



Carmichael Times

Volume 37 • Issue 05

Serving Carmichael and Sacramento County since 1981

February 3, 2017

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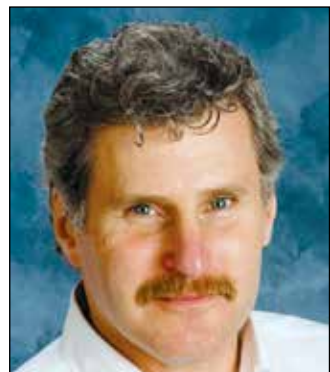
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HELPING LOCAL
BUSINESSES TO
SAVE MONEY



PAGE 10

GETTING STRONGER
IS THE GOAL



PAGE 12



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It's Always a Good Day



Carmichael's Marianne McClary is bright-eyed and immaculate for the camera before daybreak.

Story and photos
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - TV anchor Marianne McClary doesn't blush when recognized having her roots re-touched in the salon. "I'm 55 and I color my hair," she shrugs. "I'm not pretending otherwise. In television, it's something I like to stay on top of."

A greater challenge for TV front people is simple survival. Jobs often begin and end within a three-year contract. Budgets favor newcomer salaries. A faux-pas might bring down an axe faster than Robespierre's guillotine. With 21 years on Good Day under her belt and a total of 35 years in broadcasting, statuesque anchor Marianne McClary is a TV fixture.

Raised in Seattle, she planned a career in her family business but fell in love with broadcasting at college. She worked for Tacoma, Phoenix and Las Vegas stations before Sacramento's KMAX (then KPWB) called her to anchor Sacramento's first long-form morning TV show. "They gave me a

three-year contract in 1995 and said they'd see how it went," she recalls. "I guess it went okay."

The show recently marked its 21st year with only two original anchors -- McClary and fellow Carmichaelite Tina Machua -- still in harness. Given the iffy nature of television employment, the anniversary was an apt time for her to share survival tips. Much of McClary's advice reaches across the career board.

- **"Know your stuff,"** she suggests. "Pronounce names right. Study the background of people you're about to meet. Be familiar with local geography and news. Information is at your fingertips in seconds on the internet. There's no reason to be uninformed."

- **Guard your comments.** "You have the same rights as any citizen. But there's a fine line between intelligent discussion on TV and letting your opinions show. One day I wore a red jacket. A woman emailed the show insisting I was a Republican. I

told her I was also wearing blue pants and green underwear. Even in conversations off the air, people can overhear what you say. Don't give out ammunition that could get you called to the bosses' office."

- **Don't take criticism personally.** "Try to let it roll off your back. People say things to a public figure they'd never say to a stranger on the street. One day a viewer called me out by e-mail for wearing the same dress too often. I told her she was right but that it was one of my favorites because it was so darn comfortable. Not being defensive can turn your critics into allies."

- **Be nice.** "Even if you're tired and hungry and looking like heck, when someone approaches you, do the selfie. Let them walk away saying they've just met you and you were friendly. Don't be a jerk; even if everyone knows who you are, you shouldn't behave like you're anyone special."

Continued on page 3

A Buzz is in the Air

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's most recent Crop and Livestock report indicated that Apiary (bee keeping) production has increased. With Sacramento County's embrace of its agricultural heritage, this increase should not come as a surprise as bees pollinate our crops.

Now is the time for beekeepers to order bees. Approximately two three-pound packages of bees and a queen—which costs \$150 to \$175 each—will pollinate an acre of almonds. They can be purchased locally at businesses such as Sacramento Beekeeping Supplies. The bees will be ready for pick-up or delivery in April and May.

If you are interested in raising bees, and haven't already, contact the Zoning Department to find out if your property is properly zoned for bee keeping.

Your hive should also be registered. The Agricultural Commissioner will register your hive for \$10.00 per year. A benefit of registration is that you can request neighboring farmers inform you when they spray pesticides, which are detrimental to bees.

The Sacramento Area Beekeepers Association (SABA) offers valuable classes for first-time beekeepers. They meet the third Tuesday night of every month.

Bees are fascinating creatures. Not only are they hard workers, they are sophisticated communicators. According to Agricultural Commissioner Juli Jensen, "A bee will search for a food source, such as a blooming tree. When she finds one, she returns to the hive, and performs a "waggle tail dance," with the surrounding bees watching her. The dance communicates the location of the source and the directions to find it. The level of enthusiasm of her "waggle-tail dance" illustrates how "good it is."

Bees also have great memory. Bees will recall and return to their first source of water. Thus, it is important to put water adjacent to your hive, so that your bees continue to congregate on your property.

It is also important to have food year around, so if you don't always have flowers in your garden, you can provide sugar water.

Source: Sacramento County Media Dept. ★

Baby Basket Drive Raises Most Funds Ever for New Moms at Life Center

SACRAMENTO REGION, CA (MPG) - The Sacramento Life Center's third annual Baby Basket Drive for new moms raised the most funds of all three years, totaling \$8,470, which will buy 170 baskets in 2017. The drive is held each December to kick-start the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more.

Donations will be accepted throughout 2017 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources that will sustain them long after the baby comes," said Marie Leatherby, executive director, Sacramento Life Center. "We want to encourage women, teen girls and their partners that they are capable of caring for a child. These baskets give new parents a boost of confidence along with much needed supplies."

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 tests, STD tests, ultrasounds, peer counseling 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 Thèbaud Communications ★



Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources. Photo courtesy Sacramento Life Center

A Galaxy Not Far Away



Jim and Judy Byrnes with Bob Byrnes' "Carmichael Car."

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Although Army Lieutenant Robert S. Byrnes is honored on Carmichael's Wall of Honor in Patriots Park, his family has another monument to their hero.

