



Taking a Closer Look at Hillary's Emails

Page 13



Girl Scout Cookies: An Evolution

Girl Scouts Heart of Central California Announces 2016 Girl Scout Cookie Season

Page 3

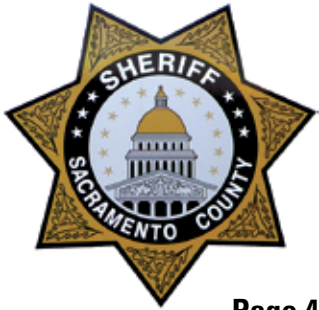
Carmichael Times

Volume 36 • Issue 12

Serving Carmichael and Sacramento County since 1981

March 18, 2016

CARMICHAEL SHERIFF'S REPORT



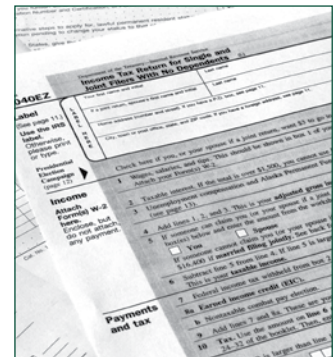
Page 4

SORRY ABOUT THAT, CHIEF

END OF THE BENCH BY GERRY SCHOLL

Page 5

HERE'S A CARROT, PLEASE FILE YOUR TAX RETURN



Page 8

A Tribute to Women

Local Celebration Kick Starts National Women's History Month

By Seraphim Winslow

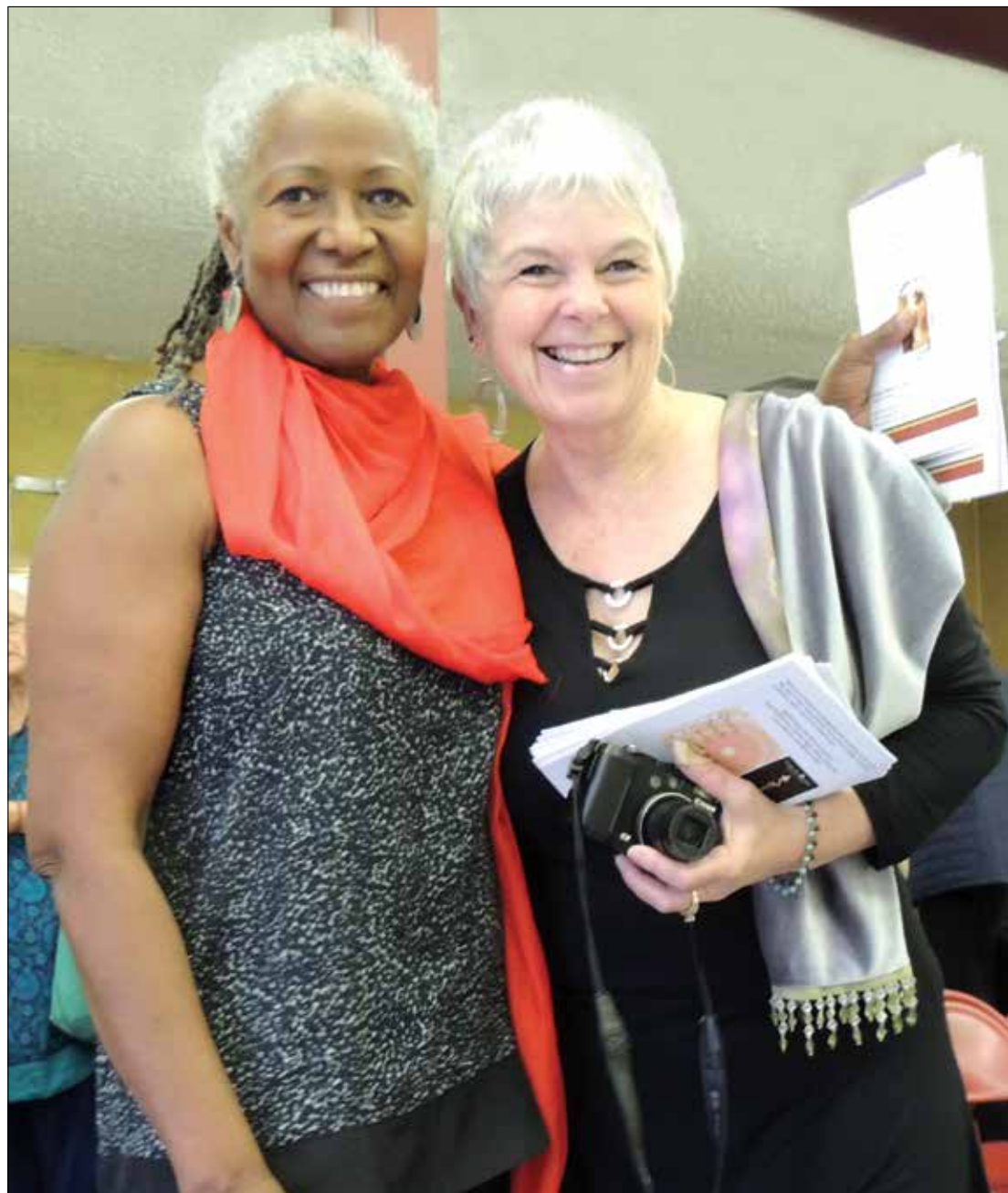
CARMICHAEL, CA (MPG) - Artists, musicians, healers, and spoken word performers gathered together on Sunday, March 13th, at Enter the Orchid—a sacred space for art and healing on Stanley Avenue—in order to celebrate National Women's History Month.



Sawako Ama brought her Dance Troupe. Photo by Joan Marie

Featured talent included spoken word artists Dr. V.S. Chochezi and Staajabu, a unique mother and daughter team called "Straight Out Scribes"; Shamanic drummer Peter Salomone; Sacramento's premier American tribal style dance troupe Manasa with Sawako Ama, as well as ecstatic dancer Isaac Williams who said, "I am a warrior here to protect, hold, and nurture sacred healing space."

Williams' quest for a sacred space created the general ambience of Sunday's event. Though it rained heavily outside, the cozy, two-story art gallery warmed up to a lively afternoon of beauty, healing, and good vibes, not to mention tasty snacks and wine. It



Event organizers Pauline Haynes and Jean Marie of Enter the Orchid, a sacred space for healing and beauty in Carmichael. Photo by Seraphim Winslow

all got started with a drum blessing by Brenda Gustin, PhD, who leads BraveHeart Women events throughout the Sacramento area. Positive energy was further generated by keynote speaker, and wife of congressman Ami Bera, Janine

Bera, M.D., who specializes in preventive medicine and the roles nutrition and exercise play in the overall management of chronic disease. Lanelle Roberts, the oldest child of Edith and George S. Spanky Roberts of the Tuskegee

airmen, also spoke about her parents' legacy.

Pauline Haynes and Joan Marie were the organizers of this multicultural, visual and performance art show, the theme of which was

Continued on page 9

Franklin Graham Headlines Prayer Tour

SACRAMENTO REGION, CA (MPG) - SaveCalifornia.com invites you to join national Christian leader Franklin Graham in Sacramento, Thursday, March 31st, for an important election-year rally supporting faith, family, and freedom.



Franklin Graham is traveling to all 50 states in 2016 to hold prayer rallies, to preach the Gospel, and to challenge believers to take a stand and take action. Photo courtesy SaveCalifornia.com

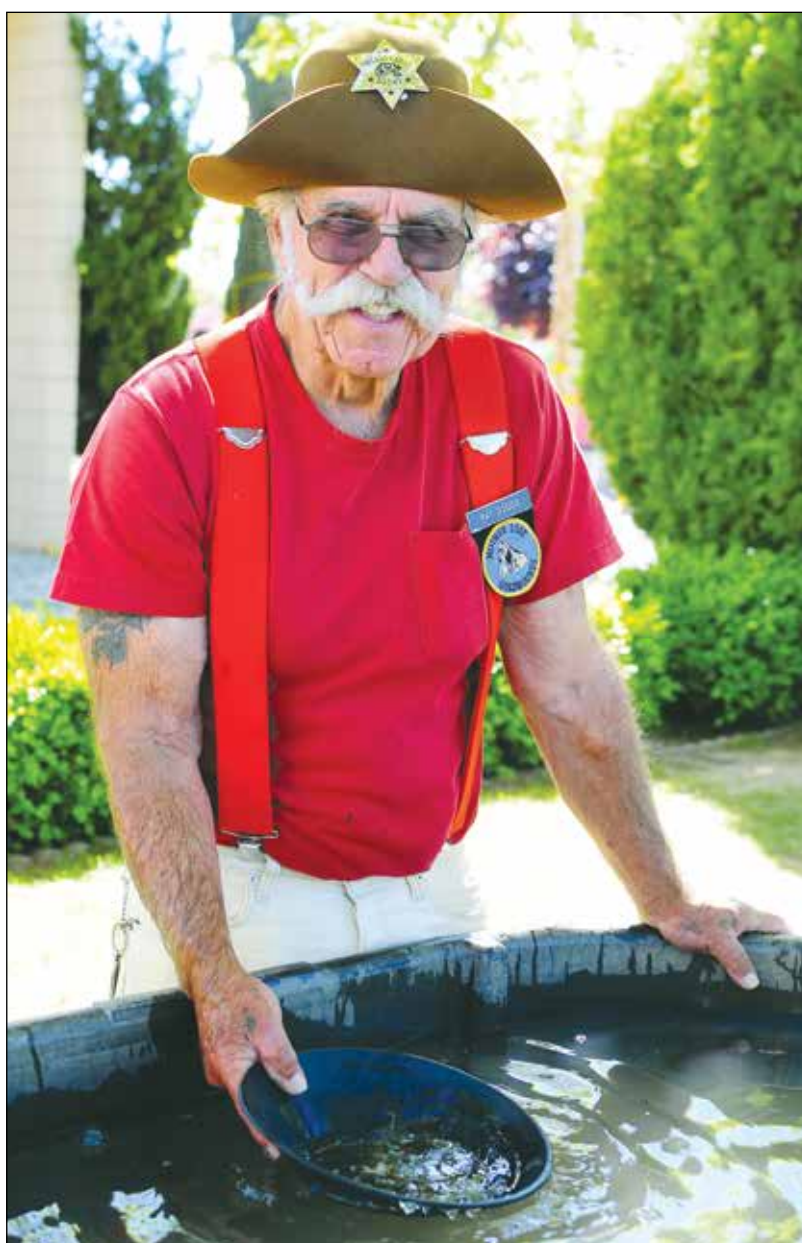
As our nation hangs in the balance, the "Decision America Tour" is your opportunity to unite and take a public stand for Godly, moral values and for your constitutional freedoms. It's a time to pray for God to do what only He can do, and a time for you to commit to what He's called you to do.

