiet the dogs. Once he released her, the victim was able to flee to a neighbor's house and call for help. Martin was located at the house where he was doing yard work, and was later found to have had methamphetamine in his system. Martin had told his employer he wanted to "fornicate" with the victim, and made sexual comments to the victim earlier that day. ★

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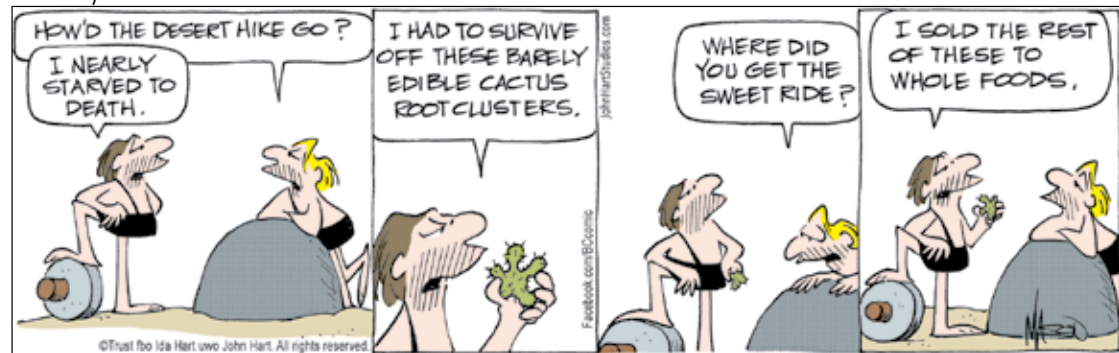
Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



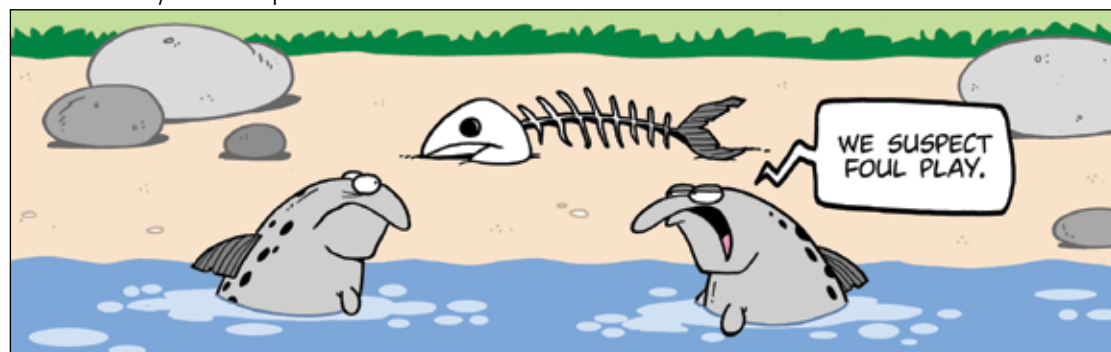
Cranky Girl by Crystal Jones



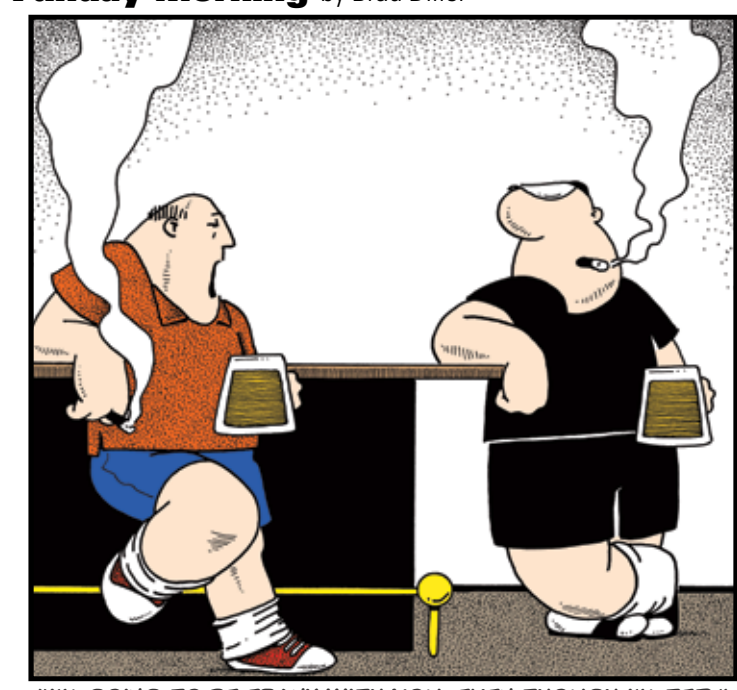
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



