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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

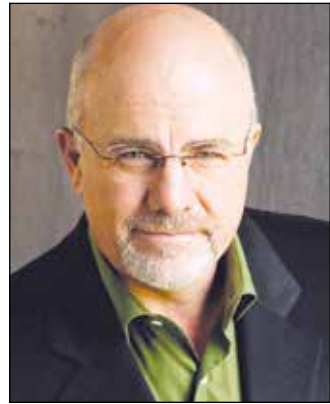
October 21, 2016

**USE YOUR
IMAGINATION
TO GET BACK
ON TRACK**



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**CASH FLOW
SCHOOL?**



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CLEANLI-LESS



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Cradle Creators Rock



Carmichael Senior Club members show gifts that George Barton (center) crafted for the Children's Receiving Home of Sacramento. Coco Darko, Kathleen Thomas, Valerie Hobin and Carolyn Lockfefer sewed crib linens. Club President Hobin (below right) presented the gifts to CRH officer Danielle McGarrity.

**Story and photos
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Completed by Carmichael Seniors Club members, a "project of love" has provided gifts for Sacramento Children's Receiving Home residents. The Auburn Boulevard facility shelters children -- impacted by abuse, neglect, trauma and health issues -- until placement with other families is achieved.

George Barton (80) built and decorated four wooden cribs from a pattern his late wife designed seven years ago. "I've been making them ever since," said the retired lumber worker. "All little girls love dollies in cribs; the Lord put it in my heart to give them to kids from same school I went to -- the school of hard knocks."

Lady club members sewed pillows and covers. Dolly occupants came from an outside donor. "This is a project of love,"

approved club president Valerie Hobin. "We know our gifts have the potential to make children happy."

Indeed, many children. The Children's Receiving Home serves more than 1000 youngsters -- from toddlers to teenagers -- every year. Facility officer Danielle McGarrity thanked the seniors for their gifts. "These are going to a good home," she approved. "We don't get many toys that have such tradition and character; these are imbued with the love of the people who made them." Baby dolls, added McGarrity, are therapeutic for children who miss infant siblings; the toys are also useful for teaching empathy and caring. "They'll put many smiles on many faces," she predicted.

Carmichael Seniors Club is open to anyone over the age of 50. Twice monthly meetings at the Carmichael Park Clubhouse feature speakers and pot lucks. Group



outings are also offered. For information, call Club President Valerie Hobin at (916) 487-5525. To learn about George Barton's custom-made cribs, call (916) 925-1099. Website for the Children's Receiving Home of Sacramento is www.crhkids.org ★

Senator Gaines Rips California's Business Climate On Verizon Closure

SACRAMENTO, CA (MPG) - Senator Ted Gaines issued the following statement on the closure of the Verizon customer service center in Rancho Cordova and the 1,000 jobs lost as a result of that closure:

"Who can be surprised by this? California is doing everything it can to drive businesses out of the state. Sky-high workers compensation costs, painful energy costs driven by unchecked environmentalism, and now a minimum wage shooting up by 50-percent in the next few years, it's little wonder that Verizon is packing up.

"A study this year showed 9,000 California businesses had relocated or expanded out of state recently. Sacramento recently lost Campbell's, Waste Connections, and now Verizon. Those are more than statistics and stories; each one is a tragedy for families who are paying the price for California's anti-business policies.

"Just today, Silicon Valley legend Hewlett Packard announced that it would be laying off 4,000 employees. How legislators can push for the expensive and useless high speed rail or keep pushing for ever higher taxes while workers are being pink-slipped by the thousands is amazing to me and needs to stop. Lower taxes and smarter regulations would show businesses that California is not a place to leave, but a place to grow and invest. I'd rather see that than Verizon's tail lights."

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. ★

Looking Harder for a Real Solution

**Commentary Submitted
by ATLAS of Carmichael**

CARMICHAEL, CA (MPG) - Momentum is building on two fronts for strategies to reverse the growth of Carmichael's homeless population and its negative impact on the community.

"We've reached a tipping point," Greg Alderman, senior pastor of Christ Community Church, said in an interview. "Ideally, family would be there to help people get off the street, but what happens when that's no longer the case? There are as many as 150 people on the street saying, 'I live here.' There has to be a plan to transition people off the street who want to make that move."

Alderman is participating in a broad collaborative effort to move homeless individuals into supervised transitional housing and services to help them to become self-supporting. It's called Carmichael HART (Housing Assistance Resource Team), a joint venture involving area churches, nonprofits and businesses. Similar HART

groups already are operating in Elk Grove, Rancho Cordova and Citrus Heights. Elk Grove HART has two transitional houses.

On another front, business leaders are engaged in the county's approval process through a Carmichael committee affiliated with the Chamber of Commerce to develop a "Property Business and Improvement District (PBID)." The target area is mainly along the Fair Oaks Boulevard corridor from El Camino Avenue to Manzanita and Cypress.

If successful, a nonprofit corporation to be formed early next year would act on behalf of Carmichael business and other non-residential property owners who would tax themselves to hire private security and finance economic development. Other PBID arrangements have been highly successful elsewhere, including Fulton Avenue, Watt Avenue north of Auburn Boulevard and Mack Road with strong law enforcement support.

"The condition of Carmichael has deteriorated significantly in

the past few years," said Gary Hursh, an attorney who chairs the Carmichael project's steering committee. "In my opinion, without action, it will get so bad that expensive and possibly drastic measures will have to be taken."