The vision: "Franklin Graham is traveling to all 50 states in 2016 to hold prayer rallies, to preach the Gospel, and to challenge believers to take a stand and take action. He'll be urging Christians to vote, to live out their faith in every part of their lives, and to pray for our nation just as Nehemiah cried out to God to rebuild the walls of Jerusalem and restore hope to His people."

This totally aligns with the moral, family values of SaveCalifornia.com—and you!

"If people who know what is good are not the main influencers of government, how in the world can we have good government?" ~ SaveCalifornia.com President Randy Thomasson

Source: SaveCalifornia.com ★



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Roller's annual Gem and Mineral Show.

Gem and Mineral Show Set to Rock the Region

Story and photos by Anne Stokes

SACRAMENTO REGION, CA (MPG)

The Roseville Rock Rollers Gem and Mineral Society is set to host their 54th annual Gem and Mineral Show March 26th and 27th. The colorful event will take over the Placer County Fairgrounds with 60 vendors, lapidary demonstrators, and educational presentations for rock hounds of all ages. The Easter weekend event will run Saturday from 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m.

With over 3,000 visitors in attendance last year, even more are expected this year. Actually, it's becoming one of the largest gem and mineral shows on the west coast, according to show chairman James Hutchings. But don't call it a gem fair. "It's not a 'fair,'" said Hutchings. "A gem 'fair' is a commercial thing; it has nothing to do with rocks and minerals."

Enthusiasts and vendors from all over the west coast



A quartz amethyst crystal for sale from the Frank Zbierski Minerals booth at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

will bring their collections of rough and polished gem stones, mineral specimens, fossils, meteorites, and jewelry collected from all over the world to be put on display or put up for sale. Collectors are also able to bring in rocks for expert identification.

"We've got mineral identification, so people can come and bring their rocks, their gemstones, we'll put them through the testing here and determine whether they have something really interesting,

sort of like Antique Roadshow, and give them an idea of what they have," explained Hutchings.

The Roseville Rock Rollers started out in 1960 with a handful of rock hound enthusiasts who banded together over a shared love of earth sciences and an affinity for collecting. The group now includes over 280 adult and youth members who enjoy lapidary and jewelry-making classes, specimen collecting field trips,

Continued on page 2



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

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



CRAIG DIEZ TEAM

Bringing You Home
Your Carmichael Realtor for over 27 years
(916) 425-5884

CURRENT LISTINGS



6048 Cherrelyn Way, Carmichael, CA 95608
3/2 1393 sqft,
.25 acre lot
Open Floor plans
Rv Access

FEATURED



4291 Alton Ct., Sacramento
5075sqft., .48 Acre cul-de-sac lot
Near Ashton Park



5322 Kenneth Ave. Carmichael
Clean Home on a Large .287 lot
Great for 1st Time Buyers or Investors

CDT Recent Sales

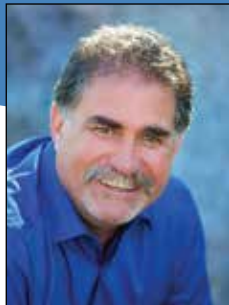
- 3153 Petty Lane, Carmichael, 95608 - \$355,000
- 6042 Lonely Ridge Ct., Fair Oaks, 95628 - \$647,000
- 7016 Trabert Ct., Carmichael, 95608 - \$410,000
- 5134 Archcrest Way, Sacramento, 95835 - \$540,000
- 645 Swanson Lane, Colfax, 95713 - \$460,000
- 3004 Granite Park Lane, Elk Grove - \$340,000
- 4120 Daystar Ct., Sacramento, 95824 - \$135,000
- 5343-5345 Gibbons Dr., Carmichael, 95608 - \$307,500

I would not have been able to go through this process without the assistance of such a knowledgeable and professional REALTOR®. Craig Diez is an incredible talent and understands that buying a house is an emotional journey. He was always available to answer my questions and lower my anxiety level. The integrity and work ethic he demonstrates is hard to find these days. I have already recommended him to a friend.
—Karen Sandoval

CLIENT



7144 Fair Oaks Blvd., Suite #7
Carmichael, CA 95608
(916) 425-5884
cdiez@cbnorcal.com



Craig Diez



Mike Giancanelli

Gem and Mineral Show Set to Rock the Region

Continued from page 1

and monthly meetings with their membership. They early show not only covers the group's annual operating costs but also gives members the opportunity to display their prized personal collections.

"We put out about 50 display cases of the most exquisite collections in the possession of individuals who have spent their lifetime collecting the best of the best," said Hutchings. "They keep them at home and once a year they bring these mini-museums to our show to show people what they collect."

The show is a family friendly event, with special attention to educational opportunities for young rock hounds at the Kid's Junction, which featured jewelry arts and crafts and a fos-



Eric Lingo, age 7, inspects a mineral sample up close with father Shawn Lingo, at last year's event.



A cut agate slab show off the beautiful and colorful pattern within the rock. The slab was for sale at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

sil exhibit courtesy of Sierra College. Last year, Junior Rock Roller member Cannon Hansen of Roseville, age 9, brought a selection of his already extensive rock collection to be identified but couldn't quite put a finger on where his love for rocks and

minerals comes from.

"I've been collecting for years," he said. "I don't know, they're just cool things. I like fossils too, they're my favorite."

Cannon's father, Erick Hansen, who is also a Roseville Rock Roller member, brought his son to the show to cultivate his enthusiasm. "Cannon has always shown an interest in rocks; every time we go on a walk outside he's always looking on the ground trying to pick up rocks. He's kind of fascinated with that and it's a good way for us to teach him science," said the elder Hansen.

Hutchings hopes that such hands-on experiences with rocks, minerals, and geology will help to expand young minds. "Hopefully they're going to understand that the rocks in their back yard, the rocks along their driveway, are not the [same as the] rest of the rocks in the world," he said. "The rocks of the world are absolutely exquisite productions of Mother Nature. There are things you never knew existed, and that's the most common comment we get by people who have never been to a show: 'I had no idea that these things existed.'" ★



SWANSTON COMMUNITY CENTER

Games! Easter Blast Games!

EGG HUNT! Sunday, March 27 12pm-2pm **Magic Show!**

Magic Show is at 12pm and 12:45. Buy Ticket at Swanston or online at MORPD.com \$1 per person, age 2 and under free

Spring Break Camp

March 21-25

8am - 5pm

All youth, ages 5-12 years old
\$84 per child \$20 for daily drop-in*

Space is limited, register early!



MISSION OAKS COMMUNITY CENTER

TRAVEL SHOW Looking for Adventure? **Join Us!**

Easy Group Travel
Designed for Adventurers who are nearly retired or "still working but ready to travel"

Wednesday April 6, 10am

BOOK NOW & SAVE!

Travel the World!
Discover Croatia, Slovenia, and the Adriatic Coast
OCTOBER 15-26
\$4149 DOUBLE OCCUPANCY
INCLUDES AIR FARE
RESERVE BY APRIL 15 SAVE \$150

MISSION OAKS RECREATION & PARK DISTRICT
Office Hours: 8 am-5 pm
Registration Hours:
8:30 a.m.-4:00 p.m. Monday-Friday
MORPD.com

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608
MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608
SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

HOLY WEEK



WORSHIP SCHEDULE AT NORTHMINSTER
March 20 - 27, 2016

- PALM SUNDAY** March 20, 10 a.m.
A worship celebration of Jesus' entry into Jerusalem with the children waving palm branches joined by the chancel and handbell choirs, and a joyous message by Pastor Jack F. McNary.
- MAUNDY ("Mandate") THURSDAY** March 24, 7 p.m.
Remembering Jesus' Last Supper with His disciples with a symbolic cleansing with the washing of the hands and then coming to the Table of Grace to partake of the Sacrament of the Lord's Supper. All are welcome.
- GOOD FRIDAY** March 25, 7 p.m.
A "Service of Darkness" (Tenebrae), extinguishing candles throughout the service as we hear the "Seven Last Words of Jesus from the Cross." Featuring the choir and handbells.
- EASTER SUNDAY** March 27, 7 a.m.
A contemporary style worship celebrating the Resurrection of our Lord Jesus, led by our Youth with singing and an uplifting message by Pastor Jack.
- 10 a.m.** Traditional worship with brass, handbells, choir and an inspiring message by Pastor Jack. There will be a special time and gifts for the children with eggs for all!

Northminster Presbyterian Church

3235 Pope Avenue (between Watt and Fulton) Jack F. McNary, Pastor (916) 487-5192
www.northminsteronline.org/mailnorthminster@yahoo.com

Girl Scout Cookies: An Evolution

Girl Scouts Heart of Central California Announces 2016 Girl Scout Cookie Season

SACRAMENTO REGION, CA (MPG) - It's Girl Scout Cookie time! Girl Scouts Heart of Central California (GSHCC), which serves Girl Scouts in 18 California Counties, is pleased to announce the 2016 Girl Scout Cookie Season. The following highlights this iconic program, which has taught financial literacy and business skills to millions of girls for nearly 100 years.

