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Bring Gold, Silver and
Bronze to Robinson's**
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Carmichael Times

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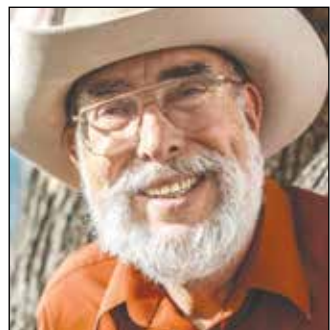
AUGUST 18, 2017

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Peaches and Cream



Reilly Corrigan (8, above) gave her best effort to Carmichael Farmers Market Peach Festival's peaches and cream eating contest. Contestants (at right) presented desserts for judging at the annual Peach Festival. Eight chefs vied for kudos in the annual bake-off.

**Story and photos
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Peach pies, peach cakes, peach ice cream and pickled peaches; if it looked, tasted and smelled like the fuzzy orange fruit, it was procurable at Carmichael's Peach festival last weekend.

Hosted by the Sunday Farmers Market, the third annual celebration tripled the market's usual numbers and attracted 6,000 fruit fans to Carmichael Park. A record count of 145 vendors included tart and cake bakers; most sold out of peachy deserts in less than two hours.

The festival included a dessert contest that challenged chefs and volunteer judges. "Sampling eight desserts in a row is a tough service for our community," sighed an adjudicator. "But someone has to do it..."

Entries included traditional cobbler, boozy tiramisu, zesty crostata, and "Peach Love"

cupcakes. Two desserts tied for first place. While Citrus Heights cook Geoff Feusahrens won for a peach upside-down cake; Fair Oaks mom and son team produced "peach pocket pies."

"Cooking is a stress reliever for my son Josue (12) and me," admitted victorious Meghan Mendez. "We both love messing around in the kitchen."

Yuri Tanaka's peach mousse tart took third place. In contrast with culinary finesse, peach-eating contests produced dozens of goopy faces. "It's our most popular contest," said Farmers Market co-founder Marie Hall. "Entrants try to eat 13 ounces of peaches and cream without using their hands. Six to 60-year-olds compete. We give the little ones a head-start. It's fun to watch all those faces planted in their plates. Everyone comes up covered in cream."

A September 10 Tomato Taste-Off



aims to generate similar enthusiasm for tomatoes. The market's "Best Salsa" competition will crown champions for recipes whose ingredients must include tomatoes. Learn more about the event at www.ilovemyfarmersmarket.com ★

CHP to Hold Start Smart Driver Class

SACRAMENTO COUNTY, CA (MPG)

- The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort inform and to reduce motor vehicle collisions in California, California Highway Patrol (CHP) North Sacramento area will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.

Recent collisions involving teenagers in our area demonstrate the importance of these types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.

The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 -19 and their parents/guardians.

The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.

North Sacramento CHP will be offering this free class on Tuesday, August 22nd, from 6:30 p.m. to 8:30 p.m. The class will be held at the Sacramento Water and Sewer Treatment Plant at 5026 Don Julio Blvd, in the conference room. This building is located on the northeast corner of Elkhorn Blvd. and Don Julio Blvd.

Persons interested in signing up for the class will need to register for the class by emailing Officer Chad Hertzell at chertzell@chp.ca.gov or by sending a private message to our Facebook account at [Facebook.com/chpnorthsac](https://www.facebook.com/chpnorthsac). It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP's Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA.

Source: CHP ★

New Center Giving Young Women Hope

Sacramento Life Center's New Medical Clinic Opens

By Kristin Thébaud

SACRAMENTO, CA (MPG) - More than 200 people toured Sacramento Life Center's new medical clinic in the Arden area for low-income women and teens at an Open House that included free Leatherby's ice cream, music, appetizers, wine and a ribbon cutting by Sacramento Metropolitan Chamber of Commerce.

"This much larger facility will allow the Sacramento Life Center to serve even more low-income, pregnant women and teens that need our services," said Marie Leatherby, executive director, Sacramento Life Center. "We are thrilled to be able to expand the vital services we provide to this community."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and

couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy testing, STI testing, ultrasounds, advocacy for men and women, education and resource referrals.

The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com.

For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★



Marie Leatherby of Sacramento Life Center cuts the ribbon on the nonprofit's new medical clinic. The center provides services for low income women and teens. The open house included tours, music, appetizers, wine and more. Photo courtesy SLC

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Leading the Leaders: DOVIA Sacramento Supports Non-Profit Volunteer Managers

Story and photos by Jacqueline Fox

SACRAMENTO REGION, CA (MPG)

- With few exceptions, among the most important individuals behind any successful nonprofit organization, including its return on investment, are its volunteers. But how do you find them, keep them motivated and give them the tools to they need to effectively make an impact?