Hursh and Alderman agree that any fix to Carmichael's homeless problem must have complementary strategies to motivate people from settling into a transient lifestyle and instead consider housing with resources -- if that were available.

"Until we start giving them a picture of what transitioning from the street can look like, nobody's going to believe it's possible," Alderman said. "Homeless people rely on word of mouth and regularly check in with each other. If we had stories of people transitioning off the streets, word would travel fast."

Proponents cite national studies showing that the bill for housing a homeless person costs only one-fourth to one-third as much as leaving the person on the street.

"Keeping the homeless out of

emergency rooms, detox centers, psychiatric hospitals, jails and other institutions would diminish our costs greatly," reports Sacramento Self Help Housing, a Carmichael HART supporter and nonprofit that allocates federal money to shelter people, provide life skills improvement and referrals to community-based help.

Kathlynn Carpenter of Citrus Heights HART estimated at a recent Carmichael HART organizing meeting that having people on the street costs \$50,000 a year on average, compared with \$12,000 to place them in transitional housing with services. The savings comes in part from reducing spending on policing, property damage and theft, emergency room visits, and jail, court and legal fees.

Scott Young, director of ATLAS of Carmichael, says the cost equation is important because a lot of people don't know that housing saves money.

"A lot of people might object, asking, 'We're going to pay to house people and not make them

pay for it? But the point is, we're already spending more money on leaving them out than we would spend if we brought them in. That's a powerful argument."

ATLAS ("Attaining Truth, Love and Self-Control") donates clothing to homeless people from its nonprofit Fair Oaks Boulevard thrift store. It also provides mentoring for people need. Elsewhere, many Carmichael churches are offering winter sanctuaries, food closets, free meals, clothing, showers and limited financial help.

Sacramento Steps Forward, the lead agency working to end homelessness in the Sacramento region, promotes a "housing first" approach to quickly move homeless individuals into independent and permanent housing, then make available additional support and services as needed. "People are better able to move forward in their lives and address additional factors leading to homelessness if they first have access to a stable living situation," the nonprofit advocates in its mission statement. ★



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CHP Special Report

CARMICHAEL, CA (MPG) - On October 13, 2016, at 6 p.m., a 58 year old female driver from Carmichael was driving a red Honda CRZ southbound on Garfield Ave in the left turn lane for Kiva Dr. She had a 61 year male passenger seated in the front right seat. A 20 year old male from North Highlands, was driving a green 2003 Lexus SC430, northbound on Garfield Ave south of Kiva Dr at a high rate of speed approaching the Honda's location. The driver of the Honda turned left directly in front of the Lexus. The front of the Lexus collided with the right side of the Honda and pushed the



Honda in a northeasterly direction where it eventually crashed into a house on the northeast corner.

After the collision, all three parties were transported to local hospitals and the CHP responded to the scene to conduct an investigation. The driver

and passenger of the Honda died at the hospital. The driver of the Lexus received minor injuries and was eventually released from the hospital. Alcohol and/or drugs were not a factor in this collision. Criminal charges are being looked into for the driver of the Lexus. ★

#Rethink Your Yard This Fall With a Visit to Antelope Gardens

SACRAMENTO COUNTY, CA (MPG) - Experts say that planting in the fall gives your plants a great opportunity to set down some roots, get well established, and helps you conserve water.

Plants require less water in the fall because the days are cooler and soil stays wet longer than it does during the warmer days of spring and summer.

And there's no better way to get started on rethinking your yard than by visiting Antelope Gardens for plant ideas and irrigation systems to install.

The two-acre Antelope Gardens contains hundreds of species, of plants—both California native and low-water non-native plants—including Aleppo Pine, Autumn Sage, Blue Grama grass, Butterfly Bush and California White Sage.

The garden is located at 7800 Antelope North Road and is open until the end of October, Monday-Friday from 9:00 am to 3:00 pm and the second Saturday

of each month from 9:00 am to 3:00 pm. Learn more about Antelope Gardens at sswd.org

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- **Conserving Water:** Designing a landscape that features native and low-water use plants and minimizes the amount of turf grass.
- **Creating A Wildlife Habitat:** Using native plants to provide food for birds and beneficial insect species.
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- **Protecting Air & Water Quality:** Reducing the use of fertilizer and pesticides, and keeping them out of the air and waterways.

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Source: Original Communications ★

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100,000 "Gently Used" Books Available

SACRAMENTO COUNTY, CA (MPG) - An ever-changing inventory of more than 100,000 "gently used" books, videos, and audio books will be offered for prices from fifty cents to \$2 at the Saturday November 5 sale at the warehouse of the Friends of the Sacramento Public Library.

Sale hours on Saturday, November 5th, will be from 9 a.m. to 4 p.m., with a preview and sale on Friday November 4 from 5 p.m. to 8 p.m. for Friends members only.

(You can join at the door for \$20).

The warehouse is at the rear of the Friends' store at Suite E, 8250 Belvedere Avenue, just south of 14th Ave. between Power Inn Rd. and Florin-Perkins Rd.

Plenty of parking is available, but visitors should be careful not to park between the "No Parking" signs on the south side of Belvedere.

Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford.

With more books constantly

needed, the Friends will be glad to have yours, too. See a staff member on how to donate.