Girl Scouts of the USA operates through 112 regional councils. Locally, the council is Girl Scouts Heart of Central California (GSHCC).

This year, the program offered pre-sales from Jan. 8th to Feb. 18. Local Girl Scouts set goals and develop business strategies within their troops, and began selling to friends and neighbors.

On Feb. 13th, approximately 85,000 cases of cookies were delivered to Sacramento and distributed to troops. On Feb. 15th, approximately another 28,000 cases of cookies will be delivered to Modesto and distributed to troops. This is called the Mega Drop! Once troops receive their cookies from the Mega Drop, they can begin distributing to their presale customers and hosting booth sales.

The Girl Scout Cookie Program focuses on teaching five skills: goal setting, decision making, people skills, money management, and business ethics. Booth sales are a key component for helping girls develop these skills in a real-world sales environment.

Troops offer nine varieties of cookies: Thin Mints, Caramel deLites, Shortbread, Cranberry Citrus Crisps, Thanks-a-Lots, Peanut Butter Patties, Peanut Butter Sandwich Cookies, Lemonades, and gluten-free Trios. The cookies are made by ABC Bakers exclusively for Girl Scouts. For the second year in a row, cookies are \$5 per package.

Check out the evolution of this iconic program:

1960s:

During the 1960s, when Baby Boomers expanded Girl Scout



membership, cookie sales increased significantly. Fourteen licensed bakers were mixing batter for thousands upon thousands of Girl Scout Cookies annually. And those bakers began wrapping Girl Scout Cookie boxes in printed aluminum foil or cellophane to protect the cookies and preserve their freshness.

By 1966, a number of varieties were available. Among the best sellers were Chocolate Mint (now known as Thin Mints), Shortbread, and Peanut Butter Sandwich cookies.

1970s:

In 1978, the number of bakers was streamlined to four to ensure lower prices and uniform quality, packaging, and distribution. For the first time in history, all cookie boxes—regardless of the baker—featured the same designs and depicted scenes of Girl Scouts in action, including hiking and canoeing.



And in 1979, the brand-new, Saul Bass-created Girl Scout logo appeared on cookie boxes, which became even more creative and began promoting the benefits of Girl Scouting.

Girl Scout Cookies for sale during the 1970s included Thin Mints, Peanut Butter Sandwich/Do-si-dos®, and Shortbread/Trefoils® cookies, plus four additional choices.

1990s:

In the early 1990s, two licensed bakers supplied local Girl Scout councils with cookies for girls to sell, and by 1998, this number had grown again to three. Eight cookie varieties were available, including low-fat and sugar-free selections.

GSUSA also introduced official age-appropriate awards for Girl Scout Brownies, Juniors, Cadettes, and Seniors, including the Cookie Activity

pin, which was awarded for participating in the cookie sale.

Today:

They've recently redesigned Girl Scout Cookie packaging, announced National Girl Scout Cookie Weekend

essential to the program.

They've also introduced the Cookie Finder app, to help consumers find a local booth sale right nearby. Simply download the app to your smartphone (for iPhone or Android users) and enter your zip code for dates, times and loca-



2016 (Feb. 26th to the 28th), and introduced their very first gluten-free Girl Scout Cookie!

But the really big news is the launch of the Digital Cookie platform—a fun, safe, and interactive space for girls to sell cookies, taking the iconic cookie program digital. A bold step into the future of the Girl Scout Cookie

tions of booth sales in your area.

No smartphone? No problem—you can also use this feature through their website at girlscoutshcc.org/cookies.

About GSHCC: Girl Scouts Heart of Central California serves nearly 24,000 girls in 18 counties in the Sacramento-Stockton-Modesto region. The mission of Girl Scouts is to build girls of cour-



Program, Digital Cookie introduces vital twenty-first-century lessons about online marketing, app usage, and e-commerce to Girl Scouts, who will be in the driver's seat of their own Digital Cookie businesses. But most importantly, Digital Cookie retains the one-to-one personal approach to selling that is

age, confidence, and character, who make the world a better place. *Photos courtesy Girl Scouts Heart of Central California.*

Source: Girl Scouts Heart of Central California ★

ESKATON
Transforming the Aging Experience

A few openings are available in the Assisted Living Lodge and newly remodeled Memory Care. No membership required!

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3939 Walnut Avenue Carmichael, CA 95608
916-967-1017

License #340313383 / COA #202 Pet Friendly EQUAL HOUSING OPPORTUNITY

Eskaton Village Carmichael

If you are ready for more freedom, but want more than month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community at a price that's more affordable than you might think ... Come for a visit soon.

Take in our beautiful 37-acre campus with bocce ball court, putting green, multiple gardens and state-of-the-art fitness center with indoor pool and spa. Imagine your life with so many exciting opportunities right outside your door.

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

Pick up the phone or go online for more!

eskaton.org

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3939 Walnut Avenue Carmichael, CA 95608
916-967-1017

License #340313383 / COA #202



A leading nonprofit provider of aging services in Northern California since 1968



CALL 773-1111 TO ADVERTISE
www.CarmichaelTimes.com

Carmichael Sheriff's Report

Arrest in Homicide Case

December 22, 2015

On December 21, 2015, homicide detectives arrested a 16 year old male for the December 12th murder of Jonathan McKenzie, 25, of Carmichael. The suspect was already in custody at Sacramento County Juvenile Hall on weapons and drug charges. The suspect was arr-booked on the murder charge.

A little after 11:00 p.m. on December 12, 2015, the Sheriff's Communication Center received 911 calls regarding an altercation, and further advised a victim was on the ground in the 2800 block of Walnut Avenue (Walnut Wood Apartments) in Carmichael.

Deputies arrived on scene and located the victim suffering from a gunshot wound. The victim was located inside an apartment. Sacramento Metro Fire personnel responded and pronounced the victim deceased at the scene. Witnesses stated they heard a scuffle coming from the area around the victim's apartment, and then heard a gunshot. Two males were seen running from the area of the shooting, and shortly afterwards heard a vehicle fleeing the apartment complex towards Walnut Avenue.

The investigation is still ongoing, and homicide detectives are asking anyone with information relating to this incident, to please contact the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com, by texting 274637 (CRIMES) and entering the keyword 'SSD', or by calling (916) 874-TIPS (8477).



Homicide

December 13, 2015

A little after 11:00 p.m. on December 12, 2015, the Sheriff's Communication Center received 911 calls regarding an altercation, and further advised a victim was on the ground in the 2800 block of Walnut Avenue (Walnut Wood Apartments) in Carmichael.

Deputies arrived on scene and located a 25 year-old male victim suffering from a gunshot wound. The victim was located inside an apartment. Sacramento Metro Fire personnel responded and pronounced the victim deceased at the scene. Witnesses stated they heard a scuffle coming from the area around the victim's apartment, and then heard a gunshot. Two males were seen running from the area of the shooting, and shortly afterwards heard a vehicle fleeing the apartment complex towards Walnut Avenue.

The identity of the victim in this case will be released by the Sacramento County Coroner's Office, after notification has been made to their next of kin.

Homicide detectives are asking anyone with information relating to this incident, to please contact the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Tip information may

also be left anonymously at www.sacsheriff.com, by texting 274637 (CRIMES) and entering the keyword 'SSD', or by calling (916) 874-TIPS (8477).

Assault Upgraded to Homicide

January 19, 2016

At approximately 9:35 p.m. on January 13, 2016, the Sacramento Metro Fire Department responded to a medical call in the area of Fair Oaks Boulevard and Grant Avenue in Carmichael. They located 39 year old Ruben Gabriel Ambrus (victim photo attached) in medical distress, and transported him to a local hospital.

Hospital personnel assessed the victim, and treated the victim for head trauma. They contacted the Sheriff's department because they felt the victim's injuries were consistent with an assault. Sheriff's detectives responded and began their investigation. Witness statements confirmed that an assault occurred in the area where the victim was located. On January 17, 2016, the victim succumbed to his injuries and was pronounced deceased at the hospital.

Sheriff's homicide detectives have taken over the investigation. The motive of the stabbing remains unclear, but they believe other witnesses may have been in the area during the assault.

Detectives are asking anyone with information relating to this incident, to please contact the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com, by texting 274637 (CRIMES) and entering the keyword 'SSD', or by calling (916) 874-TIPS (8477). ★

Redemptive Action

By Pastor Rich Reimer

"What's not right in my city?" This was a question I asked a group of twelve people at the recent Momentum Conference hosted by



Crossroads Church in Carmichael and sponsored by four other Carmichael churches. In short order I took down a page of hot items that provoke "righteous anger". Items included: potholes, gang tagging and graffiti, shoes on telephone wires, vagrancy, begging, human trafficking, illegal dumping, drug paraphernalia in parking lots, government manipulation and mismanagement of funds, and even dog poop in the park.

I then led this group in a quick overview of several instances in the Bible where "righteous anger" was expressed and action taken. I made sure they got the message of Saint Paul who said "Be angry but do not sin." (Ephesians 4:26)

I challenged the group to "own the problem or issue" rather than

expect someone else to do something about it. The next step is to "join forces" with others who see the same problems and then together take "REDEMPTIVE ACTION." Everyone in the group was motivated to do something but wanted to give their time and resources to actions that really helped.

It came to me that the God of your Bible faced the same predicament. He saw how the sin of our first parents tainted the entire human race. He knew it would take "REDEMPTIVE ACTION" to make humanity whole again. God chose not to just wave a magic wand and fix everything. Instead God started the solution with a man named Abraham and his family. God gave that family the 10 Commandments and other laws to follow.