In 1963, Robert's parents gave him a Galaxy 500. The popular teen drove it all over Carmichael, particularly to the community pool, for his summer lifeguard duties. Byrnes was in archery, track and field and water polo teams so the jock's car added aqua allure to many sports meets. His fab Ford was marshalled for Carmichael's July 4 parade and the Byrnes family proudly recalls Vietnam hero B. T. Collins as a pageant passenger. Once located near Gibbons Avenue, the drive-in movie theater was

another favorite teen destination and Here Robert met his future wife, Marcy.

He enlisted in the US Army for Vietnam service in 1965 and married his sweetheart while on Honolulu leave. Eternally cementing their brotherhood, he and his best man Darrel Bondrowski both died in action during a 1968 firefight at Tet.

His young brother Jim inherited Robert's beloved Galaxy. "It has 23,000 miles on the clock and I seldom drive it," says Jim (now 60). "It's hardly ever been out of Carmichael. It reminds us of Bob. He was an amazing son, brother, newlywed and



Gold Star license plate recalls a family's sacrifice.



Robert Byrnes is honored by Patriot's Park Wall of Honor and the Vietnam monument in Carmichael. Photo courtesy Bob Byrnes

friend to all. We love his car. Wherever it goes, people smile. It reminds everyone of good times." ★

Student Exchange Seeks Host Families

SACRAMENTO REGION, CA (MPG) - Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children or themselves should consider hosting a teenage exchange student for an academic semester or year. Children and adults alike, by interacting on a daily basis with a new, international family member, broaden their perspective on the world and discover new facts and ideas.

NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values; establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values; they can view the U.S. through another's eyes, and thereby gain a broader understanding of our own country.

Families need not have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Hosts are not expected to be tour guides.

Those who cannot host can earn a "finder's fee" for referring to us families who do host. While host families are not compensated for hosting, tax deductions may be available. Check with your tax preparer.

NWSE exchange students are closely screened for appropriate motivation, academic and language skills; our students have solid emotional and practical support from NWSE professional partners abroad, and from the students' natural parents in their own countries. Our students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

As area coordinator for Sacramento, Placer, Yolo and El Dorado counties, I will do my very best to match the host family with a student that complements the host's lifestyle and interests and world region preference, if any.

It is easy to get more information about hosting. Potential hosts can contact me, Area Coordinator, Sheryl Longworth at 916-833-1218 or email sheryl6663@yahoo.com; or contacting NWSE directly at 877-850-3312 or info@nwse.com; or visit our Web page at <https://www.nwse.com> and click on Host an Exchange Student. ★

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It's Always a Good Day



Soon after their 2007 wedding, Marianne McClary and husband Scott Goebel posed in Ancil Hoffman Park.

Continued from page 1

• **Stay on schedule.** “To be up at 2:30 am on work days, I’m in bed by 7 pm. I can’t stay up an extra hour or have a second glass of wine. I’ll feel it the next day. Good day viewers live our lives right along with us. If you look tired; if you gain weight; if you need a haircut – they see everything. Be your own worst critic so others won’t be. Dress to be trendy but age-appropriate. Get to the hairdresser regularly. Skin care comes top

of my list. Staying on top of things is a challenge on this schedule. That said, I’m glad there’s still room on TV for women over 50.

• **Treasure your support system.** “My husband (Scott Goebel) gets dressed up for my charity emcee events when he’d rather stay home in sweats. He’ll often pick up dinner so I can skip cooking. If Scott’s a saint, my best friend is a Mother Theresa. Joyce Taylor does my exact same job at KING-TV (Seattle), and she’s my number one call when I need to

vent. I’m lucky to have friends who understand the industry.”

• **Enjoy the ride.** “Not everybody gets to go where we go and meet the people we meet. I didn’t set out to have this career. I’m amazed it fell my way. It’s a challenging, constantly changing industry but I’m still thrilled I’m doing this for a living.”

Watch Marianne McClary and Good Day Sacramento friends from (4:30 am to 10 am) Monday to Friday on KMAX, Channel 31 ★

Governor's Statement on Cancer

SACRAMENTO, CA (MPG) - The Office of the Governor announced January 28, 2017 that Governor Edmund G. Brown Jr. will undergo further treatment for prostate cancer.

Dr. Eric Small, Governor Brown’s oncologist at the University of California, San

Francisco Medical Center, issued the following statement:

“Fortunately this is not extensive disease, can be readily treated with a short course of radiotherapy, and there are not expected to be any significant side effects. The prognosis for Governor Brown is excellent.”

Governor Brown continues his full work schedule and will do so during the treatment, which is expected to occur between late February and early March.

Released from the Office of Governor Brown ★



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Carmichael Med+Fit Holds Celebration



Eva Revesz, owner, cuts the grand opening ribbon surrounded by her staff and chamber members. Staff photo

CARMICHAEL, CA (MPG) - On Saturday, January 28th Carmichael Med+Fit held its grand opening celebration and Chamber of Commerce ribbon-cutting.

The event and presentation was attended by dozens of interested clients and local

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There were demonstrations of aerial yoga, aerial skills, pilates, and student performances. Refreshments were provided by River City Brewing Company.