Friday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



No One Should Go Hungry On Christmas



This is the time of year that is heavy on the hearts of many. When you are homeless and have no idea where your next meal is coming from, it only makes it harder that it is Christmas time as well. A \$1.92 donation helps us to provide a meal to those who are less fortunate. Not only do we feed them a nutritious meal with caring hands, but we give them a spiritual value of hope and a change of life!

Help us feed and care for as many people as possible and send in your donation today. **\$1.92 Provides a Meal**

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EVENTS CALENDAR



VA Mather Farmers' Market
Date: Wednesdays
Time: 9am-1pm
Place: Sacramento VA Medical Center, 10535 Hospital Way Mather, CA
Contact:
Info: The VA Mather Farmers' Market occurs year-round every Wednesday and offers special deals for veterans.

Christmas Eve Service
Date: 12/24/17
Time: 9am 10:30am and 4pm
Place: Fair Oaks Presbyterian Church
Contact: 916-967- 4784 info@fopc.org
Info: We will have six candlelight Christmas Eve Services—three classic services and three contemporary services. Choose time that works best for you, family and friends and bring them to worship with us on Christmas Eve!

The Game's Afoot or Holmes for the Holidays
Date: Friday's & Saturdays Dec 1-30th
Time: 8:00 pm
Place: Theater in the Heights, 8215 Auburn Blvd Citrus Heights, CA 95610
Contact: 916-524- 6987 info@theaterintheheights.com
Info: An inspired whodunit... a snappy, clever drawing-room mystery. There are twists on playwright Ken Ludwig's *The Game's Afoot* that cause the audience to gasp.

Free Plant Workshop
Date: 1/20/18
Time: 9-12pm
Place: Horticulture Center, 11549 Fair Oaks Blvd Fair Oaks, CA 95628
Contact: 916-875- 6913
Info: Master Gardeners will demonstrate winter pruning of deciduous fruit trees, blueberries, caneberrys, grape vines and landscape trees plus how to construct a worm bin. Learn tips for bare root fruit tree planting, citrus frost protection, pruning salvias, planting and tending winter herbs. Bring your gardening questions to the Ask the Master Gardener table.

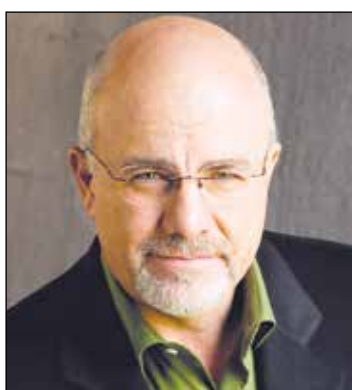
Annual Crab Feed
Date: 1/6/18
Time: 5pm -9pm
Place: Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks, CA 95628
Contact: 916-967- 4784
Info: Our annual Crab Feed and Bingo Night is January 6th! Come enjoy a 4 course meal of salad, bread, hot prawns, baked ziti, and hot dungeness crab. Immediately following the crab feed we will have bingo games with fabulous prizes! Come fill up on crab and win big during bingo! All proceeds go toward funding Fair Oaks Presbyterians High School Choir!