Enter DOVIA, or Directors of Volunteers in Agencies, which has chapters across the country, including Sacramento. The Sacramento Chapter is currently celebrating 40 years of service, providing some 100 volunteer managers from a vast range of non-profit agencies, most of whom are members, with the support they need to successfully build and serve their core of volunteers.

DOVIA workshops and trainings offer ideas for learning how to motivate volunteers, as well as avenues for members to connect with other volunteer leadership professionals and collaborate and exchange ideas.

Rachele Doty, is the volunteer coordinator for First Call Hospice in Citrus Heights. She also serves on the board of directors as vice chair for DOVIA, Sacramento. She views the organization as an indispensable resource, where, through workshops, trainings, networking and annual conferences, she can access an evolving and valuable exchange of information on relevant issues facing professional volunteer managers, no matter the size or scope of their agency's mission.

"I have just on-boarded 20 new volunteers at First Call Hospice, so I have been utilizing every tool and workshop



DOVIA members and presenters at the "Great Presentations" workshop held Aug. 10 at Bayside Church in Midtown, Sacramento.

or training I have under my belt through my membership with and my role on the board of DOVIA," said Doty. "The agency is absolutely critical for anyone who is working with volunteers. You get the support you need to promote your own growth but also the growth and development of your volunteers, whether you're part of an executive team or some other administrative department."

Dues for membership to DOVIA are \$55 for one year for those who are signing up as an employee of a non-profit agency, and that fee allows for the bundling of two employees from the same agency. For individual memberships, the annual fee is \$30.00, all nominal fees for access to support for trainings

that often non-profits themselves simply don't have the resources to provide, despite their dependence on volunteers.

Lynne Moore is a member support specialist with the Girl Scouts Heart of Central California Council, one of 112 councils in the nation. She and several colleagues from her agency recently attended a DOVIA workshop at Bayside Church in midtown, Sacramento focused on delivering effective presentations to volunteers. For her, the workshops and DOVIA membership provide unsurpassed support and education needed to oversee the some 300 volunteers that support her council.

"I get so much from my membership," said Moore. "I have a lot of moving parts in my job

and a lot of changing faces, so it's critical that I keep up with new trends in recruitment and retention of volunteers. We depend so much on our volunteers and they deserve the best leadership available to them."

The biggest challenge many non-profit organizations face with respect to volunteers, says Doty, is finding them.

"That's an ongoing battle for everyone in the capacity of recruitment," Doty said. "One of the things we focus on with our workshops and trainings is how to utilize all of the available tools out there to reach potential, new volunteers. That includes social media apps, creating events to attract volunteers and how to effectively get the message out to volunteers in the community about your organization and its mission."

Meredith Holkeboer is the Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento. To say she's landed her dream job would be an understatement. She also finds her membership with DOVIA as invaluable. It has provided her with the tools to network with other volunteer coordinators and share ideas for how to keep volunteers engaged and impassioned about their work.

"The unpaid volunteers that support us are critical to our mission, so I am always on the search for new tips and ideas for how to work more effectively with our volunteers at Shriners," Holkeboer said. "I get a lot out of my membership. I learn new things every time I attend a workshop or a conference and I am reminded that I'm a part of a unique group of leaders out there who are overseeing people who make a choice whether to keep showing up and helping out."

DOVIA will cap its 40th year with participation at the

upcoming annual conference on Tuesday, Oct. 24 at Shriners Hospital. The ALIVE Hybrid Conference: Take the Leap | Embrace Change, will feature presentations for DOVIA members by four internationally renowned volunteer leaders with workshops centered on

are open to both members and non-members. Next year, the chapter will be taking a deep dive into the world of corporate giving, offering members in-depth trainings centered on how to make and maintain strong relationships with corporate giving managers who oversee employee volunteer pools in the community.

Presentations are planned by the heads of corporate giving departments from various companies who will provide DOVIA members with insights on how to recruit from their employee base and what their companies look for when determining which non-profits to support—something that can shift from year to year, depending on the nature of the economy and community needs.

"We are very excited about our plans for working with corporate giving representatives next year," said Doty. "Corporate support is very important to every non-profit, regardless of the size or what their particular mission is, so that is one huge part of what we'll be focusing on next year."

Other areas of focus for upcoming workshops will include stress management, supporting volunteer managers with tips and tricks of the trade to keep their volunteers from



(L-R) Mariann Eitzman, volunteer coordinator, Bayside Church, Roseville, Rachele Doty, volunteer coordinator for First Call Hospice and vice chair, DOVIA, Sacramento, and Meredith Holkeboer, Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento, at a recent workshop lead by Eitzman on giving presentations.

navigating organizational and professional changes.