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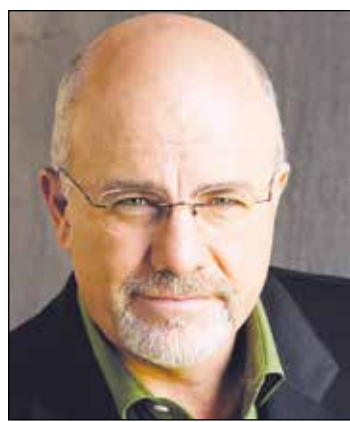
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Dave Says

You're Using It Wrong

Dear Dave,
 I take classes online at a public university that is several hours from my home. I tried to pay for my classes the other day, and my Visa debit card was not accepted. I got a message saying credit cards and cash were the only payment options. How can I take care of this without wasting an entire day driving to campus to pay with cash?
 - Amy

Dear Amy,
 Don't worry, there's no need for you to drive all the way to campus and back just to pay for your classes. You can run a debit card like it's a credit card, and they will accept it. The machines don't recognize the difference, whether you type in a credit card number or a debit card number.

Just select "credit" when it asks for payment method. It's just like when you step up to pay for something at the store and they ask the old credit or debit question. You say credit, so you don't

have to enter your PIN (personal identification number), and it all stays in the Visa system.

You're just using it wrong, and that's why you're having trouble. Just remember this in the future, and best of luck with your classes!
 -Dave

Consider the House?

Dear Dave,
 My husband and I have been debt-free, except for our mortgage, for a few years now. Recently, we've been thinking about moving back to our home state to be closer to family. We've found a home we're interested in, but it has a large utility tower on the property not far from the house. Should we still consider this home?
 - Denise

Dear Denise,
 The downsides are simple. One, you've got to look at the stupid thing every time you're sitting on your patio. Two, when you get ready to sell it, everyone who looks at the house is going to have the same concerns you have. It's not going to appreciate in value, and you're going to have trouble selling it when the time comes.

If you're willing to put up with those two things, you might get

a steal of a deal on this place because no one else may want this house. And when I say a steal, I'm talking around 40 percent off the appraisal. To me personally, it would be enough of an eyesore that I probably wouldn't buy. Again, that's just a personal opinion.

Keep in mind that if you go through with this, when you get ready to sell it you're going to lose out on any money you gained in the buy. Someone is going to do the same thing to you. I'm not completely killing the deal, but I definitely wouldn't buy it to live in. As a rental? Maybe, if I were going to keep it forever. Because people will always rent. But honestly, I wouldn't want to put up with the hassle in either scenario.
 -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, Entrepreneurship 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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“String of Pearls” Puts You “In the Mood!”

Moonlight Swing Brings Big Band Sound to Carmichael

SACRAMENTO REGION, CA (MPG) - The Sacramento region's premier big band has booked a series of dates to bring its Glenn Miller Big Band sound to local audiences in the Carmichael area. The Moonlight Swing Living History Big Band has agreed to play a series of dates at the Carmichael Elk's Lodge, which is located at 5631 Cypress Avenue in Carmichael. The band is scheduled to play next month, Sunday, February 19th, from 6:00 to 8:00 PM, in the main Elk's Banquet Hall.

“Listening to Moonlight Swing is like taking step back in time,” said band leader and arranger Grant Pyle III. “Not only are our arrangements straight from the big band heyday during the 1930s and 1940s, but the group also strives for that vintage look through swing era attire and arrangements. It's important that we recreate and stay true to the sounds of Glenn Miller and so many other great bands from that era.”

A full sized and authentic recreation of the big swing bands of the Big Band era featuring 20 members, Moonlight Swing has performed for a

variety of public and private audiences. The band also takes great pains to recreate the great 418th Army Air Forces Training Command band of WWII, led by the immortal Major Glenn Miller, wearing authentic WWII Army air Corps uniforms.

Moonlight Swing's busy schedule has included such popular settings as the Nevada County Air Show, the Magic Circle Theater, the Rocklin Jubilee, the Sacramento Jazz Jubilee and “Hot Jazz Sacramento”. The band has traveled extensively throughout California and Northern Nevada and has been privileged to perform for Bob & Dolores Hope at the “Wings Over Stockton” Airshow in 1998, the Jimmy Doolittle Raiders Reunion in 2003, and members of the Tuskegee Airmen in 2005.

Although there were many popular big bands during the Swing Era, none quite topped the charts like Glenn Miller. Poll after poll in the 1940's consistently placed the Miller band in front. The band set attendance records almost everywhere it went, and by 1943 there were more than 500 Glenn Miller fan clubs

across the United States and Canada. In 1940 alone, Miller recorded 45 songs that made it into the top-seller charts – figures that neither Elvis Presley nor the Beatles ever matched. Miller and his band were also the first to break through the Hollywood ceiling with popular movies such as Sun Valley Serenade and Orchestra Wives, the latter of which premiered after the United States had entered World War II.

“This music is timeless,” said Pyle. “It has commanded large audiences through the decades and will continue to do so. We are dedicated to keeping it alive and are humbled to have been rated the Number One Glenn Miller Tribute Orchestra in the nation.”

Tickets to this February's event and future events are priced at \$10.00 and are sold at the door.

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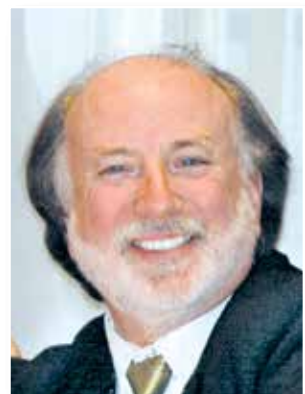
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Singing Valentines Coming Your Way!



(Shown above, one of the many Sacramento Valley Chorus quartets, Heard & Soul, include Nancy Maass and Kerry Wood, Roseville; Mary Brookshire, Carmichael, and Bonnie Flint, Camino)

SACRAMENTO REGION, CA (MPG) - Valentine's Day is almost here! Would you like to give something unique and different this year? Candy and flowers are nice, but adding a Singing Valentine will create a lasting memory! Quartets from Sacramento Valley Chorus will deliver Singing Valentines on Monday, February 13 and Tuesday, February 14. Your sweetheart or a special someone will be surprised and thrilled

when a quartet delivers two songs, a rose, candy and a beautiful card to him or her. The package is only \$45, and can be delivered to the home or business of your choice in the greater Sacramento area, including Placer, El Dorado and Nevada County. Singing Valentines are popular, so call early to ensure availability. Call 916-420-1662, to arrange for delivery.