Best of Fair Oaks
Date: 1/25/18
Time: 5:30pm – 7:30pm
Time: North Ridge Country Club
 7600 Madison Ave
 Fair Oaks, CA 95628
Contact:
Info: Raffle, Appetizers and awards.

Silent Movie Night
Date: Wednesdays
Time: 7pm-8:30pm
Place: Fair Oaks Community Clubhouse 7997 California Ave, Fair Oaks, CA 95628
Contact: 916-966- 1036
Info: Join the Fair Oaks Recreation & Park District & the Sierra Chapter American Theatre Organ Society for a trip back in time. The night will feature silent film Peter Pan(1924), along with LIVE theatre organ accompaniment featuring Dave Moreno at the mighty Wurlitzer. Popcorn, hot dogs, and drinks will be available for purchase, cash only. Doors open at 6:00pm.

24th Annual Crab Feed
Date: 1/20/18
Time: 5:30pm-8:30pm
Place: La Sierra Community Center, 5325 Engle Rd Carmichael, CA 95608
Contact:
Info: Enjoy good food and drink, raffle prizes, and a silent auction. Proceeds from this fundraiser benefit community projects and youth.

**PROMOTE YOUR EVENTS
 CALL 773-1111**



Dave Says

morally and legally. If you don't have that kind of cash on hand, try haggling with them. See if you can get them to agree to settle for \$2,500. Remember to get this agreement in writing before you send them a dime, and do not give them access to your bank account.

The past can haunt you

Dear Dave,
 My wife co-signed on a loan for an old boyfriend five or six years ago. Now, a collection agency is after her for the remaining \$5,000. We make about \$90,000 a year combined, and our attorney recommended we file Chapter 7 bankruptcy. The idea of filing bankruptcy scares me. Is there a better way to handle this?

-Jeffery

Chances are they'll threaten to sue and all that stuff, but my guess is you can work out something on an old loan like this. It may take a couple of weeks and a little patience, but that's a small price to pay if it saves you \$2,500.

Sorry, but you guys will have to pay something to make this go away. And I hope it teaches you both a valuable lesson — never co-sign on a loan!

—Dave

Apps and stocks?

Dear Dave,
 What do you think about online investing apps, and the way they allow you to jump in and out of stocks for really low fees?

- Anonymous

Dear Anonymous,
 I don't think about them, and I don't use them. And I don't play single stocks — period.

There's a ton of research out there showing that people who

play individual stocks on their own — or with their broker, or with a golfing buddy — see a rate of return of about seven percent on average. You can make anywhere from 10 to 14 percent, on average, with good growth stock mutual funds.

I could probably play single stocks more intelligently than most people, but why? If the average is noticeably less than I'm seeing with my mutual funds, why bother going there? Plus, with a mutual fund portfolio, you've got someone who does this kind of thing for a living managing and researching your investments for you in your best interest.

I don't have an app on my phone that lets me trade stocks, nor do I plan on getting one. There's nothing wrong with apps, in general, but I'll never recommend jumping in and out of single stocks as a method of investing.

—Dave
 Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



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WAYNE FARMS Chicken Thigh Meat Boneless & Skinless Carne de Miso/Deshuesada 40 lb Box.....\$55.99/ea \$1.69 /lb	GREAT DEAL Beef Ribeye Steak-Bnls Filete de Bistec \$5.49 /lb	
SEABOARD Pork Loin Chops or Roast-Boneless Chuletitas de Cerdo o Asado de Cerdo sin Hueso \$1.79 /lb	IBP/Farmland Pork Butt-Bone In Trozo de Puerco con Hueso \$1.49 /lb	IBP/Farmland Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.79 /lb