DOVIA, Sacramento offers two, two-day trainings each year as a part of its membership focus, as well as monthly workshops, speaker events and other educational sessions. These

overpowering or, in some cases, de-railing the mission. And, just as importantly, training support will provide members with ideas for keeping their sanity when volunteers drop off, a phenomenon that, unfortunately, "goes hand-in-hand with our profession," Doty said. ★

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2622 Wrendale Way, Sacramento | \$479,000

This charming 5 bedroom and 3 bath abode located in a welcoming tree-lined neighborhood. A generous floor plan provides plenty of room for easy living and entertaining. Additional highlights include a large lot with a pool and RV access, an updated kitchen, large separate family and living room quarters and a walk-friendly neighborhood.



6608 Stanley Avenue, Carmichael | \$409,000

Situated on a fantastic half-acre lot in a desirable area of Carmichael, this original farm house is truly one-of-a-kind. With just the right blend of character and space, the possibilities for this 2 bedroom and 1 bath home are endless. Enjoy a private backyard and lot, spacious floorplan and a lovely neighborhood with easy access to Ancil Hoffman park.



3620 Scorpio Court, Sacramento | \$309,000

From its welcoming entryway to its polished interior with high-end finishes throughout, this 3 bedroom and 2 bath home captures the best of fine living. Enjoy an open-concept floor plan with an inviting great room, a newer kitchen, updated bathrooms with gorgeous custom marble finishes and detailing, and newer central heat and air. The home rests on a corner lot in a cul-de-sac in a walk-friendly neighborhood.

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POPPOFF!

with Mary Jane Popp

or walking at the beach, in the hills, or a local park or flower garden, the time passes more quickly, which makes it easier to do a longer workout. You can make your workouts more intense by finding some hills, increasing your pace, or inviting a very fit hiking partner who will push you harder. Exercising with friends boosts your motivation too. The principles of a good workout program are exactly the same outdoors as they are in the health club. Start slowly, build gradually, and keep challenging yourself. Seek help with a new sport. Make sure you dress appropriately when you exercise outdoors. Always wear clothing that has been designed for the activity you're doing and is suitable for any weather conditions you might encounter.

In this age of moving fast, eating fast, and doing everything at breakneck speed, people need ways of slowing down enough to hear the inner guidance. Yoga is one of the best slowing-down workouts. If you are looking for an aerobic activity that goes beyond mere physical exercise to improve the mind, body, and spirit, prayer-walking is for you. It feeds the soul

and calms the body. Being outdoors increases the negative ions you inhale, which helps you feel better, look younger, and live longer.

Spend time out in nature and bring nature into your home with plants and flowers. Exercising outdoors will strengthen your body, mind, and spirit and this whole-person integration will enrich every area of your life. It empowers self-esteem and helps to balance the body. Exercise is strong medicine. A single bout of 15 minutes of brisk walking, rigorous enough to raise your heartbeat above 100 beats per minute, is one of the best ways to reduce stress and anxiety. One reason that inactivity leads to fatigue has to do with the way we store adrenaline. If it isn't used, adrenaline saps energy and decreases the efficiency of the heart. Strength training builds muscle tissue which sculpts, shapes, and defines your physique. Muscles also use up calories at a faster rate than body fat, so you're always burning more calories.

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Investing in Exercise

So you hate to exercise, but what if I told you exercise is investing in yourself. That from **Dr. Susan Smith-Jones**, Founder of **Health Unlimited** in Beverly Hills, and tells all in her new book "**Invest in Yourself with Exercise:**" Tactics to build exercise habits and enrich and energize your workouts with tips galore. Let's start with something simple. If you can't carve out an hour each day to exercise, or even 30 minutes, then break the time up into 10 or 15 minute allotments. You must make fitness a priority...a nonnegotiable part of your day. We all need to find some type of vigorous physical activity that fits into our lifestyle that exercises not only our body, but also our mind and spirit. Exercising out in nature fuels our soul and happiness. When exercising outdoors, such as hiking

CARMICHAEL COMMUNITY UPDATE

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 Carmichael and Arden Arcade.

Fresh Fruit and Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting any of the two local Farmers Markets operating weekly thanks to BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth. These local markets are open Sunday and Wednesday.

Shop Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and

Fair Oaks Boulevard. On Wednesdays visit the Farmers Market in Fair Oaks between the hours of 3 - 7 pm operated at the New Life Church (8101 Sunset Avenue) near the corner of Fair Oaks Boulevard and Sunset Avenue.