The award winning Sacramento Valley Chorus,

under the direction of Master Director, Dede Nibler, has approximately 100 members. Ladies from the community are invited to attend rehearsals any Wednesday night at 6:30 pm. Location: Developmental Disability Service Organization, 2331 St. Marks Way, Sacramento, CA 95864

For more information, visit www.SacramentoValleyChorus.com.

Widespread Flu Activity that is More Severe than Last Year

CDPH Special Report

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) State Public Health Officer Dr. Karen Smith reported today that the state is experiencing widespread influenza activity that is more severe than last year. CDPH has also received the first report of a death associated with influenza in a child younger than 18 years of age. The death occurred in Riverside County.

"This is a tragic reminder that the flu is a serious illness for people of all ages and kills thousands of Americans each year," said Dr. Smith. "If you haven't been immunized yet this season, getting flu shots for you and your family now can still help protect you this winter."

CDPH disease monitoring indicates widespread flu activity

across the state that is more severe than last year. Since the beginning of the influenza season, CDPH has received reports of 14 influenza-associated deaths, including the child in Riverside. This count represents a fraction of the total flu deaths statewide because only deaths in people younger than 65 are reported to the state and not all influenza-related deaths are easily attributable to influenza.

Hospitals statewide have been impacted by a surge in influenza patients, and hospitalizations for pneumonia and influenza at Kaiser Permanente hospitals in Northern California during the week ending January 7 reached 10.2 percent, the highest level recorded in 10 years. "We are closely monitoring the impact of influenza on health care facilities," said Dr. Smith. "Some acute care hospitals in California

are full and have diverted patients to other facilities."

For anyone who has not yet received a flu shot this season, it is not too late. Influenza activity usually continues for several months, and it is still early in the season. CDPH recommends all Californians aged six months and older, including pregnant women, should get the annual flu vaccine. The flu virus circulating this season closely matches the vaccine, suggesting that the vaccine will provide protection against influenza and reduce the risk of severe disease.

The flu vaccine prevents disease due to the most serious wintertime virus, but other viruses are also circulating now.

For more information about influenza visit the CDPH influenza web page.

Senator Gaines Introduces Bill to Help Businesses Save Money

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has announced Senate Bill 13, which will provide much-needed tax relief to the manufacturing, research and development, software and agricultural industries by expanding an existing sales and use tax exemption.

"Small businesses are the backbone of California's economy and we need to do everything we can to make sure they capitalize on any available tax break," said Senator Gaines. "I will continue to push for lower taxes and simpler, less burdensome regulations to let employers know that California is open for business in order to get our economy back on track."

Existing law allows manufacturers and research and development companies a sales and use tax exemption for their qualifying tangible personal

property purchases up to \$200 million a year. This includes property such as machinery and equipment used for manufacturing activities. Property that is considered to have a useful life of less than one year is excluded.

Senate Bill 13 seeks to expand the definition of businesses eligible to receive this exemption by including software publishers and others who conduct agricultural business activities. It will also increase the annual property purchase limit from \$200 to \$500 million a year. Finally, it will define property as having a useful life of one or more years if the property includes a warranty for one or more years.

Senator Gaines introduced this bill on the heels of recent reports indicating that the existing tax exemption has been severely underutilized. Since its inception on July 1, 2014

through September 30, 2016, businesses utilizing the exemption were only 21 percent of the original estimates made by the Department of Finance and Board of Equalization.

"My hope is that by clarifying and expanding the exemption, that more businesses will be able to take advantage of it," said Senator Gaines. "Businesses should be rewarded for their contributions to our state, not continually penalized at every turn. I'm going to let them keep more of the money they earn instead of shipping it to an unaccountable Sacramento."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Endless Conversation About Washington is Hindering Problem Solving in Sacramento

SACRAMENTO, CA (MPG) - Senator Tom Berryhill (R-Twain Harte) cautions Senate Leadership to focus on problems facing California, rather than events in Washington, D.C.

"Problems facing California won't go away simply because we stop talking about them. Obsessing on every move President Trump makes is diverting the time and energy needed

to address California's very real problems. We have been in session for 30 days and have spent zero time figuring out how to afford billions of dollars in unfunded pension liabilities, fix our decaying roads, improve our schools, improve our job market or build dams to store all of the water currently washing out to sea. Constantly talking about what's going on in Washington is

beginning to look like an excuse to avoid doing what our constituents sent us to Sacramento to do."

Senator Berryhill represents parts of Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare.

Work at Home Offer Leaves Would-Be Employees High and Dry

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning job seekers of a work-at-home offer from an Internet-based logistics company that identifies themselves as Board of Minutes and Resolutions, or Transuniq. According to their website, transuniq.com, they offer mail forwarding services and are located in Sacramento, California.

Consumers report that they are being solicited by representatives of Transuniq on CareerBuilder for a position with the alleged business as a logistics coordinator. Duties include accepting and reshipping packages, and checking for damaged or defective shipments.

Respondents who accept the offer are told they will receive payment by check, or via direct deposit to their financial institution after a 30-day probationary period. However, consumers say after the 30-day period ends no payment is received.

Transuniq.com claims the business is "operated in an entirely ethical and transparent manner." However, when BBB requested additional details from the

business about their offer, they did not respond.