But as we know, just making laws, doesn't mean people are going to follow them. So God decided to make his final redemptive effort personal by doing what only God could do. God entered our time and space in the person of Jesus. That is the Christian message of Christmas. Jesus, as God in the flesh, introduced God's will and power in person by healing diseases and transforming the human

spirit by offering forgiveness. Jesus took redemptive action! Jesus died taking the sins of humanity upon himself and paid the ultimate penalty. This redemptive action was then confirmed, validated and approved by Jesus' resurrection from the dead on Easter Sunday!

In our group there was a man who said he had been homeless for almost a year. I asked him, 'What was it that became your first step out of being homeless'? He said he was sleeping on the porch of a church downtown. He had reached the "bottom". He cried out to God in that moment and he felt a divine presence come over him. He started thinking differently from that moment on. Redemptive action took place! Christmas, Good Friday, Easter Sunday is about celebrating the REDEMPTIVE ACTION of our Creator who out of love for humanity revealed Himself most completely in Jesus, solved our sin problem, and now awaits our humble cry for help!

Reverend Richard Reimer,
Lead Pastor
American River
Community Church
3300 Walnut Ave., Carmichael
916-483-3465
Facebook.com/ARCCOnline ★

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens



(916) 338-7156

We offer free training, fingerprinting, CPR/1st aid, 24 hr support, monthly reimbursement



EASTER @ Celtic Cross Presbyterian Church

7:00 am Sunrise Service, a casual Contemporary Service outside.

9:30 am Contemporary Service with the Praise Team.

- Children and Youth programs
- Easter Egg Hunt at 10:30 am

11:00 am Traditional Service with the choir and guest brass ensemble.

Share the Journey!

5839 Dewey Drive, Citrus Heights, CA 95621
Between Madison and Greenback
(916) 967-1414 celticpc.org

Come! Join Us

Friday 7:00PM - Good Friday Service

American River Community Church

Wonder-Land Christian Pre-School & Day Care
3300 Walnut Avenue - Carmichael

Easter Sunday

9:30AM - Contemporary Praise Band
11:00AM - Classic Blend Service

www.arcconline.org info@arcconline.org 916.483.3465

Conveniently Located on Auburn Blvd.
Between Manzanita & Garfield

NEED STORAGE?

ARMOR MINI STORAGE

Since 1980

Office Hours:
Mon-Sat 9-6 • Sun 9-4

www.armorministorage.com

BEST of 2014
Citrus Heights Chamber

Computer Gate Access
6am-9pm 365 Days A Year

Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455

5714 Auburn Blvd., Sac 95841

END OF THE BENCH BY GERRY SCHOU

Sorry About That, Chief

Poor, poor pitiful Grant Napear. He sounds so deflated, and so does his sidekick, Jerry Reynolds. A lot of people would just love to have their jobs, but would also have to feel sorry for the guys and the jobs they must do these days.

That pair comprises the television broadcast team of your Sacramento Kings, a franchise that, in many ways, might be described as...well, pitiful.

This was supposed to be a season the Kings would make a run at the playoffs after nine years of not reaching the NBA's "second season." But led by a prima donna, coach-killing, perpetually-pouting superstar, a meddling owner that envisions an unique offense like the one he once had in CYO basketball, and an aging, grumpy (though highly-successful, ranking fourth all-time in wins) head coach dealing with his own health issues, it was foolish to think the current edition of the Kings would break through.

The subdued tones of Napear's voice as Sunday afternoon's home loss wound down --- 108-99 to the uninspiring Utah Jazz --- spoke volumes about the state of the team, now 25-40 and thinking about next year.

As the Jazz scored at will during the third quarter, Reynolds remarked with exasperation, "That's way too easy. The fans are not liking that kind of defense."

You might be inclined to call it "Matador Defense," except that no Kings' defenders would waste their breath shouting out, "Ole!" nor would they flash any red capes around the rim, electing, instead, to wave an invisible white flag of disinterested surrender.

As the Jazz' lead grew to 22 points (soon to peak at 25), the fans at Sleep Train Arena awakened from their collective slumber, momentarily, to shower a chorus of "boos" upon their Kings as they left the floor for a timeout.

"The word I would use," said Napear, "is 'energy,' or lack thereof. I haven't seen any of that this afternoon from Sacramento." He later added, pointedly, "You've

got to come out with some professional pride and some enthusiasm. This is what you are paid to do."

All-Star center DeMarcus Cousins, in his sixth season, fills up the stat sheets with impressive individual numbers, but can't get along with his coach and wouldn't be classified as a true team leader, often complaining about his personal frustrations. He just returned from a one-game suspension for conduct detrimental to the team, something that seems to occur quite often but usually goes by unpunished.

Cousins possesses undeniable talents but, so far, is not a winning player. He is a volume shooter and scorer, but plays defense when he feels up to it. He pads his rebounding totals by oftentimes being uncommitted to team defense and hanging around under the basket. When he handles the ball at the offensive end, teammates stand around watching to see what DeMarcus will do next.

The team seemed to have put together a better roster this season, but it turned out to be lacking in chemistry and loaded with fractured relationships that leads to disjointed play on the court, realized in their third-worst turnover percentage in the league.

Perhaps things will change when the sorry Kings move into their new downtown arena next season, but they just might need a new everything else, too. Poor Grant and Jerry are doing alright, but they do deserve a better game to call.

Meanwhile, there are others --- besides any team that plays the 60-6 Golden State Warriors --- that also deserve our sympathy. Every March they are easy to spot just after the NCAA Division I Men's Basketball Tournament bracket comes out. First, feel sorry for the members of the selection committee, just because they can never please everybody. Then, feel for the snubbed --- teams like St. Mary's College, Monmouth, Florida, San Diego State, South Carolina and all of those teams that won their conference

regular-season titles but fell short in those dastardly conference tournaments and the automatic NCAA bids.

St. Mary's, 27-5 and regular-season co-champ of the West Coast Conference, defeated co-champ Gonzaga (a NCAA No.-11-seed) two out of three, but fell to the Zags in the WCC tourney title game. The Gaels lost at Cal (a best-ever, No.-4 seed, set to face Hawaii) in a hotly-contested game in the closing moments. Cal (23-10), lost late at Virginia (a No.-1 seed) early in the season. How might St. Mary's do versus Virginia at a neutral site? We'll never know.

Two losses to Pepperdine and what turned out to be a mediocre non-conference schedule hurt the Gaels. But SMC was tops in the nation in field-goal percentage (50.9), seventh in 3-point accuracy (41.3), fifth in scoring defense, third in fewest turnovers and No. 1 in assist/turnover ratio. Those are impressive figures against anybody --- they should've been in, but have been relegated to hosting New Mexico State in the NIT. Four teams selected over St. Mary's --- Wichita State, Vanderbilt, Tulsa and Michigan --- all had Ratings Percentage Index (RPI) worse than the Gaels. What's up with that? Sorry.

You can also have a little sympathy for the fates of the No.-16 seeds in The Dance --- they surely face a one-and-done, since no 16-seed has ever defeated a No. 1. But you could say, "They have a chance."

As the Major League Baseball season approaches, there are some rebuilding teams --- namely Philadelphia, Colorado, Atlanta, Cincinnati, San Diego, Milwaukee, Seattle, Minnesota and, dare we say, Oakland --- whose fans could be told that their teams have "no chance." Sorry.

But if you truly should feel sorry for anybody above everyone else, it's all of those young Little League players that had their Opening Day parades and early-season practices rained out. ★

Better Sleep Better Health

Treating Sleep Apnea

Sy Kim DENTISTRY

Comprehensive Dental Care
6855 Fair Oaks Blvd Suite #800
Carmichael, Ca 95608
916.487.5032
Next to Carmichael Post Office | sykimdentistry.com

Union Gospel Mission

Sacramento
(916) 447-3268
400 Bannon Street
Sacramento, CA 95811
Exec. Director, Pastor Tim Lane

Go to WWW.UGMSAC.COM to donate online

Ways to Give for Easter!
We will be giving 100+ food boxes and needs

- Turkeys • Canned Veggies
- Boxed Potatoes • Stuffing and Gravy

Each \$1.92 you send provides a delicious Easter meal and care for a man, woman or child who comes to the Mission, and shares the hope of salvation through Christ's Resurrection.

Easter Meals Just \$1.92 Each

Please consider donating today!

Union Gospel Mission serves Sacramento's homeless with shelter, meals, clothing, many essential items, and a men's rehabilitation program, always given with a life-changing Gospel message 365 days a year! Founded in 1962 by concerned Christians for men in need, we now serve women and children. God's amazing testament shines from the good that comes with committed volunteers, inspired leadership, and the community's support through financial and in-kind gifts.

California MENTOR Family Home Agency

Share your heart. Share your home. Become a **Mentor** today.

California MENTOR's Family Home Agency is seeking adult foster families with a spare bedroom to support an individual with special needs. Receive up to \$3,800 a month and ongoing support.

Information Sessions held:
Tuesdays at 4 p.m. and 7801 Folsom Blvd. | Suite 375
Thursdays at 11 a.m. Sacramento | CA 95826

We provide education, multiple supports, monitoring and the opportunity to work independently from home.

Contact a Recruiter today at (916) 383-9785 ext.15
www.MentorsWanted.com

Healthy, Wealthy & Wise

living smart
Eat Healthy, Buy Local
Farmers Markets

Fair Oaks Sunset Farmers Market
WEDNESDAY, 3 PM - 7PM
8101 Sunset Ave, Fair Oaks
OPENS MARCH 16
Seasonal, Rain or Shine

Sunrise Mall Farmers Market
SATURDAYS, 8 AM - 1PM
6196 Sunrise Blvd., Citrus Heights
(Behind Sears)
Year Round, Rain or Shine

Historic Folsom Farmers Market
SATURDAYS, 8 AM - 1PM
915 Sutter Street, Folsom
Year Round, Rain or Shine

SUNDAY, 9AM-2PM
Carmichael Park Farmers Market
5750 Grant Ave., Carmichael
Year Round, Rain or Shine

- ⇒ Live Music & Entertainment
- ⇒ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ Chef Demos
- ⇒ Artisans/Crafters
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE PARKING

Bring this flyer with you to any market location and receive FIVE raffle tickets to enter to win our Monthly Farmers Market Gift Basket!! (mpg)

ILoveMyFarmersMarket.com

Carmichael RECREATION AND PARK DISTRICT

EGG HUNT

ARTS & CRAFTS • GOLDEN EGGS • VENDORS • EASTER BUNNY • AND MORE!