The book store is open weekly on Thursdays 10 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. as well as during the sale. Items there are priced from \$1 up. For more information, call (916) 731-8493 or go to bookden@saclibfriends.org.

Submitted by Friends of Sacramento Public Library ★

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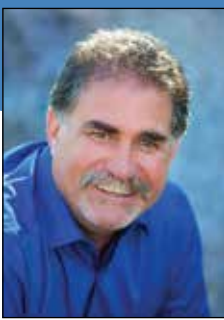
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photo by Susan Maxwell Skinner

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Dr. Johnson Chosen to Head National Plastic Surgery Association

SACRAMENTO REGION, CA (MPG)
 - Sacramento plastic surgeon, Dr. Debra J. Johnson of The Plastic Surgery Center has begun her tenure as President of the American Society of Plastic Surgeons. Dr. Johnson is only the second female physician to be chosen president of ASPS, which was founded in 1931.

Among her duties, Johnson will serve as leader of the 12-member physician executive committee, which sets policy for ASPS, and will also be the chief spokesperson dealing with media and regulatory agencies. Her position will require extensive travel, representing ASPS within the United States and at various international plastic surgical meetings.

"It is an honor to serve as president of the largest organization of board-certified plastic surgeons in the world. Plastic surgery is known for its creativity and innovation: from surgery on children for birth defects, to face and hand transplants, to fine cosmetic surgery. ASPS is a trusted resource regarding patient education and surgical safety and we strive to keep our members up-to-date on the latest procedures" said Dr. Johnson.

Dr. Johnson became involved as a member of ASPS in 1991, and soon volunteered to serve on committees within the organization. Her strong volunteerism and performance were rewarded as she served as committee chair, and then member of the Board of Directors. She was elected Vice president 4 years ago, and served



Among her duties, Johnson will serve as leader of the 12-member physician executive committee, which sets policy for ASPS, and will also be the chief spokesperson dealing with media and regulatory agencies.

as president-elect this year. Johnson will take over the reins from David Song MD, professor and chief of plastic surgery at the University of Chicago.

Dr. Johnson joined The Plastic Surgery Center in 1989 as the first female plastic surgeon in Sacramento. She received both her M.D. degree and her plastic surgery training at Stanford

University. She took additional training at Clinica Planas in Barcelona, and the Institut Francais de la Main in Paris. sac-plasticsurgery.com

ASPS has over 8000 members, represents 95% of all board-certified plastic surgeons in the United States and is committed to patient safety and education.

Source Steve LaRosa Media ★

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Oktoberfest



Katie Pexa

The Carmichael Chamber of Commerce, along with River City Brewing Company is hosting their first Oktoberfest on Saturday, October 22 from 1:00 – 6:00 pm at the new Milagro Centre, 6241 Fair Oaks Blvd in Carmichael.

The day will be filled with great food and drinks, live music and dancing, activities for kids and much more.

Proceeds from this event are twofold: a portion goes toward the Honorary Mayor campaign for Katie Pexa of Farmers Insurance as well as the Alzheimer's Association.

Admission is \$20. Food tickets are \$10 per person. Drinks are additional.



**To register for the event
 call (916)481-1002**





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The Secret to Being Organized

Pam Young's Corner

4 Ways to Use Your Imagination to Get Back on Track

Because we're human we get tempted by foods (and other things) that we know aren't especially good for us. It's just not fair that foods that aren't good for us, taste so darn good!

Been on the SES Diet lately (Summer Eating Spree Diet)? You know, too much potato salad and too many corn on the cobs, hot dogs, hamburgers, potato chips, s'mores, sodas, beers, cupcakes and crackers and more. They're all the treats of summer picnics, camping and barbecues and we associate these fun times with those fun foods. And you probably have it in your mind that those times without those treats just wouldn't be fun.

Usually we get back on track because there's something in the future, compelling us. Maybe it's a health problem and your doctor says you need to eat healthy and exercise or you'll drop dead pretty soon. Maybe it's just a wedding approaching and you're one of the bride's maids and you don't want to be the fattest one. Or, maybe you're planning a vacation and you want to have energy to walk a lot. The decision is the first part of the turn and then you have to have the motivation to make the turn and that's where a compelling reason kicks in.

Maybe it's time to go into your imagination booth (by closing your eyes) and use your imagination to get back on the right track. You can take me with you, using these 4 suggestions.

1. While you're in your booth, imagine the feeling when you've turned the corner on an intension to lose weight. Turning the corner is the hardest part of an intension, because you have to put the brakes on the momentum of doing the opposite of your intension,

before you can get going in the right direction and into the freedom of eating a healthy diet again.

If you go to the grocery store in the next couple of days, just look in the carts rolling around the store and you'll see that the ingredients of carts filled with groceries, are evidence of the cart pusher's condition: healthy or unhealthy.

2. Imagine the feeling when you've turned the corner (you've done it many times) and you're starting to think less about wanting those foods in the SES Diet. Remember how easy it was to eat healthy once it became a habit again. The only hard part is what your mind does before you make the turn, as well as while you're making the turn. But once you've turned, you don't have to think about it anymore. The habit kicks in and you're no longer strapped with decisions to make. That's why when you hear a person say, "I've turned the corner," you know they've "got it."

Here's dialogue between a waitress and a customer who hasn't turned that corner.

"May I take your order?"