Additionally, the business lists a Sacramento address on their website, 915 L Street, Suite C433, but applicants should be aware that the website is registered through a domain registration service incorporated in Pakistan.

Better Business Bureau has been unable to locate a valid business registration for Board of Minutes and Resolutions, or Transuniq with any local county or state agency.

BBB urges extreme caution and consideration of the potential risks when participating in re-shipping offers. If the offer is a scam, you may be participating in fraud involving stolen merchandise and/or identity theft.

Tips to Avoid a Reshipping Scam:

- Read the job description thoroughly. Avoid any job offer that involves receiving and reshipping packages. If the offer is a scam, you may be participating in fraud involving stolen merchandise.
- Is the company willing to hire

you on the spot? In general, legitimate companies will not hire you without at least one interview and a background check.

- Does the website seem sloppy, or unfinished? Check whois.com to verify the website's creation date, and be wary of companies with websites that were created very recently. Also be wary of a website with several spelling errors, and distorted or pixelated images. Click here to learn more about identifying a scam website.

- Where is the company located? Do a general web search for the physical address listed on the website. Addresses often lead to empty parking lots, or other legitimate businesses. Be especially wary if the company does not list an address.

- Report scams when you see them. Report fraud and local scams to the Better Business Bureau at bbb.org/scamtracker.

Source: BBB

Exporting Oil and Gas Will Import Economic Growth

Commentary by Merrill Matthews

What could turn out to be President Obama's most effective economic policies only just happened: ending the 40-year ban on U.S. crude oil exports and approving terminal construction to export U.S. liquefied natural gas. And a Donald Trump presidency likely means expansion and acceleration of those efforts.

In December 2015, Congress passed a \$1.1 trillion spending bill that lifted the crude oil export ban. The president opposed the repeal, but the bill extended wind and solar energy tax credits, so he took the compromise. By contrast, liquefied natural gas export terminals only require Department of Energy approval. And while permits have been authorized slowly, several have finally been approved.

That action jumpstarted the U.S. oil and gas export business, with Texas LNG terminal projects underway in Freeport, Corpus Christi and Brownsville.

From January to May 2016, the U.S. exported half a million barrels of crude oil daily to 16 countries -- in Europe, South and Central America, including Israel and even China.

Meanwhile, the first U.S. tanker with LNG departed from Louisiana in February 2015. In the first six months of 2016, 50

billion cubic feet (Bcf) of natural gas were exported.

One energy analyst estimates the United States will export 7 Bcf/day by 2020 and 17 Bcf/day by 2040. Current production is about 80 Bcf/day.

First, while the nation consumes more oil than it produces, the United States is projected to become a net gas exporter by halfway through this year. The country needs markets for that abundance of natural gas.

Second, exports enhance economic efficiency. For those who wonder why U.S. companies would export crude oil when the country still imports 24 percent of its oil, the answer has to do with efficiency and refining.

Most U.S. refineries are made to process very heavy oil. But most oil coming from shale formations, comprising half of total production, is light sweet crude oil -- requiring a less-intensive refining process. While some refineries are starting to adapt, that refining transition isn't quickly or cheaply made.

The closest refineries may be operating at or near capacity. Instead of having to discount or store a regional oversupply of crude oil, oil producers should export to refineries abroad that have the capacity to handle it.

Third, U.S. exports could help meet our allies' energy needs -- especially those dependent on oil from countries like Russia,

which use energy supplies as a geopolitical hammer.

The European Union depends on Russia for about a third of its energy needs -- it'd love to have an affordable alternative.

Finally, exporting crude oil and natural gas will jumpstart economic growth and reduce the U.S. trade deficit.

Energy experts Daniel Yergin and Kurt Barrow estimated ending the oil export ban would; Increase daily oil production by 2.3 million barrels and new investment by \$1 trillion; create 860,000 jobs, including many high-paying blue-collar jobs; and add \$3 trillion in federal revenues -- important for a country about to pass the \$20 trillion mark in total federal debt. The energy boom over the past eight years provided real benefits during a time of sluggish economic growth. Without it, the country might've fallen into recession.

Oil and natural gas exports will allow us to extend and expand that boom and become the world's energy-producing powerhouse. But doing so requires faster approvals of LNG terminals and easing federal opposition to drilling offshore and on federal lands, both of which President-elect Donald Trump pledged to do.

Merrill Matthews is a resident scholar with the Institute for Policy Innovation in Dallas, Texas.