In addition to the ones identified above, BeMoneySmartUSA sponsors markets at other locations. For a complete listing, please visit bemoneysmartusa.org.

Never Forget Trash Day Again!

Not sure what day is garbage day or whether to bring out your green waste or recyclables for pick-up?

Now you never have to guess and miss another waste collection day again!

Sacramento County's Department of Waste Management and Recycling offers a variety of services, including your weekly

collection schedule or sign up for weekly reminders via email or phone.

To learn more, go online to wmr.saccounty.net.

Final Summer Concerts at Carmichael Park

During the last weekend in August enjoy the last two free summer concerts at Carmichael Park.

The fun starts Saturday, August 26, with the band On Air playing classic rock with power horns at 6:30 pm. Come back the next night, Sunday, August 27, to hear big band and symphonic tunes of the River City Concert Band at 5 pm.

Carmichael Park is located on Fair Oaks Boulevard at Grant Avenue. For more information, please visit carmichaelpark.com.

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

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Make It Fun and It Will Get Done!
 The Secret to Being Organized
Pam Young's Corner
A Very Silly Way to Dejunk Your Kitchen

Is your kitchen streamlined, efficient and a joy in which to cook? A couple of years ago, I wrote about going on a pity trip that gave you a new way to dejunk your clothes closet, and so many of you went with me! I loved all your responses and I think the "trip" helped many pare down the contents of their clothes closets!

Today I'm throwing a pity party and I hope you'll have one too. This exercise is designed to help you dejunk your kitchen. Let's pretend we're going to throw a huge dinner party, only, just like on the pity trip you have to pretend you're disadvantaged and this party is going to be as wretched as you can make it.

You'll be Serving Bad Food

First, you'll need to search in the cupboards and freezer for old food. You know any cans or packaged products with words like "best by 7/14," and frozen stuff you don't recognize (and never will). Of course all the bad food needs to go in the garbage, but there's nothing stopping you from pretending you're going to make a giant and disgusting casserole out of all of it for the big pity event.

Second, you're going to look at all your serving dishes with new eyes. Are there bowls, and plates that you never use, not even during the holidays? Are your glasses foggy from age? A good way to look at your stuff with new eyes is to pretend you're at a thrift store and ask yourself, as you look at each plate, bowl and glass, "would I buy this?" See if you can fill a big garbage bag with kitchen utensils, silverware, glasses, mugs, chipped bowls and plates,

and pans you haven't used since July of 2005.

On the 4th of July a couple of years ago, Terry and I had a dinner party for two other couples. As I was looking in my kitchen cupboards with entertaining on my mind, I realized there were so many serving pieces I just don't use anymore and I promised myself that after the party, I was going to dejunk my kitchen of them. That's when I decided to pretend to have a pity party. It helped me get to the bottom of why I wasn't using a lot of what I passed over in preparing for the 4th.

Go Backwards

Thought comes before any tangible thing. If you want to change a circumstance, you must change the thought that created it and the circumstance will change. Every object in your home was first a thought and even the reason each thing is in your home, was first a thought. So metaphysically speaking, you can reverse it by turning the stuff you're not using into thoughts, and you'll quickly understand why you're keeping certain things and realize it's time to get rid of other things.

For instance when I looked at my big mixer, two thoughts came to me: 1. Joanna (my daughter) gave it to me for Christmas. 2. It's too heavy to pull out and use. I'll just use the hand mixer. One thought kept me from letting it go and one thought kept me from using it. Those two thoughts have kept that big, unused mixer in my cupboard for six years. And to think how it could have been used and enjoyed by someone while I've held it hostage.

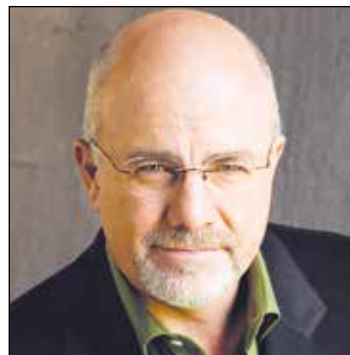
There was one BIG thought

that kept the ice cream maker up in the cupboard... unused. 'Someday I'm going to make ice cream.' Trouble with that thought is, we no longer eat dairy. It was a nice thought 15 years ago, but now it no longer fits us.

Have fun with recognizing the thoughts behind your things. It'll help you have a very successful pity party. And don't forget, to follow through with getting the contents of the pity party out of your house, so you'll be ready to entertain with just what you love.