"Uh, yes, I'll have the hamburger." (Thinks about saying "no bun" but decides that today it's okay, because it's the weekend and, hey, it's date night.)

"And for your side?"

"Uh, oh, why not, fries."

"Anything to drink?"

"A coke, or no a glass of Chablis."

Here's dialogue between a waitress and a customer who has turned that corner.

"May I take your order?"

"Yes, I'll have the hamburger, no bun, salad and water please."

3. In your imagination, fast forward to October 24th and think

how your clothes won't hurt anymore and how much easier it'll be to exercise, because you'll be back at the gym regularly. See yourself in a cute workout outfit. Feel how good that feels. Hear someone say, "You look great!" Feel the joy of your body responding to healthy food and exercise.

4. Imagine a compelling reason. Be outrageous and it'll spark the interest of your inner child. (Once you're in partnership with that important part of you, you're chances of really changing are very good.) So, for example, you could imagine you're in prison and you've got sensors all over your body and if you don't exercise, it's reported to the warden, and if you don't get 20 days of exercise in the next month, you'll be put into solitary confinement. If you eat sweets, it's recorded. If you go off your intention in any way, it's reported. And if you have a good report, after a month, you'll get paroled, but you still have to have the sensors on for monitoring and if you violate parole, you'll go back to the slammer.

That's just a suggestion. You can probably think of a better one, and if you do, I hope you'll share it with me. pam@pamyoung.org

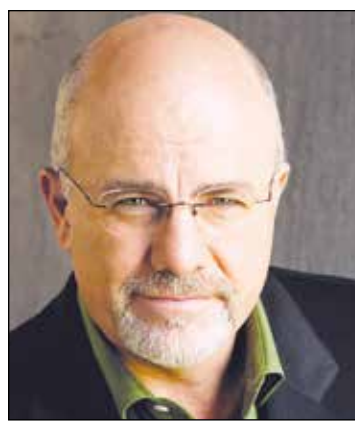
So start using your imagination to get back on the healthy track.

Now close your eyes (go in your imagination booth).

Have fun taking a turn for the best!

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, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★



Dave Says

what you're paying for the school, you should have some money beyond that to work your debt snowball. Don't beef up the payments on your debt so heavily that you use up money that you'll need for tuition. Getting through school will slow down your debt snowball somewhat, but that's okay. This is a worthy cause, and you're approaching it the right way. I just don't want you to get so excited and gazed intense about paying off your debt that you end up borrowing for tuition.

Congratulations on being really smart with your finances and your education. It's a really neat idea, and you guys are going about it in exactly the right way!

—Dave

Travel medical insurance?

Dear Dave,

My fiancée and I are planning a Caribbean honeymoon cruise after our wedding. Do you think it would be a good idea to purchase travel medical insurance?

—Tim

Dear Tim,

Normally, I would say travel medical insurance falls into the gimmick category. But if you're concerned about it, I would suggest double-checking your current

policy through your provider to see exactly what you've got and how far it extends in terms of coverage compared to any risk factors you may be facing.

The only reason I can think of as to why your current health insurance wouldn't cover you is that you may be out of the country during portions of the cruise. In most cases and areas, I believe, out-of-network considerations will still apply in the Caribbean. But check with your insurance company for verification and details on that, too.

I've never bought travel medical insurance, and we've gone on two cruises already this year. Just do your homework ahead of time, and make sure you'll have the coverage you need in the locations you're going. Congratulations, Tim!

—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. ★

United Methodist Church of Rancho Cordova
Invites you to our **ANNUAL HOLIDAY FAIRE**
Hosted by United Methodist Women
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Time: 10am - 2pm
Luncheon: 12:00 Noon, Tickets on sale - \$12
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with Mary Jane Popp

washing. However, diseases and disorders like asthma, allergies, obesity, and autism are on the rise. According to the docs, there is a connection here.

The first five years are crucial because it takes about three to five years from the time we are born to become a fully established community for a solid foundation for future health. At the moment of birth, a child receives a big load of microbes from the mother. Babies born vaginally encounter essential microbes. If medical interventions are necessary, such as C-sections and antibiotics, there are ways to re-populate babies' microbiota.

Breast milk is the jackpot for microbes. We all know breast milk is rich with nutrients, but it also contains an ever-expanding list of antibodies, proteins, and enzymes that promote immunity and intestinal development. If breastfeeding is not an option, supplementary probiotics are crucial.

Antibiotics are overused. A recent study of 65,000 children in the U.S. showed that more than 70% of them had received antibiotics by the age of two, and those children and that those kids averaged eleven course by age five. Here is what's disturbing. Children who received four or more courses of antibiotics in

their first two years were at 10% higher risk of becoming obese/ Kids need dirt. You don't have to move to a farm (although Amish children raised among pastures have excellent gut microbiota). But making changes like less frequent handwashing after outdoor play, letting your dog snuggle with your baby (dogs are truly microbes best friend" and requiring daily time outside will all help build a stronger microbiome in your child.

Avoid sugar. The foods that babies eat in the first year of life determine the type of microbes that grow in them. Certain foods, like those with sugars and high starch, are absorbed in the upper intestine and don't even make it to the lower intestine where microbes are waiting to be fed. Try legumes and fiber for microbes to flourish. Probiotics are not approved by the FDA, so some products on the market may not have the exact microbes your child needs. Besides, probiotics are not enough. What's better is not putting microbes at risk in the first place.