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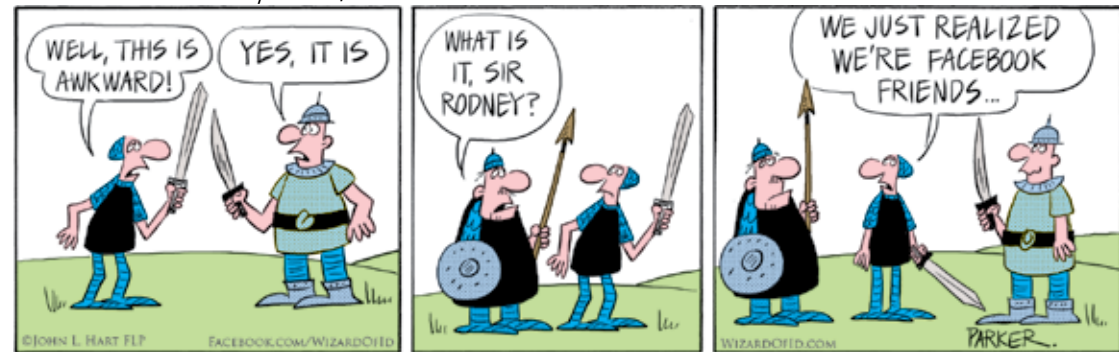
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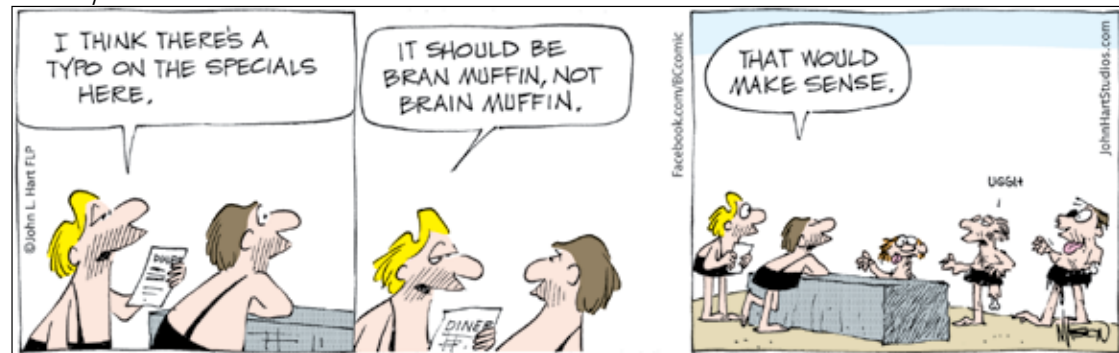
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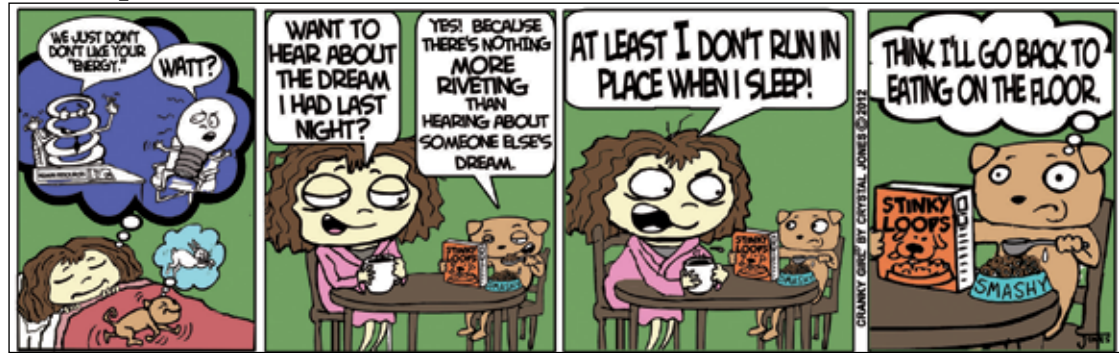
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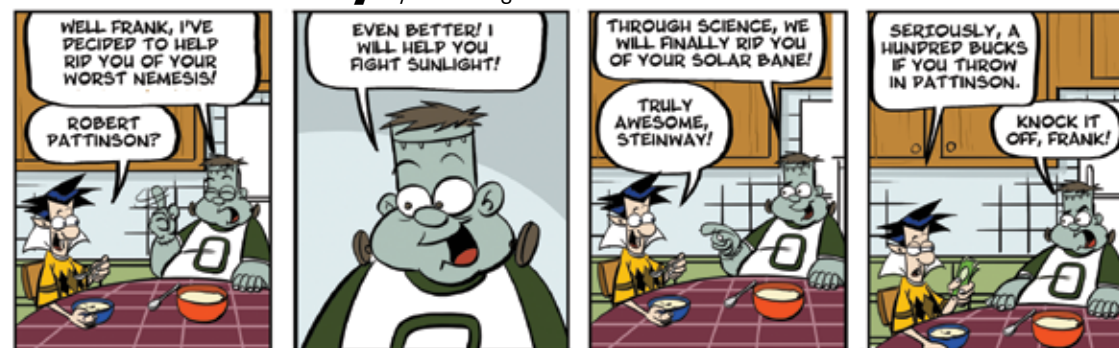
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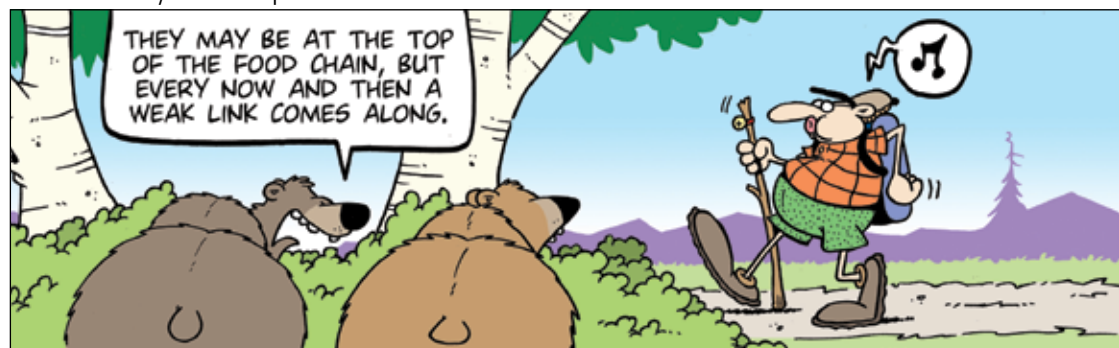
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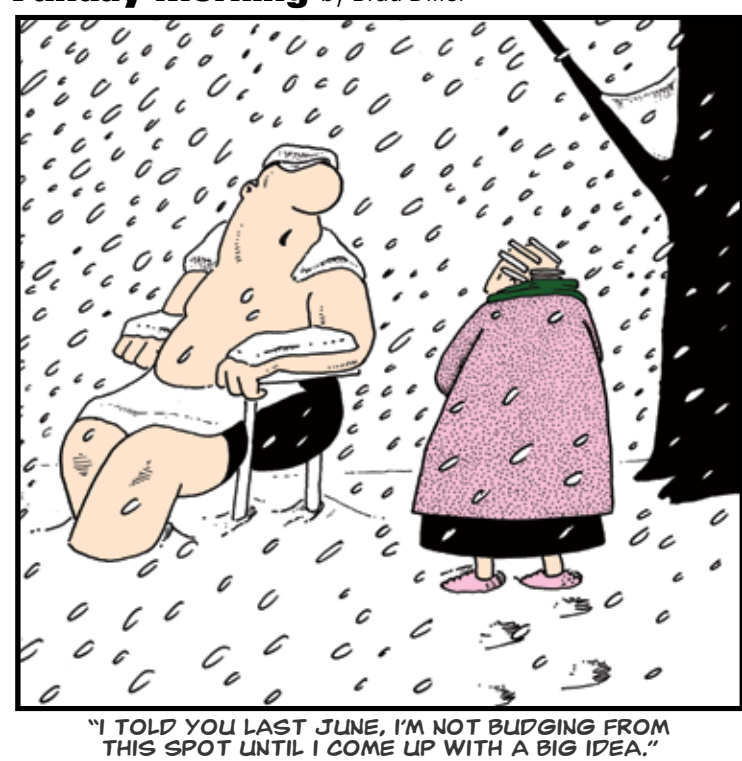
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Dare to Live Without Limits