I can guarantee you, as soon as you do your pity party you'll feel better. And you'll feel better every day you look in your kitchen cabinets and see the extra space you have.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★



Dave Says

First, get a real job

Dear Dave,
 I currently have student loans in deferment from earning a degree in hospitality management. My career goal is to own a mobile food vending company, so I'm putting most of the money I make from eBay and ride-hailing services — around \$1,000 a month — aside in savings for that. Should I forego my business idea for the time being, and knock out the student loan debt instead?

- Nicholas

Dear Nicholas,

You should put this business idea on hold for now, unless you can start it for less than \$1,000. The first thing you need to do is go out, and get a real job. I know you have this dream of being self-employed, but right now you're not doing so well as an entrepreneur.

With a hospitality degree, you can make \$30,000 to \$50,000 a year within the industry, clean up your mess, and build out the eBay thing on the side. Just think about how quickly you could save up money for a jump into

the food truck or mobile food business, then!

Pay your way through it, Nicholas. Don't sit around scrapping by on the kind of money you're making now and call that winning. You have a real economic engine at your fingertips, because you have the knowledge from the degree you earned. And it's a valuable degree. If you go in there and bust it, you can escalate yourself upward through that industry in a hurry.

While you're doing that, you can clean up all your student loans and save up money for your food truck. Boom! You're self-employed and you learned a lot of stuff you can use in your new business. Go make some real money, then follow your dream, man!

—Dave

A bad move

Dear Dave,

I have a whole life insurance policy with zero cash value due to loans I took out per the advice of my agent. I finally realized this wasn't a smart move, as I now owe premiums plus interest every year. Am I still on the hook for the policy loans if I forfeit the policy to buy term insurance?

- Tanner

Dear Tanner,

No, you are not. Get your term insurance in place first, then when you cancel the policy your

cash value will offset your loans.

They won't loan you more than your cash value. It's seldom that they will loan you 100 percent of cash value, so you might actually have a cash value that is above your loan amount. If they have loaned you the full amount of your cash value, it'll be an exact break even, and just canceling the policy means you cancel the interest and cancel the premiums.

It was bad advice to buy the policy, and even dumber advice to clean the whole thing out and sit there paying interest to borrow your own money and pay a premium to keep the loan open.

I recommend 10 to 12 times your income on a 15- or 20-year level term policy. During that 15 or 20 years, of course, you should be getting out of debt and building wealth so that you have a big pile of money and no need for life insurance.

—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

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Every Sunday from 3:00pm - 5:00pm

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2017
2018

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 Donald Kendrick, Music Director

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 8 PM
 Fremont Presbyterian Church

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Fern Hill | John Corigliano

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SAT, APRIL 7
 8 PM
 Sac Community Center Theater

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Agnus Dei-Lux Aeterna | Morten Lauridsen

SAT, MAY 12
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 Sac Community Center Theater

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Crossword Puzzle on Page 9

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

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Sudoku Puzzle on Page 9

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2017-05543 Sadia Naeckhel, 8028 Bridgebloom Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "MAGIC Beauty" at 8028 Bridgebloom Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County July 11, 2017. Publish: July 28, August 4, 11, and 18, 2017. IMAGIC 170710 8-18-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2017-05992 Janice Keller, 7001 27th Street Sacramento, CA 95822 and Kenneth Rhinehart, 6248 Logan Street Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "My Board & Care" at 7001 27th Street Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 25, 2017. Publish: August 4, 11, 18, and 25, 2017. BOARD 170710 8-25-17

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FBNF2014-03282 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "TKO Equipment & Marine TKO Organics" located at 4635 Power Inn Road Sacramento, CA 95826. TKO Equipment & Marine Inc, 2248 Mandarin Boulevard Suite H Minden, NV 89423. The Fictitious Business Name Statement referred to above was filed on April 15, 2014 in the County of Sacramento. Publish: August 4, 11, 18, and 25, 2017. TKO 170707 08-25-17

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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).

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Busting the Myth That Proposition 13 Eviscerated Sacramento's Tax Revenue



By Robert Gutierrez,
Director of the California Tax Foundation

The year 1978 might seem almost like ancient history – a distant memory for most voters, and unimaginable for a growing class of policymakers who were not yet born then. With the passage of time, folklore prevails and myths sometimes come to overshadow facts. It is in this light that opponents of Proposition 13 have made many false claims about the landmark property tax reform initiative.

One of the often-cited claims by opponents of the 1978 ballot measure is that “Proposition 13 eviscerated local revenue.” Nothing could be further from the facts. Data shows that since 1978, local property tax assessments in California have increased by 856.48 percent.

This year alone, local property tax assessments are expected to increase an average of 5.5 percent statewide, amounting to billions of dollars in additional funding for local schools, libraries, fire and police departments, parks and recreation programs,

public health programs, streets and transit.