You can go to www.letthematdirt.com or check out "Let Them Eat Dirt." It will really go into detail. Cleanliness? Yes! But don't overdo! ★

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

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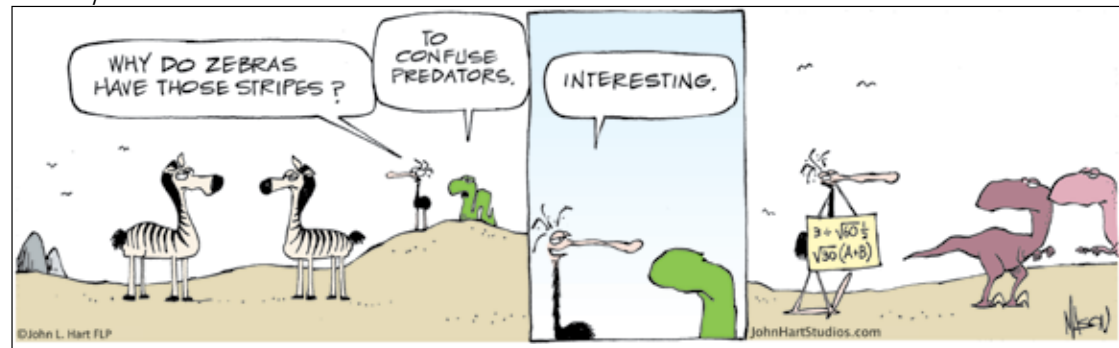
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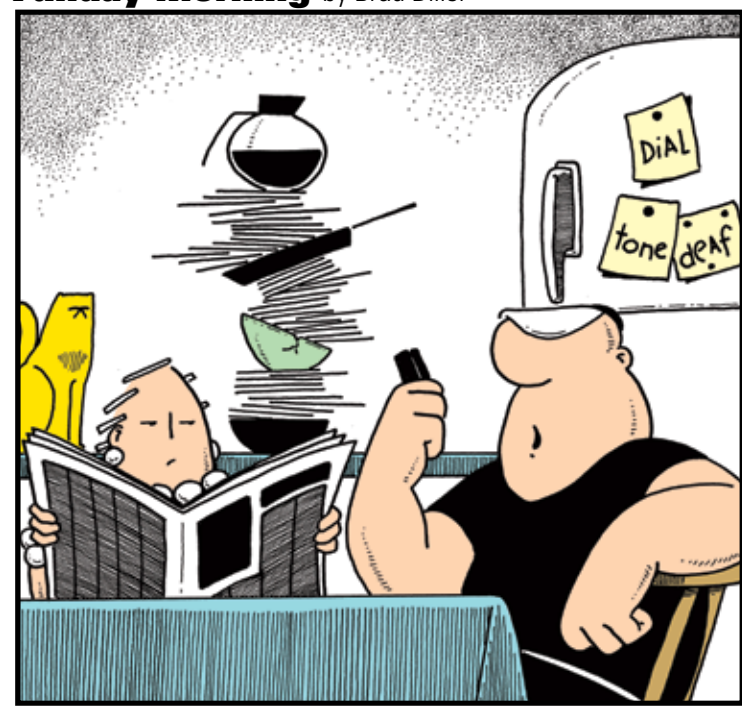
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Growing Old On the Streets is America's Dirty, Little Secret

Commentary by AMAC

The homeless are the invisible denizens of America's cities, says Dan Weber, president of the Association of Mature American Citizens. "But, the dirty little secret that has only come to light recently is the fact that the elderly are among the fastest growing populations living on the streets," he reports.

The Department of Housing and Urban Development told Congress last year that there were more than 300,000 homeless Americans 50 years of age or more, 20% more than there were in 2007.

A recognized expert on the issue of the growing number of older individuals who are on the streets is University of Pennsylvania Professor Dennis P. Culhane. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

Weber is calling on all candidates for election and re-election in November and those in the private sector to recognize the fact that more seniors are homeless than ever before and to take to heart the needs of "these hapless lost souls. Focus on their plight and let the truth be told, loud and clear. Everyone needs to pitch in if we are to solve this problem, which only grows bigger with each passing day."

Some would blame the spike in homelessness among older Americans on the swiftly aging population. But, Weber says, it has more to do with the rising cost of health care and health insurance, the lagging economy, the impact of such diseases of old age as cancer and Alzheimer's and, perhaps the most damaging cause of all, the lack of affordable housing.

"In fact, talk to any health provider who deals with the homeless and they will tell you that there has been a dramatic shift in recent years in the illnesses from which



University of Pennsylvania Professor Dennis P. Culhane is a recognized expert on the issue of the growing number of older individuals who are on the streets. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

they suffer. It used to be that the homeless suffered mainly from drug abuse and mental illness. Nowadays they are more likely to have the chronic diseases of old age," Weber notes.

Mel Martinez and Allyson Y. Schwartz are the co-chairs of the Bipartisan Policy Center Senior Health and Housing Task Force. Martinez is a former U.S. Senator from Florida and Schwartz is a former Congresswoman from Pennsylvania. They published an Opinion Article in U.S. News and World Report last month in which they concluded that "preventing and ending homelessness among older adults should become a major national priority in the United States. By setting goals to end homelessness; increasing available low-income senior housing; and by understanding that the challenge requires participation from public and private partners at all levels, we can and will find ways to ensure that all U.S. seniors have the shelter and security that they deserve."