Getting Stronger

by Bryan Golden



Getting stronger is an admirable goal. Not in the physical sense necessarily, but rather with respect to your ability to handle adversity, solve problems, and overcome obstacles. Interestingly, there are a lot of parallels to the approach used to improve your physical strength.

Your muscles only grow in response to increased demands. Lifting a light weight offers no challenge. To make real progress, you must use enough weight to challenge your muscles. With consistent exercise, your strength grows over time. As it does, less effort is required to lift the same weight that used to be a struggle. Your progress continues as you progressively add more weight to your workout routine. Working out regularly is key to getting into better shape. Exercising only once in a while accomplishes nothing.

Your ability to deal with life's issues also improves with practice. As the challenges you encounter grow, so do your coping skills. We are taught to avoid conflict whenever possible. Although this sounds good, the reality is that conflict finds us. Success depends on being able to effectively handle whatever challenges come your way.

There are many people who are coddled throughout life. As children, they are not required to take responsibility for their actions. Their parents are always jumping in to fix their problems. Once they

are in a situation where they have to fend for themselves, they have no idea what to do.

For example, someone who never has to support themselves financially will not develop any money management concepts or an appreciation for money. If they are bailed out each time they get into trouble, there is no motivation to develop any financial survival skills. Remove their safety net, and this person quickly goes bankrupt.

Each time you resolve a problem, your inner strength grows. Every adversity is an opportunity to further improve. Getting stronger begins with a change in mental orientation. Welcome challenges as an opportunity to improve rather than shying away from them.

The loftier your goals, the bigger the challenges you'll face. Encountering obstacles means you are on the right path. If there is no resistance, you should reassess your direction. Anything worthwhile takes effort. Problems are an opportunity for you to improve your coping skills while getting stronger.

Any weight can be moved by breaking it up into smaller pieces. And as your strength improves, you will be able to lift heavier loads at one time. Challenges are approached the same way. Even the largest problems can be divided into smaller, manageable components which are then tackled one at a time. As you grow stronger, you can handle

larger chunks.

There is real fear associated with obstacles in life. Ironically, we attract that which we are afraid of. So those people struggling to avoid problems seem to wind up with more of them.

Getting stronger starts with an attitude of, "I can solve this," when encountering a problem. All too often, the approach taken is to run away from adversity. The reaction to each problem encountered is then, "what am I going to do now?"

A shift in outlook is extremely powerful. Dealing with problems is a part of life. Recognize this fact and welcome each problem as an opportunity to grow stronger. Your results will improve almost immediately.

You can become stronger in your ability to successfully handle life's challenges through regular practice. As you improve, issues will shrink in their significance. Circumstances you used to think were a big deal will be reduced to a mere annoyance, if that. It will even seem as if fewer significant problems are in your path.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2011 Bryan Golden. ★

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AND MORE!!

Four Fabulous Performances!
Saturday, March 4, 4:00pm and 6:30pm
Sunday, March 5, 4:00pm and 6:30pm

Tables seat up to 8 people. no-host bar.
 Includes hors d'oeuvres served by smiling, singing servers.

Serbian Church Hall
 7777 Sunset Ave., Fair Oaks (Near Sunrise Blvd)

Tickets \$25.00 Adults, \$15.00 Children
 not recommended for children under 5 years of age.

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9-11: We Should Never Forget

Sikhs Host Historic Forum with Legislators and Leaders
See Page 12

Carmichael Times
September 9, 2016
36 • Issue 37
Serving Carmichael and Sacramento County since 1981

May I Have This Dog?
107th Founders Day Offers Tu-Tu Much Fun

Water District Begins Restoration Activities

WE SUPPORT OUR MILITARY

New Administrator Joins Mission Oaks District



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The Exciting New World of Implant Supported Dentures



• Has the Security of a Fixed Bridge! • Easier to Maintain Good Oral Hygiene

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

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

Carmichael Dental Group

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916 944-1197

\$1,200.00 off

2 implants with 2 attachments to upper/lower denture

Offer Expires 03/31/17

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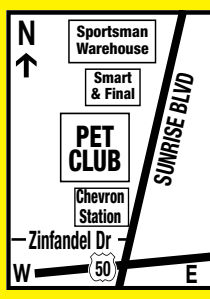
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COUPON