Sacramento County alone has seen 6.4 percent growth in the total assessed value of properties subject to local property tax. Neighboring counties also have grown substantially – El Dorado County's assessment roll grew 4.68 percent, and Placer County's grew 5.7 percent.

While Proposition 13 limits property taxes to 1 percent of a property's assessed value, and caps how fast taxes can increase each year, the aggregate revenue growth has been substantial.

Proposition 13 protects property owners by capping the growth of a property's assessed value to 2 percent per year, absent a change in ownership or new construction. The point that many critics of Proposition 13 fail to account for is that aggregate figures are much higher than 2 percent. Only in the depths of the state's worst recessions (1994-1996 and 2009-2012) have Proposition 13 property taxes failed to grow more than 2 percent per year.

In fact, the growth of property tax assessments has far outpaced inflation and changes in California's population. Since passage of Proposition 13, assessments have grown at an average rate of about 7.07 percent per year. In contrast, inflation has grown at an average annual rate of 3.57 percent, and population has grown at an average rate of 1.43 percent.

The post-Proposition 13 growth is similar to the growth

prior to the initiative's passage. From 1945-46 to 1977-78, property assessments grew at an average rate of 7.93 percent.

What most people remember from the pre-Proposition 13 period is the public outrage, as property tax assessments were skyrocketing as much as 15 percent from one year to the next, based on such things as the sale price of your neighbor's house.

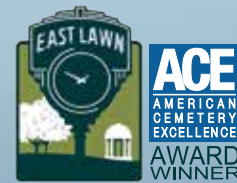
Instead of setting your property tax based on factors out of your control, Proposition 13 bases the property tax on acquisition value – usually the purchase price, an objective standard that generally is not disputed – plus 2 percent per year. The cap ensures that even as the aggregate property tax assessments grow, individual taxpayers are protected.

Discussions about Proposition 13 should not be framed by myths and misleading statements. To evaluate Proposition 13, tangible data from state and local sources must be used to inform the debate.

Love Proposition 13 or hate it, the data shows that it has provided a stable and growing source of revenue for local government that has far exceeded inflation.

Robert Gutierrez is director of the California Tax Foundation, a nonprofit organization funded through grants and donations from taxpayers. The foundation is online at caltaxfoundation.org. ★

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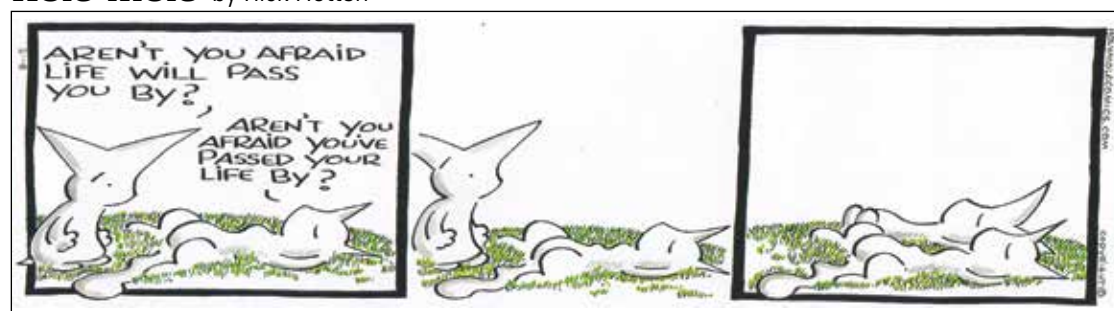
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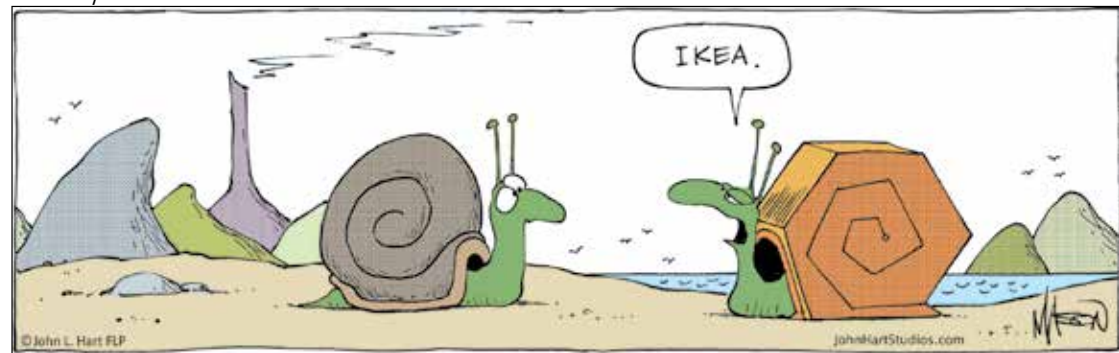
Wizard of Id by Parker, Mastroianni & Hart