03.26.16 Saturday • 10am Sharp!
at Carmichael Park

carmichaelpark.com • 916.485.5322

LEGAL ADVERTISING
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01320 Alison K and Bradley M Noell, 2022 21st Street Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "TKH Services" at 7083 Murieta Parkway Unit 29 Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County February 16, 2016. Publish: February 26, March 4, 11, and 18, 2016. TKH 160210 03-18-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01152 Anthony Hessler, 7083 Murieta Parkway #29 Rancho Murieta, CA 95683 is doing business under the Fictitious Business Name(s) "TKH Services" at 7083 Murieta Parkway Unit 29 Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County February 16, 2016. Publish: February 26, March 4, 11, and 18, 2016. TKH 160210 03-18-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01547 Samuel Rogoveanu, 8675 Phoenix Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Alpina Motors" at 8175 Alpine Avenue Suite E Sacramento, CA 95826. Filed with the Clerk of Sacramento County February 25, 2016. Publish: March 4, 11, 18, and 25, 2016. ALPINA 160224 03-25-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01634 Poncho Insurance Inc, 745 Atlantic Avenue 8th Floor Boston, MA 02111 is doing business under the Fictitious Business Name(s) "Poncho Insurance Services" at 745 Atlantic Avenue 8th Floor Boston, MA 02111. Filed with the Clerk of Sacramento County February 26, 2016. Publish: March 11, 18, 25, and April 1, 2016. PONCHO 160224 04-1-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01382 Xiaoling Yu, 276 Edgebrook Circle lone, CA 95640 is doing business under the Fictitious Business Name(s) "SASA Massage" at 3510 Auburn Boulevard #13 Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 22, 2016. Publish: March 11, 18, 25, and April 1, 2016. SASA 160228 04-1-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-01673 Katherine Erickson, 4324 F Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Graphic Interiors" at 4324 F Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County February 29, 2016. Publish: March 18, 25, April 1, and April 8, 2016. GRAPHIC 160224 04-8-16

Here's a Carrot, Please File Your Tax Return

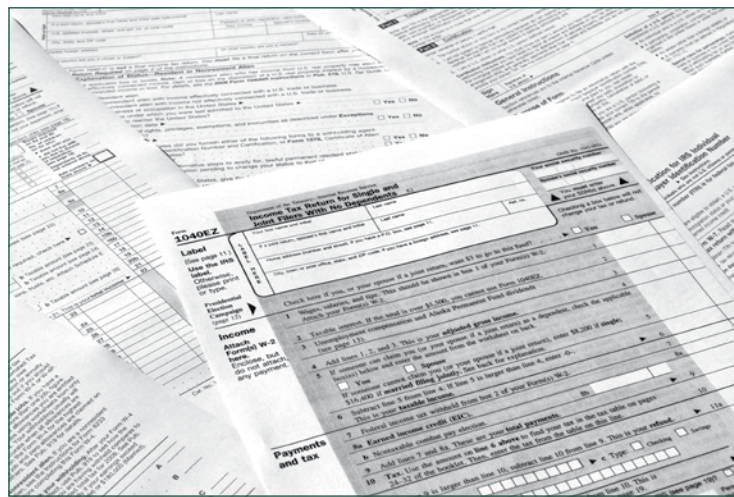
By Christian Montgomery

SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service (IRS) recently announced that it is holding \$950 million in unclaimed refunds for tax year 2012. Maybe... This is not the first time the IRS has used a large estimated refund figure hoping to entice the public to file their missing tax returns. Last year's estimated refund figure for tax year 2011 was more than a billion dollars.

If you are enticed by the large refund figure, unfortunately the IRS doesn't have a large stack of \$950 million designated for taxpayers to just pick up. However, if you are owed a refund for tax year 2012 and you fail to file your 2012 tax return by April 18th, 2016, then your refund is forever gone. That's not an exaggeration.

Unfortunately, there is a three-year window by which you can claim a tax refund from the IRS. If the IRS really cared about the estimated \$950 million being not refunded to the public, I'm sure it would have promoted the deadline sooner than just more than a month before the looming deadline.

According to IRS Commissioner John Koskinen as quoted in the IRS press release, "We especially encourage students and others who didn't earn much money to look into this situation because they may still be entitled



to a refund. Don't forget, there's no penalty for filing a late return if you're due a refund."

The large estimated refund amount that was publicized was calculated by an estimated median refund potential of \$718 and an estimated 1,037,600 returns that need to be filed. The IRS estimates 94,900 IRS returns in California returns need to be filed with a median estimated refund of \$656.

If you are not due a refund, the IRS has a process for that scenario too, even if you don't file your tax returns. If you don't file a tax return, the IRS may file a tax return for you, assess a balance against you, and pursue you for the assessed balance. This is called a substitute for return. Additionally, collections on the substituted balance may continue

against you even if you eventually file your missing tax return.

So, even if you were tricked into eventually filing your tax return by a likely exaggerated estimated refund figure, filing your missing tax return is still likely a good idea.

Christian Montgomery is a West Sacramento resident and a tax attorney at Montgomery & Wetenkamp, Tax Relief Attorneys, located in Sacramento and Modesto. For more information regarding tax matters contact Montgomery & Wetenkamp at (916) 452-7033 or online at www.mwattorneys.com. This article is not intended as legal advice, and cannot be relied upon for any purpose without the services of a qualified professional. ★

STATEPOINT CROSSWORD • THE 1920S

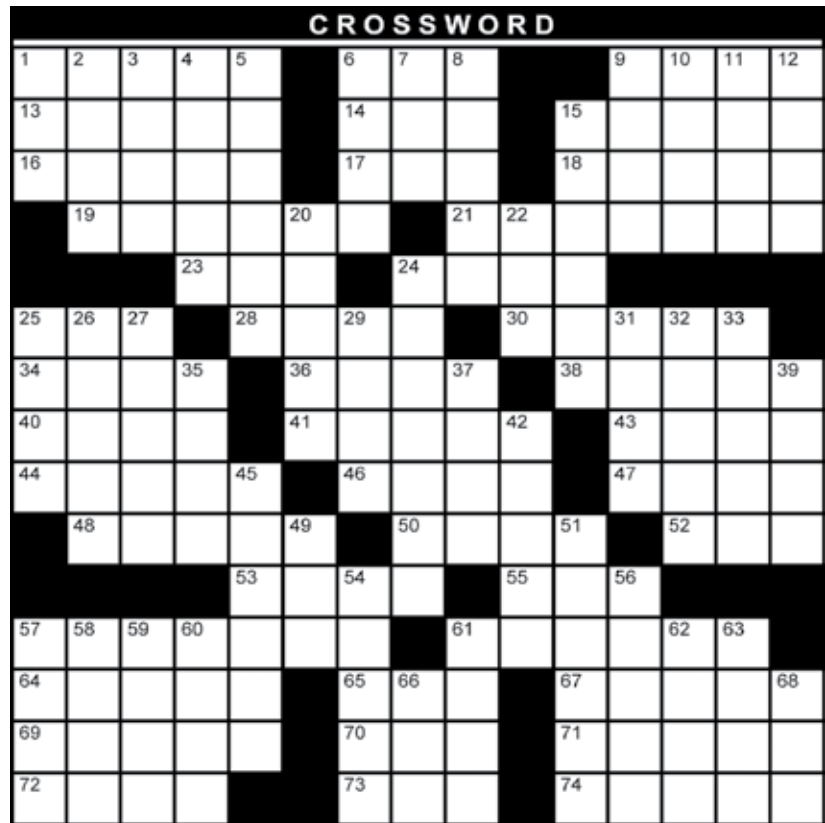
CLUES

ACROSS

1. Incited
6. Presidents' Day mo.
9. Pig trough stuff
13. "The Stars and Stripes Forever" composer
14. "Happy Days Are Here Again," _____ Reisman and His Orchestra
15. *Josephine Baker's turf
16. Blood fluid
17. Will Ferrell's Christmas character
18. Conical dwelling
19. *First Winter Olympics country
21. *Female pioneer
23. Uh-huh
24. Classic sci-fi video game
25. Boxer's punch
28. Hoodwink
30. Noble gas
34. Exclamation of sorrow
36. Lord's servant
38. Muslim ruler honorific
40. Central Time _____
41. North Pole workforce
43. Dwarf buffalo
44. Some sorority girls
46. South American monkey
47. Like gum after novocaine shot
48. Poisonous plant
50. Fill beyond full
52. Epitome of easiness
53. Satellite TV provider
55. Final, abbr.
57. *Black day
61. *Lindbergh's _____ of St. Louis
64. "Round up the _____ suspects!"
65. Major network
67. Healer
69. Capital of Switzerland
70. India's smallest state
71. In an unfriendly manner
72. Greek god of love
73. It often goes with "flow"
74. Magnetic field strength unit

DOWN

1. Sixth sense
2. Subject of "A Good Walk Spoiled"
3. _____ gum, food additive
4. Literary composition
5. *F. Scott Fitzgerald's "The Beautiful and the _____"
6. What refugees do
7. Snake-like fish
8. Very successful
9. Take one of these at a time
10. Nordic native
11. Curved molding
12. Jurist
15. Pollen producer
20. Malaria to Bill Gates, e.g.
22. Salmon on a bagel
24. Ascetic Muslim monk
25. * _____ Age
26. Healing plants
27. Swahili or Zulu



Want The Best Deal On TV & Internet?