Meanwhile, Margot Kushel, professor of medicine at

University of California, San Francisco, is an expert on the elderly who become homeless. She says that providing them with housing is the key to fixing the problem. "A lot of these people have been healthy their whole lives. But it doesn't take long for their health to plummet once they're homeless. Once someone is housed, depression often lifts, stress fades away, infections heal. It's instant."

Says Weber, "everyone has his own set of priorities, but one thing we all have in common is that we are all growing older. It's one of the hardest things we will all do in this life and so we should have compassion for those who need our help."

The Association of Mature American Citizens [http://www.amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at http://amac.us/join-amac. ★

The Cruel Irony of Hillary Clinton's "Pro-Women" Stance

Commentary by Dr. John Sparks

Hillary Clinton is campaigning that she, of all the candidates, is the one who is a "champion for women and girls" specifically because, among other things, she protects "women's reproductive health" and "confronts violence against women." Her primary talking point is that she has worked 30 years for women and children. The media and various groups accept this claim without examining just how illogical it is and without considering the cruel irony.

Let's look at Mrs. Clinton's assertion that she is a champion of girls and women. Hillary Clinton is a Planned Parenthood, pro-abortion advocate. No one denies that. Her stance has become more and more strident. She no longer uses the phrase of years ago that abortion should be "safe, legal and rare." "Rare" is gone from that trio to be replaced by "publicly funded." She is advancing abortions. She is ardently pro-abortion.

Think about what this means. The number of abortions in the United States since Roe v. Wade is over 58,000,000. The distribution of boys to girls in live-birth statistics gives a slight edge to boys: 51 percent boys to 49 percent girls. Assuming that the sex ratio (boys to girls) for children

aborted is roughly the same as for live births, this means that just under 29,000,000 girls have lost their lives to abortion since 1973. One can quibble about these numbers, but the fact remains that millions of girls' lives have been snuffed out while they were still in the womb.

At least for these pre-born girls, Mrs. Clinton can hardly be said to be their "champion." In fact, the policies that she advocates continue to make possible the taking of the lives of these innocents by the abortionists' instruments of destruction—scalpels and suction.

If this is not violence against women, one has a hard time imagining why it isn't.

For the unborn girls this is, of course, an unspeakable tragedy. They will never experience the safety of their mother's or father's arms. They will never have an infancy, a girlhood, a youth. They will never play as a tomboy with the neighborhood children, they will never learn to read or write, wear a frilly dress, sing a popular song, kick a winning soccer goal, or attend a prom. They will never graduate from high school, marry or themselves give birth to children. Those opportunities are irrevocably denied them, often because of the press of careers of their mothers, the irresponsibility of their fathers, and

sometimes, mere inconvenience.

For American society, abortion is also an immeasurable loss. For these unborn women do not become our teachers, nurses, business leaders, civic volunteers, our scientists, astronauts, sports heroes, mothers, grandmothers, church members, etc. And they do not and cannot become our U.S. senators, secretaries of state, or even our presidents.

A society's public policies and public officials should be evaluated by how they treat the most vulnerable of their citizenry. Unborn babies are the most defenseless of "cubs" who have no way to protest or grasp their maltreatment through the amniotic fluid that envelops them. Their hands cannot fight off aggressors nor are their voices able to cry for protection.

In the name of all that is decent, it is time to end this outrage. What is absolutely clear is that millions of girls have been deprived of their womanhood by the very ones who claim to be their "champion." What a cruel irony.

—Dr. John A. Sparks is the retired dean of Arts & Letters at Grove City College and a fellow for The Center for Vision & Values. He is a graduate of the University of Michigan Law School and a member of the State Bar of Pennsylvania. ★

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FBI Opens New Regional Field Office

SACRAMENTO, CA (MPG) - On October 11, 2016, the Sacramento Field Office of the Federal Bureau of Investigation (FBI) hosted an opening ceremony and ribbon cutting to officially debut the field office's new headquarters facility in Roseville, a city in eastern Placer County, Calif. The new building features enhanced security, upgraded technology, and ample workspace to accommodate FBI personnel and its law enforcement partners.

Special Agent in Charge Monica M. Miller welcomed FBI Director James B. Comey and more than 300 attendees representing law enforcement, elected officials, and community partners to the new field office headquarters.

"Our new Sacramento Field Office headquarters facility supports enhanced collaboration within our organization and with our law enforcement partners," said Special Agent in Charge Monica M. Miller. "We are now well prepared for inevitable

growth and to host community education programs such as our FBI Teen Academy and FBI Citizens Academy."

In addition to addresses by Director Comey and Special Agent in Charge Miller, the ceremony featured the Placer County Sheriff's Department honor guard; Sacramento Metropolitan Fire Department Pipe and Drum Corps; Carrie Hennessey, a Grammy-nominated vocalist who sang the national anthem; Norman Dong, Public Buildings Commissioner, General Services Administration; William L. Cunningham-Corso, President, Cunningham Development Company, Inc.; Donald Wetzel, Senior Development Manager, Walsh Group; Carol Garcia, Mayor, City of Roseville; and Congressman Tom McClintock, U.S. Congressional Representative, Fourth District of California.