Hole Molé by Rick Hotten



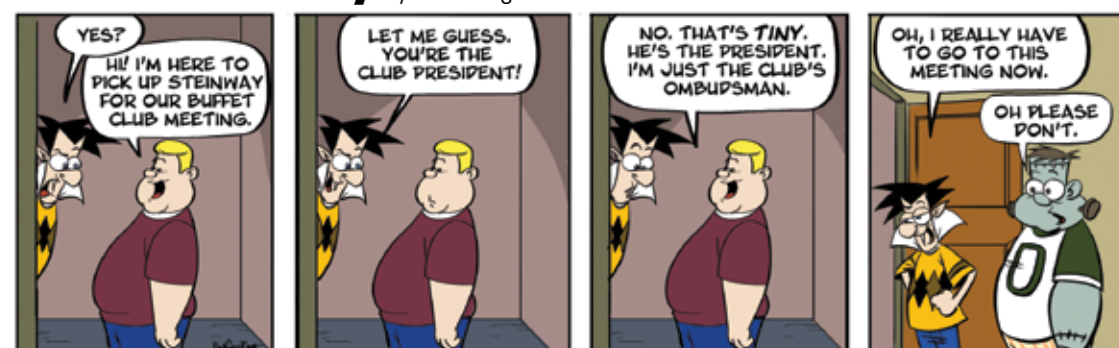
BC by Mastroianni & Hart



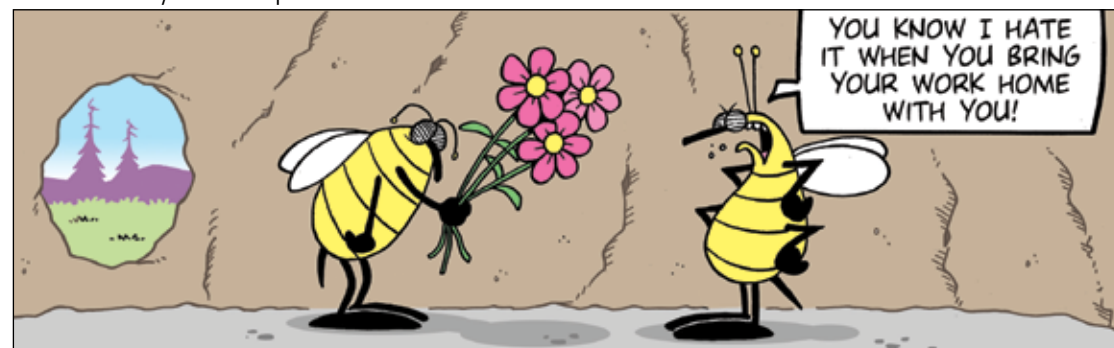
Cranky Girl by Crystal Jones



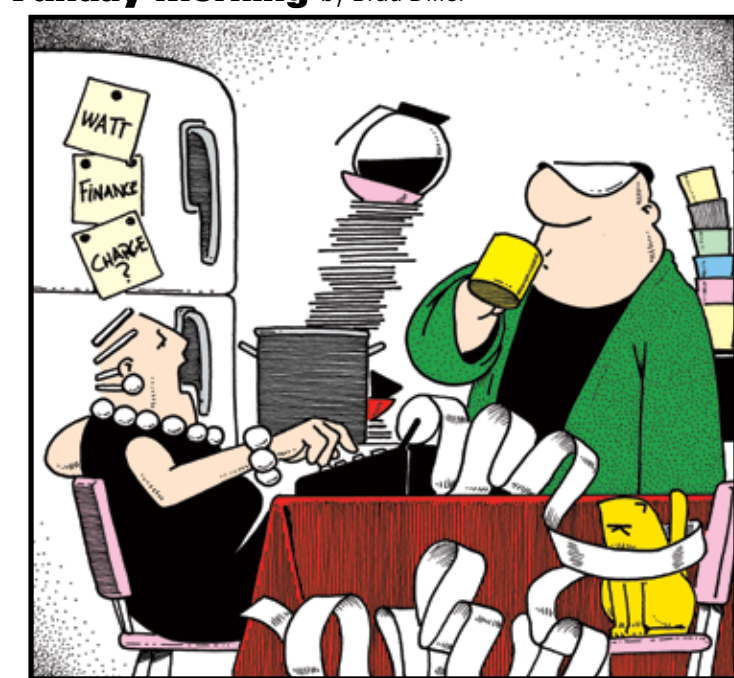
Frank and Steinway by Wil Panganiban



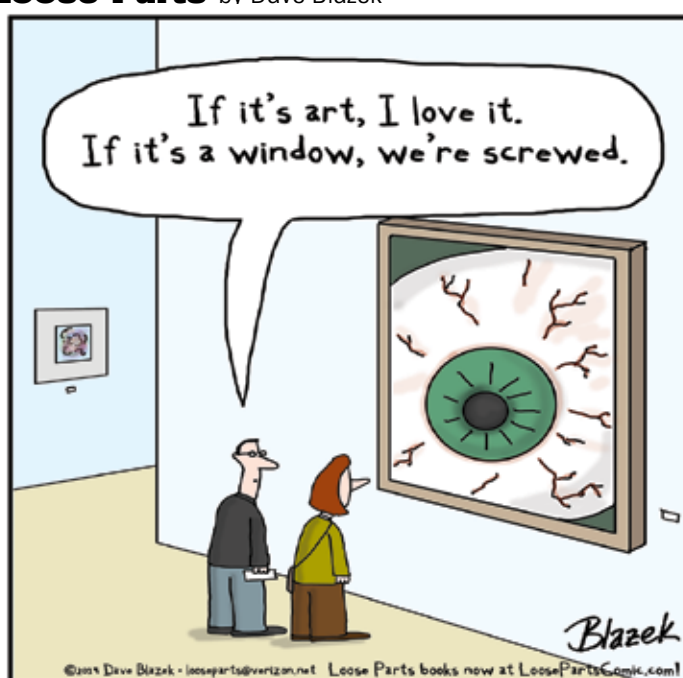
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Robinson's Announces National Champions

Five National Champions Bring Gold, Silver and Bronze to Sacramento TKD Glory



Sacramento's Black Belt Gold Medalist Phillip El Chemali on the mat in Detroit at the USAT Nationals. Photo courtesy Robinson's Taekwondo

By Rick Reed

SACRAMENTO REGION, CA (MPG) - They are outstanding young students in school and their local Taekwondo training 'dojang' or gym. In mat competitions with Black Belts from across the USA Sacramento's Phillip El Chemali was triumphant in winning the Gold Medal at the USAT Nationals in Detroit, MI this July. The win places him on the United States Association of Taekwondo National Team for a second consecutive year!

Elk Grove's Cassie Berger also won Gold in the USAT Women's Division, as this CA