Call Now and Ask How!
1-800-318-5121

All offers require 24-month commitment and credit qualifications. Call 7 days a week 8am - 11pm EST. Promo Code: M82015. *Offer subject to change based on premium channel availability.

Get DISH!
promotional prices starting at only...
\$19.99/mo.
for 12 months.

ADD HIGH-SPEED INTERNET
\$14.95/mo.
where available



For Solutions See Page 6

SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace. At Little or No Cost to You. You May Qualify for Free Shipping. We Do All The Fitting. Shoulder Braces, Ankle Braces, Back Braces Also Available.
Medicare Patients Call Us Right Now
1-800-984-0360

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

© StatePoint Media
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Watch Batteries Installed for \$5.00

Some models cost more

Frank's Jewelry Shop

7319 Fair Oaks Blvd.
Carmichael, CA 95608
916-481-0176



FIXED RATE LOANS

PURCHASE • REFINANCE

TERM	RATE	APR
10_{YR}	2.375	2.89
120 Monthly Payments of \$9.37 per \$1,000 Borrowed		
15_{YR}	2.500	2.73
180 Monthly Payments of \$6.67 per \$1,000 Borrowed		

Check the El Dorado Advantage:

✓ No Application Fee ✓ No Prepayment Penalty ✓ Local Processing and Servicing



EL DORADO SAVINGS BANK

Serving our local communities for over 58 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779

Maximum loan \$417,000.00, primary or vacation residence. 20% minimum cash down payment on purchase. 25% equity required on refinance. Other loans available under different terms.



LOAN TERMS SUBJECT TO CHANGE WITHOUT NOTICE



Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

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

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



**Publisher,
Paul V. Scholl**

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial3@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

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

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

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.



A-TEK GLASS CENTER

Your One Stop Local Glass Shop

Serving Carmichael Community for 20 Years

AUTO ■ HOME ■ BUSINESS

Free Windshield Chip Repair with Insurance Coverage

- Auto Glass
- Windshields
- Power Windows
- Truck Slider
- Sunroofs
- Single & Dual Pane Glass
- Store Front Windows
- Mirror & Screen
- Glass Shelves
- Table Tops
- Shower Door

Fast, Professional Glass Repair ■ Direct Approved Insurance Billing

Call 7 Days a Week ■ 916-481-9966

Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou

Television Listings for the week of March 18-March 23

FRIDAY EVENING MARCH 18, 2016

Grid of TV listings for Friday evening, March 18, 2016, including channels like ABC, CBS, NBC, FOX, and programs like Shark Tank, Jimmy Kimmel Live, and The Walking Dead.

SATURDAY EVENING MARCH 19, 2016

Grid of TV listings for Saturday evening, March 19, 2016, including channels like ABC, CBS, NBC, FOX, and programs like Local Programs, Saturday Night Live, and The Walking Dead.

SUNDAY EVENING MARCH 20, 2016

Grid of TV listings for Sunday evening, March 20, 2016, including channels like ABC, CBS, NBC, FOX, and programs like The Family, Elementary, and American Pickers.

MONDAY EVENING MARCH 21, 2016

Grid of TV listings for Monday evening, March 21, 2016, including channels like ABC, CBS, NBC, FOX, and programs like Dancing with the Stars, Scorpion, and Castle.

TUESDAY EVENING MARCH 22, 2016

Grid of TV listings for Tuesday evening, March 22, 2016, including channels like ABC, CBS, NBC, FOX, and programs like S.H.I.E.L.D., Chicago Fire, and The Mindy Project.

WEDNESDAY EVENING MARCH 23, 2016

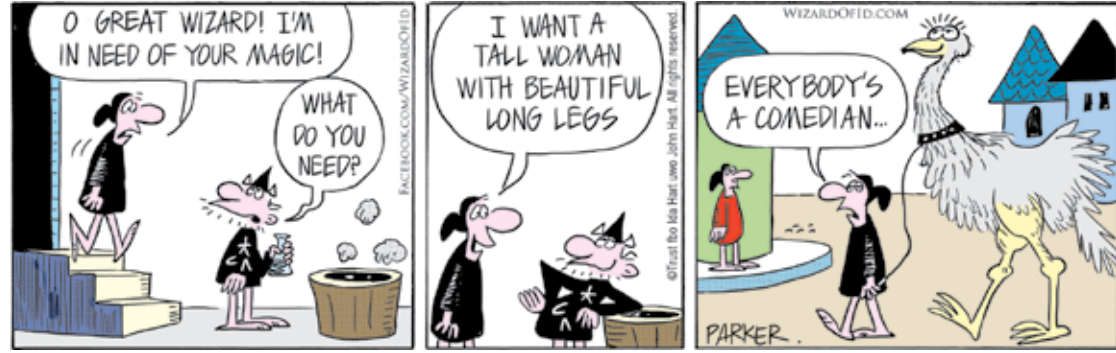
Grid of TV listings for Wednesday evening, March 23, 2016, including channels like ABC, CBS, NBC, FOX, and programs like The Middle, Criminal Minds, and Nashville.

THANK A VETERAN TODAY

COMMUNITY TABLE AmericanProfile CELEBRATE WITH US AT COMMUNITYTABLE.COM LISTINGS BY FYI TELEVISION, INC.

Large advertisement for MPG featuring a phone number (916) 773-1111 and website www.CarmichaelTimes.com.

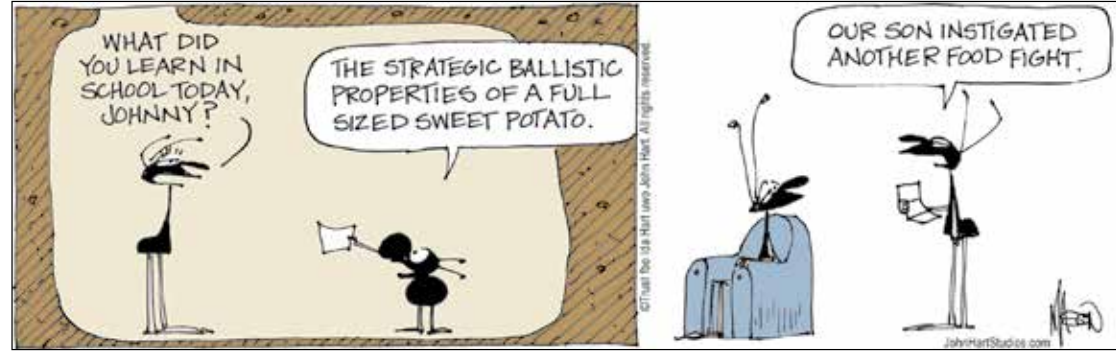
Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