"GSA and FBI were dedicated to the effective delivery of this project and through strong inter-agency partnerships, the project

is a great success," said Norman Dong, Public Buildings Service Commissioner. "This building was designed with state of the art secure protection features and energy efficient specs that will lead the way for future FBI buildings."

The FBI's Sacramento Field Office has served the 34-county Eastern District of California since 1967, when the federal judicial districts were reorganized. Currently, the Sacramento Field Office has seven resident agency locations to serve the region—Redding, Chico, Fairfield, Tahoe, Stockton, Fresno, and Bakersfield—in addition to its central headquarters.

New public telephone numbers and the address for Sacramento Field Office headquarters have been posted on its website, www.fbi.gov/sacramento. The public may also submit information via tips.fbi.gov and, for cyber-related crimes, www.ic3.gov.

Source: FBI Media Relations ★

Carmichael Elks to Hold Annual Shred Event

CARMICHAEL, CA (MPG) - The Carmichael Elks are holding an on-site Shred Event, by Red Dog Shred on Saturday, October 22nd from 10am - 1pm - at the Elks Lodge, 5631 Cypress Avenue in Carmichael.

The event will be held Rain or Shine.

Donation requested only \$5.00 per banker's size box. Elks National Foundation's mission is to help the Benevolent and Protective Order of Elks

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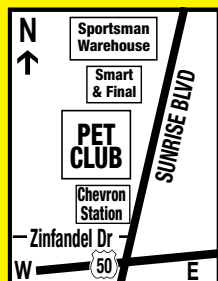
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•Senior 35 Lb •Light 30Lb **\$29.99**
•Large Breed **\$31.99**
•Large Breed Lamb **\$36.99**
•Ex-Athlete **\$36.99**
Effective 10/19/16 - 10/25/16

IAMS DRY DOG FOOD
26 - 30 Lb Bag Only
•Lamb Meal & Rice •Weight Control
•Mini-Chunk •Lrg Breed Adult
Limit 2 Bags Per Family **\$25.99**
Effective 10/19/16 - 10/25/16

PEDIGREE DRY DOG FOOD
Adult.
(Larger Breed Adult 36 Lb Bag. \$19.99)
46 Lb Bag Limit 1 Bag Per Family **\$21.99**
Effective 10/19/16 - 10/25/16

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 10/19/16 - 10/25/16

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties 3 Oz
Limit 2 Cases Per Family **20/\$11.00**
Effective 10/19/16 - 10/25/16

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family **\$11.99**
Effective 10/19/16 - 10/25/16

SCOOPAWAY CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)
Limit 2 Boxes Per Family **\$5.49**
Effective 10/19/16 - 10/25/16

PURINA PRO-PAN CANNED FOOD SALE
Limit 2 Cases • Dog Food \$1.29 • Cat Food 3 Oz **99¢ 63¢**
Natural Grain-Free **EARTHBORN HOUSTIC DRY DOG FOOD** **\$39.99**
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)
New Formula **MERRICK'S CLASSIC NATURAL DRY DOG FOOD** **ON SALE**
•Chicken/Green Peas/Ancient Grains 25 Lbs Limit 2 Bags **\$29.99**
•Beef/Barley/Carrots •Lamb/Green Peas/Ancient Grains
WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF** (in store coupon)
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES!**

WORLD'S BEST CAT LITTER
14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength
PRECIOUS CAT CLUMPING CAT LITTER **\$5.99**
18 Lb Bag Limit 2 Bags Per Family
JONNY CAT PREMIUM CAT LITTER **\$1.69**
10 lb Bag Limit 2 Bags Per Family
CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER **\$5.99**
15 Lb Jug Limit 2 Jugs **SUPER BUY**

PEDIGREE CANNED DOG FOOD **69¢**
All Varieties •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 13 Oz Limit 2 Cases (12ct)
BENEFUL PREPARED MEALS **\$1.39**
All Varieties 10 Oz Limit 1 Case
MEOW MIX DRY CAT FOOD **\$10.99**
•Original Choice 16 Lb Bag Limit 2 Bags Per Family
SCIENCE DIET IDEAL BALANCE DRY DOG FOOD **\$35.99**
•Adult •Mature Adult 30 Lb Bag (Lrg Breed Adult \$39.99) Limit 2 Bags

ADVANTAGE FLEA CONTROL & TREATMENT
Dog 1-10 Lbs. (Green) Dog 55+ Lbs. (Blue) **\$4.00 OFF**
Dog 11-20 Lbs. (Teal) Cat 1-9 Lbs. (Orange)
Dog 21-55 Lbs. (Red) Cat 9+ Lbs. (Purple)
Limit 2 Per Family. Cannot be combined with any other offer **OUR REGULAR LOW PRICE**

BLUE BUFFALO & WILDERNESS **20% OFF**
•Health Bars •Jerky Treats •Dental Chews All Varieties **OUR SUPER LOW PRICES**
STAR MARK PRODUCTS **20% OFF**
All Varieties •Treat Ball •Clickers •Treats •Bento Ball •DuraFoam Disc & Ball •Chewball •Mints **OUR SUPER LOW PRICES**

BODY GEAR MATS & PADS **20% OFF**
All Sizes **OUR SUPER LOW PRICES**
PETMATE REPLENISH Auto-Watering & Auto-Feeding System **20% OFF**
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
CASCADE 100 20 Gal. **\$13.99** Revolutionary
CASCADE 150 35 Gal. **\$17.99** Bio-Falls Quad
CASCADE 200 50 Gal. **\$20.99** Filtration System
CASCADE 300 100 Gal. **\$27.99**