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FRESH PRODUCE

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

Crown Broccoli 79¢	Green Cabbage 3lbs/\$1	Kale Bunch 79¢	Italian Squash 2lbs/\$1	Pickling Cucumber 2lbs/\$1	Popeye Spinach 10 oz 2/\$3	
Carra Carra Oranges 1.29	Navel Oranges 79¢	Halo Mandarines 3 lb Bag 3.49	Spring Mix Salad 6/5 oz 2/\$3	Fuji Apples 79¢	Mangos 6.99 /box	Russet Potatoes 2lbs/\$1

AMERICAN/HISPANIC GROCERY

INCA KOLA 12oz 2 Lit \$1.99	APRIL APEL 2 Lit \$1.99	Instants Apple Juice 150 Lit 2/\$5	SKIPPY Peanut Butter 16.3 oz \$1.99	SKIPPY Peanut Butter 16.3 oz 2/\$5	GUSHKA Grapes 3.75 lb \$1.99	GUSHKA Grapes 3.75 lb 2/\$5
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ASIAN GROCERY

Onion 20 lb \$1.99	Onion 20 lb 99¢	Pineapple 20 lb \$2.99	Yamso 20 lb 2/\$9.99	Yamso 20 lb 2/\$9.99	Yamso 20 lb 2/\$9.99
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EUROPEAN GROCERY

MAZDA 911 Lit \$1.29	MAZDA 911 Lit \$8.99	MAZDA 911 Lit \$4.29	MAZDA 911 Lit \$1.99	MAZDA 911 Lit \$1.79
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KOREAN/JAPANESE GROCERY

CJ Rice 40 lb Bag 18.99	Nongshim Ramen Box 2 Kinds 36 x 4.2 oz 9.99	Sea Tofu 2 Kinds 18 oz 99¢	Roasted Coffee 2 Kinds 100 x 12 g 7.99	Lotus Cracker 3 Kinds 2.99	Ginger & Citrus Tea 2.2 Oz 4.99
And Sea Salt 4 lb Bag 99¢	Korean Roll Galaxy Kattori 60 x 2.82 oz 2.99	Choya Plum Wine 2 Kinds 750 ml 9.99	Green Tea w/Rosebud Rice 1.69 oz 1.69	Japanese Style Curry Sauce 3 Kinds 7 oz 1.99	Japanese Rice Wine Gift Set 750 ml 9.99

HOUSEWARES

LUMINARC POTS \$23.99	PREMIUM PRESSURE COOKERS \$39.99	PREMIUM PRESSURE COOKERS \$44.99
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FROZEN DEPARTMENT

Veggie Spring Roll 20 pcs 3 oz \$1.99	Peas 1 lb \$1.99	French Onion Soup 1.5 Lit \$1.99
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EUROPEAN DELI

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County Opens Mental Health Urgent Care Clinic

SACRAMENTO COUNTY, CA (MPG) - Over the past year the Sacramento County Department of Health and Human Services, Division of Behavioral Health Services has been working on an innovative Mental Health Urgent Care Clinic, funded by the Mental Health Services Act (MHS). On Wednesday, Nov. 29, the clinic officially opened, providing mid-level service that will help stabilize community members who are experiencing a mental health crisis with same day interventions.

To introduce this this new program to the community, the Division of Behavioral Health Services and Turning Point Community Programs hosted an open house on Tuesday where Sacramento County Board of Supervisors, County staff, system partners and community members were in attendance.

"This intermediate level of service for mental health has been an ongoing need in our community," says Uma Zykofsky, Sacramento County

Behavioral Health Services Director. "This will fill the gap between outpatient and inpatient services and serve as a connector to the appropriate level of service needed. This clinic will allow us to test different ways to successfully adapt the physical health urgent care model to address mental health needs in our community for all ages. What we learn will provide our local practice with the insights needed to improve our county's service delivery system across many healthcare partners."