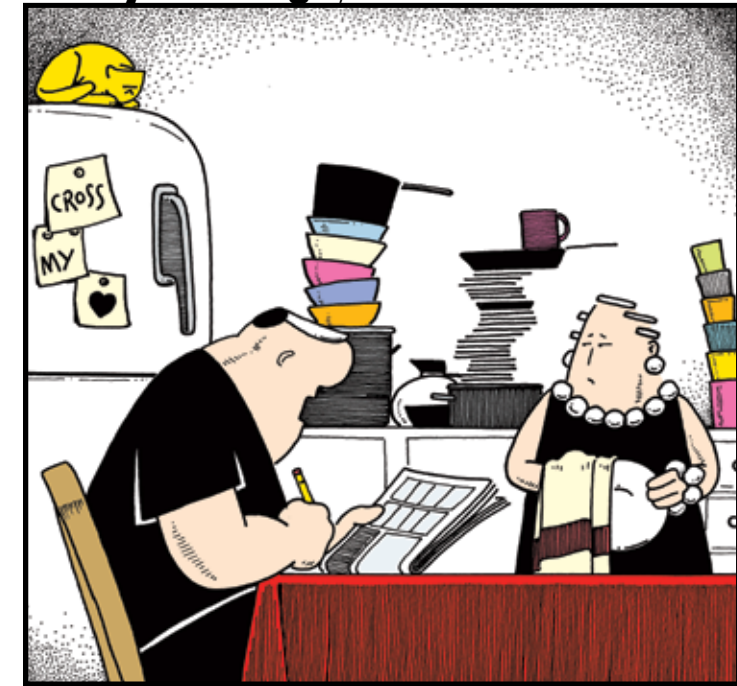
Frank and Steinway by Wil Panganiban



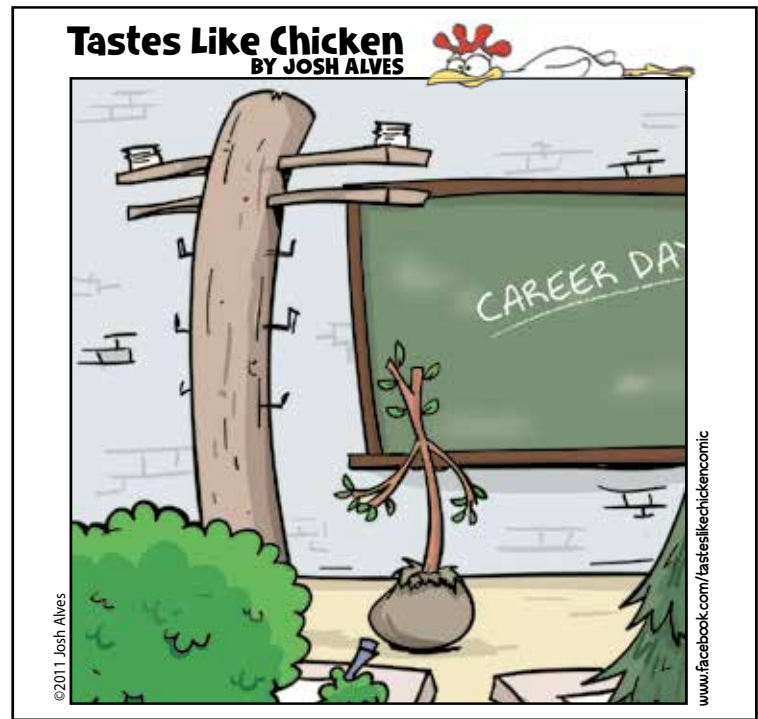
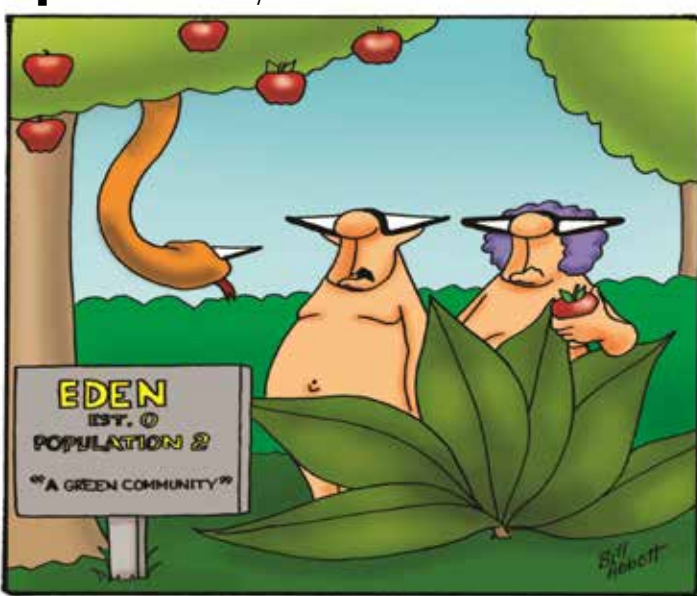
Tundra by Chad Carpenter



Funday Morning by Brad Diller



Speckticles by Bill Abbott



"I don't know what you call it, but the word, 'lawyer' keeps popping into my head."

SACRAMENTO FINE ARTS CENTER HOSTS
American Watercolor Society
Traveling Exhibition from New York City
NOW THROUGH APRIL 9, 2016

Also in Gallery 3,
"On the Wall"
An exhibit of wall hanging sculpture



Special Hours During Exhibition: Daily 10 AM to 4 PM
Entry donation of \$10 appreciated.
5330-B Gibbons Drive, Carmichael, CA 95608
916.971.3713 • sacfinearts.org • sfac@sacfinearts.org

Shred Day 2016
St. Vincent de Paul Fund Raiser
"Help Us Help The Poor"
At: Our Lady of the Assumption School Parking Lot,
2141 Walnut Ave. (Corner of Cottage and Walnut)
April 23, 8:00 a.m. - Noon
Rain or Shine
On-site Shred Truck ♦ You Can Watch!!
Bring all old or new tax records and/or any other old dust-gathering confidential documents for professional shredding
Staples & paper clips OK
All shredded paper is recycled
Suggested Donation:
\$5⁰⁰ for each paper grocery shopping bag
or \$10⁰⁰ for each standard file box.
For More Information
Call (916) 481-6352

UBER
DRIVE WITH UBER.
Sign up now and receive an additional \$100 after your first trip
FLEXIBLE HOURS
GREAT MONEY
MORE FREEDOM
T.UBER.COM/MESSENGERGROUP

AE AMERICAN EAGLE BODY SHOP
Complete Collision Repair
Free Estimates
24 Hour Towing
We Work with All Insurance Companies
"We Meet By Accident"
up to **\$500⁰⁰** Instant Rebate towards your DEDUCTIBLE
FREE LOANER CAR WITH ANY REPAIR
6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aebodysshop.com • www.aebodysshop.com
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

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

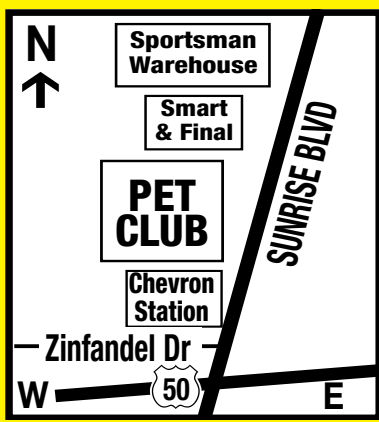
PET CLUB is Excited to Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

PET CLUB

FOOD AND SUPPLIES

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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 3/16/16 - 3/22/16



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

COUPON

FREE

1 LB SPORT MIX PREMIUM DOG BISCUITS

with any purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CT
Limit 1 Coupon per family
Effective 3/16/16 - 3/22/16

COUPON

GREEN FOREST FACIAL TISSUE 79¢

175 Count. White
"Environmentally Friendly"
With any Purchase of Pet, Fish Food or Supply.
Limit 1 Pkg. PLU 328 CT
Limit: 1 Coupon per Family
Effective 3/16/16 - 3/22/16

BLUE BUFFALO DRY DOG FOOD

- Chicken (Reg & Lrg Breed)
 - Fish & Sweet Potato (Reg & Lrg Breed)
 - Puppy (Reg & Lrg Breed)
 - Senior (Reg & Lrg Breed)
 - Lamb & Rice
 - Healthy Weight
- 30 Lb Bag
Limit 2 bags
Effective 3/16/16 - 3/22/16

AS MARKED
\$5 OFF
Our Regular Low Prices!

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD

- Potato & Duck, 26 Lb
 - Reduced Calorie, 28 Lb
 - Regular, 30 Lb
- Limit 2 Bags Per Family
Effective 3/16/16 - 3/22/16

SUPER BUY!

\$5 OFF Our Super Low Prices

WELLNESS DRY DOG FOOD

- 30 Lb Bag
- Chicken •Lamb
 - Healthy Weight 26 Lb **\$49⁹⁹**
 - White Fish •Senior **\$54⁹⁹**
 - Large Breed Adult 30 Lb
- 3 FREE Wellness can dog food 12.5 oz with each purchase
Effective 3/16/16 - 3/22/16

PURINA KIT N' KABOODLE DRY CAT FOOD

- 16 Lb Bag
- Limit 2 Bags Per Family
Effective 3/16/16 - 3/22/16

\$9⁴⁹

FRISKIES BUFFET CANNED CAT FOOD

- 5.5 Oz
All Varieties
- Limit 2 Cases Per Family
Effective 3/16/16 - 3/22/16

20/\$9⁰⁰

FUSSIE CAT PREMIUM CANNED CAT FOOD

- Black label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)
- Limit 2 Cases Per Family
Effective 3/16/16 - 3/22/16

20/\$13⁰⁰

TIDY CATS SCOOP SCOOPABLE CAT LITTER

- 20 Lb Jug
- Regular
 - Multiple Cat Formula
- Limit 2 Jugs Per Family
Effective 3/16/16 - 3/22/16

\$6⁹⁹

HI-COUNTRY WILD BIRD SEED

- 20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
- Limit 2 Bags Per Family
Effective 3/16/16 - 3/22/16

\$4⁹⁹

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 Cases
On Sale

WELLNESS CANNED CAT FOOD Full Case
All Varieties except Signature 5.5 Oz
Limit 1 Case (Everyday Low Price - \$1.69)
15% OFF

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$17⁹⁹

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9⁹⁹

EVERCLEAN PREMIUM CAT LITTER
•Extreme Clump •ES Unscented
•Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes
\$10⁹⁹

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢

SWHEAT SCOOP NATURAL WHEAT LITTER
(14 Lb Bag - Original \$10.99 Multi Cat \$11.99)
36 Lb Bag
Limit 2 Bags Original **\$25⁹⁹** Multi-Cat **\$26⁹⁹**

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8⁴⁹

Limit 2 Bags
ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish 13.5 lb **\$3⁰⁰** 27 lb **\$5⁰⁰**
•Trout/Salmon •Zssential
OUR SUPER LOW PRICES

SCIENCE DIET SMALL BITES DRY DOG FOOD
•Adult •Light •Mature
17.5 Lb Bag Limit 2 Bags Per Family
\$22⁹⁹

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5⁹⁹

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD
•Adult •Large Breed
30 Lb Bag Limit 2 Bags
\$7 OFF
OUR ORIGINAL LOW PRICES

ASPEN PET & PETMATE PET BEDDING
All Varieties **20% OFF** **OUR SUPER LOW PRICES**

HAGEN FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE
106... 25 GAL.....	\$84.99	306... 70 GAL....	\$129.99
206... 40 GAL.....	\$99.99	406... 100 GAL...	\$174.99

PARAGON WHIMZEE
Dental Dog Treats
Edible Dog Chews All Varieties
20% OFF **OUR SUPER LOW PRICES**

VAN NESS ENCLOSED CAT PANS
REGULAR TRANSLUCENT
Large CP6-6TR **\$12.99 \$13.99**
Giant CP7-7TR **\$16.99 \$18.99**

TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish
\$39.99 Limit 1 Per Family

J&W DOG & CAT TOYS
All Varieties
20% OFF **OUR SUPER LOW PRICES**

VITAKRAFT TREATS & STICKS
•Small Animal •Bird
All Varieties
20% OFF **OUR SUPER LOW PRICES**

REPTILE SUPPLY SALE
Zoo Med Reptibark 8 Qts **\$5.49**
Tetra Reptomin 3.7 Oz **\$3.79**
Tetra Reptomin 10.59 Oz **\$8.49**

O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish
•Marine •Spirulina
20% OFF **OUR SUPER LOW PRICES**

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/16/16 - 3/22/16
\$15⁹

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/16/16 - 3/22/16
CT PLU 365
\$12⁹

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/16/16 - 3/22/16
CT PLU 361
53¢

Exposing the Libyan Agenda: A Closer Look at Hillary's Emails



Commentary by Ellen Brown

Critics have long questioned why violent intervention was necessary in Libya. Hillary Clinton's recently published emails confirm that it was less about protecting the people from a dictator than about money, banking, and preventing African economic sovereignty.