State Champion won another top honor in the Korean-based martial art. Women's Bronze came home with Black Belt student Maria Lopez from the world's largest TKD tournament held in Detroit, MI. Less than one week later, at the Amateur Athletic Association TKD National competition in Broward Convention Center in Ft. Lauderdale, Florida Maria Lopez fought again, again winning the AAU Bronze Medal this July.

At this same Florida tournament event Robinson's Taekwondo Black Belt student Lorenzo Ortega battled thru top national TKD fighters to win the

AAU Gold Medal. The Women's Silver Medal came back to Northern California as North Highland's Natalie Velasquez stepped up to the podium as winner.

Rarely in history has one American city claimed so many top TKD medals and five US National Champions in its ranks.

Founded in 1975 in Sacramento, Robinson's Taekwondo has locations throughout the region training athletes of all ages in the world's most taught martial art - Taekwondo! To find out more visit www.robinsonskd.com ★

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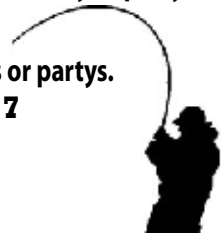
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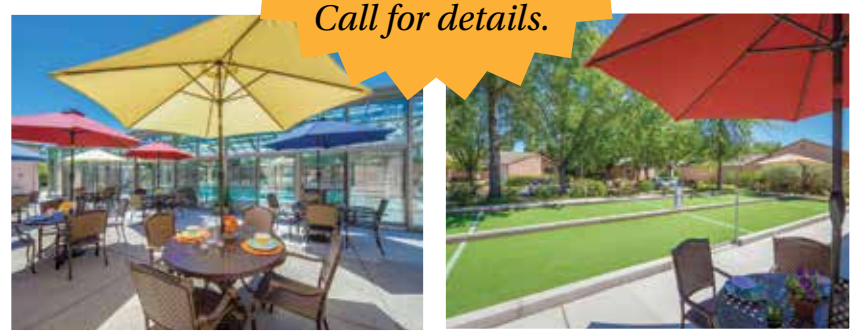
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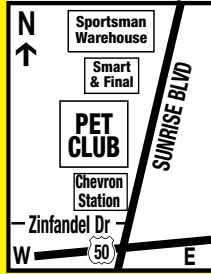
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