In addition to helping stabilize community members experiencing a mental health crisis, the Mental Health Urgent Care Clinic will reduce the impact on hospital emergency departments and psychiatric hospitalizations. Once stabilized at the Mental Health Urgent Care Clinic, staff will make appropriate referrals for on-going mental health support and services. The opportunity to intervene at the start of a crisis will help staff reduce the impact a mental health crisis might have on

patients such as loss of housing, broken/disrupted relationships, and/or incarceration.

"This clinic represents a core component of the mental health continuum the County and its partners are striving to create," says Rosemary Younts, Dignity Health Behavioral Health Services Senior Director. "We're excited over the benefits it will offer to our patients and all consumers and we look forward to continuing to work with the County in the future."

Located on Stockton Boulevard on the same campus as the Mental Health Treatment Center, the Mental Health Urgent Care Clinic will be open 7 days a week from 10 a.m.-10 p.m. Monday-Friday and from 10 a.m. - 6 p.m. weekends and holidays. The address is 2130 Stockton Boulevard, Building 300. The clinic will offer a variety of services including, clinical and psychiatry services, alcohol and drug screening, medication, peer support and recovery services.

Source: Sacramento County Media special release ★

Dementia: 8 Tips for Celebrating the Holidays



As the caregiver of someone with Alzheimer's or another form of dementia, you may have to adapt your holiday plans, but this does not mean that you have to miss the magic of the season. MPG File photo

By **Steffany Jamison, Aegis of Carmichael**

SACRAMENTO COUNTY, CA (MPG)

The holidays can be stressful during the best of times, but layer on the responsibilities of caring for a loved with Alzheimer's or another form of dementia and your holiday season can be quickly overwhelming. Don't lose the magic of the holiday season, but take some steps to plan for yourself and the loved one who you are caring for. You can find joy this holiday season by adapting and celebrating together.

- 1. You can say no.** You simply cannot do it all. Give yourself permission to limit how you will spend your time this holiday season. Let someone else host and enjoy their hospitality. Bake fewer cookies, simplify your decorations, and buy few gifts. If you focus on what is most important, you will enjoy those activities much more.
- 2. Inform out of town visitors.** Your loved one's behavior may be changing. Inform your visitors, who have not seen them recently, what to expect. Let them know that they may no longer recognize them. Setting these expectations

before they arrive can relieve the stress and anticipation for you and them.

- 3. Choose the time of day that is best.** Many people who suffer from Alzheimer's become more uncomfortable and agitated in the evening due to sundowning. Suggest that family meals be done in the morning, brunch, or lunch. Who knows, you might create a new tradition?

- 4. Let your loved one help with preparations.** Let them help you wrapping presents, decorating the house, setting the table, or making a simple dish. Break these into manageable smaller tasks that you do together to limit frustration. Sharing these activities together can evoke memories of the past.
- 5. Ask for help.** The holidays are about family and friends. Allow them to help you. Set up a buddy system at parties, so someone else can help you look after them. Have potluck meals, so the burden of all the shopping and cooking does not fall on you. Delegate shopping or meals prep to others who offer to help.

- 6. Creative gift giving.** For the stressed caregiver, a certificate for housecleaning during

the holidays would be appreciated or a certificate for respite care so they can enjoy a break. For the loved one with dementia, think about soft and warm items like robes, slippers, soft clothing, shawls, and blankets, especially for those suffering from poor circulation.

- 7. Set limits.** Loved ones with dementia become tired very easily. Try to keep them to their routine as much as possible. Keep gatherings low key and short, or provide them a place to get away and lie down from the noise and activity.

- 8. Enjoy your traditions.** A special dish, a favorite holiday song, or lit tree or menorah may be welcome and comforting memories for your loved one.

As the caregiver of someone with Alzheimer's or another form of dementia, you may have to adapt your holiday plans, but this does not mean that you have to miss the magic of the season. You may create new traditions or enjoy a simple, more relaxed season. You may find joy in the eyes of your loved one as they remember a past holiday. You will find gratitude in enjoying another holiday with some you love and care for. ★



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