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FREE 2 CANS OF CAT FOOD
5.5 Oz Tin All Varieties
Friskies (Selected Indoor Included) & 9 Lives

OR

1 CAN DOG FOOD
13 - 13.2 Oz Tin All Varieties
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With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family

CT

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CT

Effective 2/1/17 - 2/7/17

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•Lamb & Rice •Sweet Potato & Fish
•Sweet Potato & Venison •Sweet Potato & Bison •Sweet Potato & Chicken 26-28 Lb Bag

Limit 2 Bags Per Family

Effective 2/1/17 - 2/7/17

EUKANUBA DRY DOG FOOD

30 Lb Bag

•Adult Maintenance \$31.99
•Large Breed Adult \$35.99

Limit 2 Bags Per Family

Effective 2/1/17 - 2/7/17

DIAMOND NATURAL GRAIN FREE DRY DOG FOOD

28 Lb Bag

•Chicken/Sweet potato
•Beef/Sweet potato
•White Fish/Sweet Potato

ON SALE

Effective 2/1/17 - 2/7/17

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD

16 Lb Bag

Limit 2 Bags per Family

Effective 2/1/17 - 2/7/17

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties

Limit 2 Cases Per Family

Effective 2/1/17 - 2/7/17

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER

20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb \$8.99)

Limit 2 Boxes Per Family

Effective 2/1/17 - 2/7/17

SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD

13 Oz Can

•Selected Varieties (Reg price \$1.59)

Limit 2 Cases Per Family

Effective 2/1/17 - 2/7/17

SCOOPAWAY CLUMPING CAT LITTER

42 Lb Bag

•Multi-Cat Formula

Limit 2 Bags Per Family

Effective 2/1/17 - 2/7/17

BENEFUL PREPARED MEALS

All Varieties 10 Oz Limit 1 Case

\$13.99

BLUE BUFFALO NATURALLY FRESH CAT LITTER

100% Natural Walnut Based

14 Lb Bag Limit 2 Bags Pellet \$5.99 Clumping \$9.99 Multi-Cat Clumping \$10.99

MERRICK'S CLASSIC NATURAL DRY DOG FOOD

•Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags
•Beef/Barley/Carrots •Lamb/Green Pea/Ancient Grains

ON SALE

PREMIUM CHOICE SCOOPABLE CAT LITTER

All Natural Unscented, 50 Lb Bag

Limit 2 Bags

\$10.99

9 LIVES DRY CAT FOOD

•Grilled Tuna & Egg Flavor 12 Lb - 13 Lb Bonus Bag Limit 2 Bags Per Family

\$7.99

NATURE'S MIRACLE CLUMPING CAT LITTER

"Natural" Care 10 Lb Bag Limit 2 Bags

\$7.99

SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD

•Adult •Adult Light •Adult Mature 16 Lb Bag Limit 2 Bags Per Family

\$29.99

WELLNESS DRY CAT FOOD

•Chicken (12 Lb) •Indoor (12 Lb) •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)

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PEDIGREE CANNED DOG FOOD

•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case

99¢

PURINA BENEFUL DRY DOG FOOD

•Original •Healthy Weight 31.1 Lb Bags Limit 1 Bag (Selected Varieties, 15.5 Lbs.- \$13.99) Per Family

\$24.99

CANIDAE GRAIN FREE PURE ADULT DRY DOG FOOD

•Lamb \$8.00 OFF •Bison \$6.00 OFF •Duck •Salmon

OUR REGULAR LOW PRICES

EVO GRAIN FREE DRY DOG FOOD

•Turkey & Chicken (Reg & Small Bites) 28.6 Lbs •Red Meat (Reg & Small Bites) Limit 2 Bags

ON SALE

NEW PET-MATE COMPASS PET KENNELS

19" 24.99 (5.00 OFF) \$19.99	32" 89.99 (15.00 OFF) \$74.99
24" 35.99 (5.00 OFF) \$30.99	36" 109.99 (20.00 OFF) \$89.99
28" 69.99 (15.00 OFF) \$54.99	40" 129.99 (20.00 OFF) \$109.99

<p style="font-weight: bold;">DINGO MEAT & RAWHIDE CHEWS</p> <p style="font-size: x-small;">"Meat in the Middle" "Chicken in the Middle" All Varieties</p> <p style="font-size: x-small;">20% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold;">TROPICLEAN PRODUCTS</p> <p style="font-size: x-small;">All Varieties •Shampoo •Regular •Flea & Tick •Oxy Med •Fresh Breath •Pet Wipes</p> <p style="font-size: x-small;">20% OFF OUR SUPER LOW PRICES</p>
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<p style="font-weight: bold;">QUIET TIME PET BEDS</p> <p style="font-size: x-small;">All Sizes - Assorted Colors</p> <p style="font-size: x-small;">20% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold;">PESTELL SMALL ANIMAL BEDDING</p> <p style="font-size: x-small;">Pine Shavings (2.0 Cu Ft.)</p> <p style="font-size: x-small;">\$7.99</p>
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10 Gal Economy \$36.99	20 Gal LED Deluxe \$91.99
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MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$19.99
PENGUIN 150B	30 Gal.	\$27.99
PENGUIN 200B	50 Gal.	\$33.99
PENGUIN 350B	75 Gal.	\$45.99

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Zoo Med Reptibark 8 Qts. \$5.49	
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KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL

\$11.99

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley
Limit 2 Cases With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/1/17 - 2/7/17

PLU 361

\$53.00

BONUS COUPON

FRISKIES PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/1/17 - 2/7/17

PLU 573

\$1.09

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/1/17 - 2/7/17

PLU 362

\$32.99