TETRA BOXED 10 GALLON TANK **\$36.99**
With Economy Kit
Just add Heater For Tropical Fish Limit 1 Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz. **\$5.99**
Amquel Plus 16 Oz. **\$5.99**
Novaqua Plus 16 Oz. **\$5.99**
REEF CRYSTALS **\$15.99**
50 Gal. Salt Mix

BONUS COUPON
FANCY FEAST ELEGANT MEDLEY CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/19/16 - 10/25/16 **59¢** CT PLU 568

BONUS COUPON
PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 10/19/16 - 10/25/16 **69¢** CT PLU 446

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/19/16 - 10/25/16 **\$14.99** CT PLU 422

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

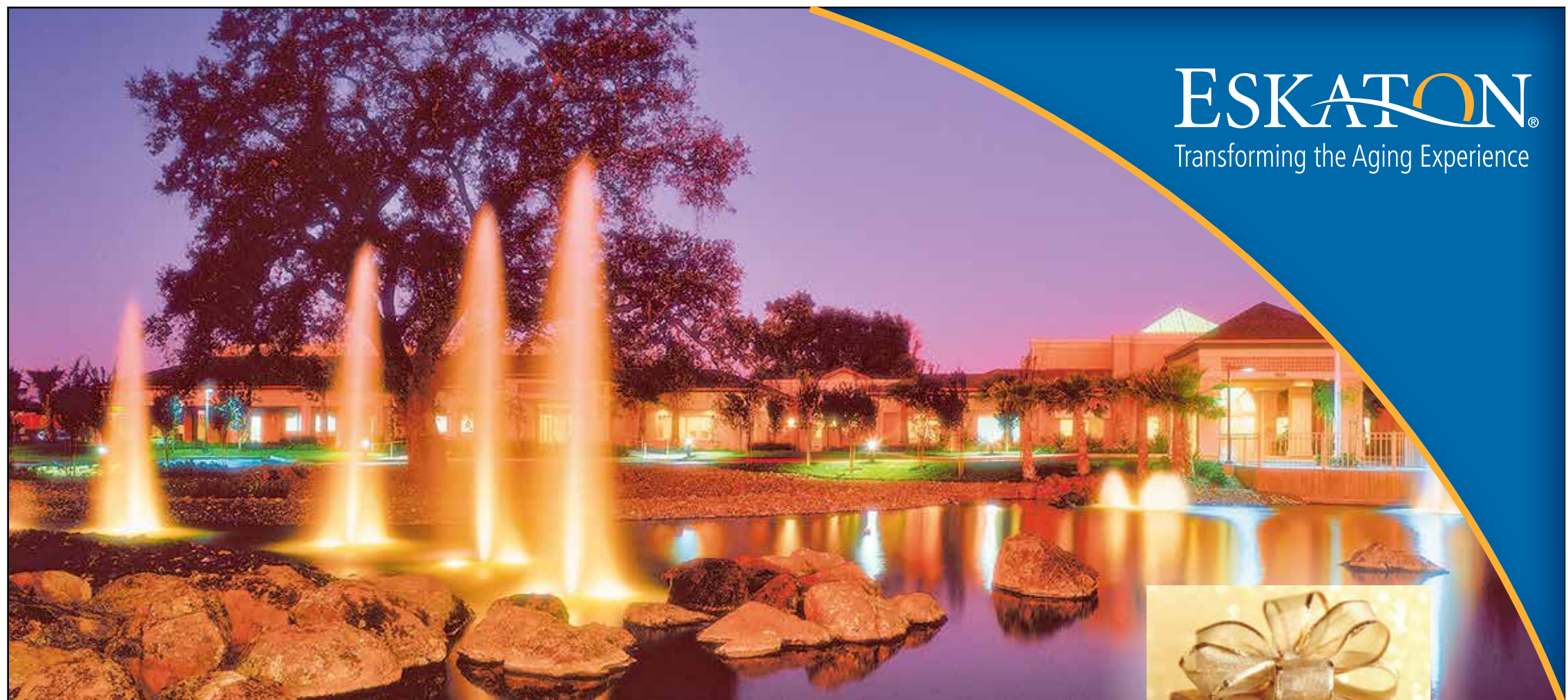
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916 944-1197

\$1,200.00 off

2 implants with 2 attachments to upper/lower denture

Offer Expires 11/30/16

www.YourCarmichaelDentist.com



ESKATON
Transforming the Aging Experience

Eskaton Village Carmichael Golden Opportunity Event



Don't miss this Golden Opportunity!

For a very limited time, we invite you to take 1/3 off your membership fee (with savings up to \$50,000) on select apartments and cottages at our 37-acre resort-style retirement community. You must close on your selected residence by December 31, 2016.

Come to a Fall Home Tour to find out more. Lunch is on us! Call now to reserve your spot. Take advantage of your golden opportunity to save 1/3 on a lifestyle filled with choice, luxury, comfort and service, all at a price that's more affordable than you might think — with monthly fees from only \$3,566.



eskaton.org/VC

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

Your community. Your life. **Your choice.**

Monthly fees begin when the unit is ready. For units that sell for a net amount of \$50,000 or less, the amortized contract option must be used.

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