The brief visit of then-Secretary of State Hillary Clinton to Libya in October 2011 was referred to by the media as a "victory lap." "We came, we saw, he died!" she crowed in a CBS video interview on hearing of the capture and brutal murder of Libyan leader Muammar el-Qaddafi.

But the victory lap, write Scott Shane and Jo Becker in the New York Times, was premature. Libya was relegated to the back burner by the State Department, "as the country dissolved into chaos, leading to a civil war that would destabilize the region, fueling the refugee crisis in Europe and allowing the Islamic State to establish a Libyan haven that the United States is now desperately trying to contain."

US-NATO intervention was allegedly undertaken on humanitarian grounds, after reports of mass atrocities; but human rights organizations questioned the claims after finding a lack of evidence. Today, however, verifiable atrocities are occurring. As Dan Kovalik wrote in the Huffington Post, "the human rights situation in Libya is a disaster, as 'thousands of detainees [including children] languish in prisons without proper judicial review,' and 'kidnappings and targeted killings are rampant.'"

Before 2011, Libya had achieved economic independence, with its own water, its own

food, its own oil, its own money, and its own state-owned bank. It had arisen under Qaddafi from one of the poorest of countries to the richest in Africa. Education and medical treatment were free; having a home was considered a human right; and Libyans participated in an original system of local democracy. The country boasted the world's largest irrigation system, the Great Man-made River project, which brought water from the desert to the cities and coastal areas; and Qaddafi was embarking on a program to spread this model throughout Africa.

But that was before US-NATO forces bombed the irrigation system and wreaked havoc on the country. Today the situation is so dire that President Obama has asked his advisors to draw up options including a new military front in Libya, and the Defense Department is reportedly standing ready with "the full spectrum of military operations required."

The Secretary of State's victory lap was indeed premature, if what we're talking about is the officially stated goal of humanitarian intervention. But her newly-released emails reveal another agenda behind the Libyan war; and this one, it seems, was achieved.

Mission Accomplished?

Of the 3,000 emails released from Hillary Clinton's private email server in late December 2015, about a third were from her close confidante Sidney Blumenthal, the attorney who defended her husband in the Monica Lewinsky case. One of these emails, dated April 2nd, 2011, reads in part:

Qaddafi's government holds 143 tons of gold, and a similar amount in silver... This gold was accumulated prior to the current rebellion and was intended to be used to establish a pan-African currency based on the Libyan golden Dinar. This plan was designed to provide the Francophone African Countries with an alternative to the French franc (CFA).

In a "source comment," the original declassified email adds:

According to knowledgeable individuals this quantity of gold and silver is valued at more than

\$7 billion. French intelligence officers discovered this plan shortly after the current rebellion began, and this was one of the factors that influenced President Nicolas Sarkozy's decision to commit France to the attack on Libya. According to these individuals Sarkozy's plans are driven by the following issues:

1. A desire to gain a greater share of Libya oil production,
2. Increase French influence in North Africa,
3. Improve his internal political situation in France,
4. Provide the French military with an opportunity to reassert its position in the world,
5. Address the concern of his advisors over Qaddafi's long term plans to supplant France as the dominant power in Francophone Africa.

Conspicuously absent is any mention of humanitarian concerns. The objectives are money, power and oil.

Other explosive confirmations in the newly-published emails are detailed by investigative journalist Robert Parry. They include admissions of rebel war crimes, of special ops trainers inside Libya from nearly the start of protests, and of Al Qaeda embedded in the US-backed opposition. Key propaganda themes for violent intervention are acknowledged to be mere rumors. Parry suggests they may have originated with Blumenthal himself. They include the bizarre claim that Qaddafi had a "rape policy" involving passing Viagra out to his troops, a charge later raised by UN Ambassador Susan Rice in a UN presentation. Parry asks rhetorically:

So do you think it would it be easier for the Obama administration to rally American support behind this "regime change" by explaining how the French wanted to steal Libya's wealth and maintain French neocolonial influence over Africa—or would Americans respond better to propaganda themes about Gaddafi passing out Viagra to his troops so they could rape more women while his snipers targeted innocent children? Bingo!

Toppling the Global Financial Scheme

Qaddafi's threatened attempt to establish an independent African currency was not taken lightly by Western interests. In 2011, Sarkozy reportedly called the Libyan leader a threat to the financial security of the world. How could this tiny country of six million people pose such a threat? First some background.

It is banks, not governments, which create most of the money in Western economies, as the Bank of England recently acknowledged. This has been going on for centuries, through the process called "fractional reserve" lending. Originally, the reserves were in gold. In 1933, President Franklin Roosevelt replaced gold domestically with central bank-created reserves, but gold remained the reserve currency internationally.

In 1944, the International Monetary Fund and the World Bank were created in Bretton Woods, New Hampshire, to unify this bank-created money system globally. An IMF ruling said that no paper money could have gold backing. A money supply created privately as debt at interest requires a continual supply of debtors; and over the next half century, most developing countries wound up in debt to the IMF. The loans came with strings attached, including "structural adjustment" policies involving austerity measures and privatization of public assets.

After 1944, the US dollar traded interchangeably with gold as global reserve currency. When the US was no longer able to maintain the dollar's gold backing, in the 1970s it made a deal with OPEC to "back" the dollar with oil, creating the "petro-dollar." Oil would be sold only in US dollars, which would be deposited in Wall Street and other international banks.

In 2001, dissatisfied with the shrinking value of the dollars that OPEC was getting for its oil, Iraq's Saddam Hussein broke the pact and sold oil in euros. Regime change swiftly followed, accompanied by widespread destruction of the country.

In Libya, Qaddafi also broke the pact; but he did more than just sell his oil in another currency.

As these developments are

detailed by blogger Denise Rhyne:

For decades, Libya and other African countries had been attempting to create a pan-African gold standard. Libya's al-Qadhafi and other heads of African States had wanted an independent, pan-African, "hard currency."

Under al-Qadhafi's leadership, African nations had convened at least twice for monetary unification. The countries discussed the possibility of using the Libyan dinar and the silver dirham as the only possible money to buy African oil.

Until the recent US/NATO invasion, the gold dinar was issued by the Central Bank of Libya (CBL). The Libyan bank was 100 percent state owned and independent. Foreigners had to go through the CBL to do business with Libya. The Central Bank of Libya issued the dinar, using the country's 143.8 tons of gold.

Libya's Qadhafi (African Union 2009 Chair) conceived and financed a plan to unify the sovereign States of Africa with one gold currency (United States of Africa). In 2004, a pan-African Parliament (53 nations) laid plans for the African Economic Community – with a single gold currency by 2023.

African oil-producing nations were planning to abandon the petro-dollar, and demand gold payment for oil/gas.

Showing What Is Possible

Qaddafi had done more than organize an African monetary coup. He had demonstrated that financial independence could be achieved. His greatest infrastructure project, the Great Man-made River, was turning arid regions into a breadbasket for Libya; and the \$33 billion project was being funded interest-free without foreign debt, through Libya's own state-owned bank.

That could explain why this critical piece of infrastructure was destroyed in 2011. NATO not only bombed the pipeline but finished off the project by bombing the factory producing the pipes necessary to repair it. Crippling a civilian irrigation system serving up to 70 percent of the population hardly looks like humanitarian

intervention. Rather, as Canadian Professor Maximilian Forte put it in his heavily researched book *Slouching Towards Sirte: NATO's War on Libya and Africa*:

[T]he goal of US military intervention was to disrupt an emerging pattern of independence and a network of collaboration within Africa that would facilitate increased African self-reliance. This is at odds with the geostrategic and political economic ambitions of extra-continental European powers, namely the US.

Mystery Solved

Hillary Clinton's emails shed light on another enigma remarked on by early commentators. Why, within weeks of initiating fighting, did the rebels set up their own central bank? Robert Wenzel wrote in *The Economic Policy Journal* in 2011:

This suggests we have a bit more than a rag tag bunch of rebels running around and that there are some pretty sophisticated influences. I have never before heard of a central bank being created in just a matter of weeks out of a popular uprising.

It was all highly suspicious, but as Alex Newman concluded in a November 2011 article:

Whether salvaging central banking and the corrupt global monetary system were truly among the reasons for Gadhafi's overthrow... may never be known for certain—at least not publicly.

There the matter would have remained—suspicious but unverified like so many stories of fraud and corruption—but for the publication of Hillary Clinton's emails after an FBI probe. They add substantial weight to Newman's suspicions: violent intervention was not chiefly about the security of the people. It was about the security of global banking, money and oil.

Ellen Brown is an attorney, founder of the Public Banking Institute, and author of twelve books including the best-selling *Web of Debt*. Her latest book, *The Public Bank Solution*, explores successful public banking models historically and globally. Her 300+ blog articles are at EllenBrown.com. Listen to "It's Our Money with Ellen Brown" on PRN.FM. ★

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

European Masterworks

Franz Joseph Haydn | *Harmoniemesse*
Vaughan Williams | *An Oxford Elegy*
Antonín Dvořák | *Psalm 149*

Sara Duchnovnay, Soprano
Malin Fritz, Mezzo Soprano
Christopher Bengochea, Tenor
Matt Boehler, Bass
Narrator: Phillip Ryder

SATURDAY, MAY 14 AT 8:00 PM
7:00 PM Pre-concert talk by Conductor Donald Kendrick
Community Center Theater

SACRAMENTOCHORAL.COM **TICKETS CCT Box Office**
916.808.5181 or TICKETS.com

25 Minute Educational Presentation and a Free Luncheon

East Lawn Funeral Homes, Cemeteries & Crematory

Reservations Required
Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.

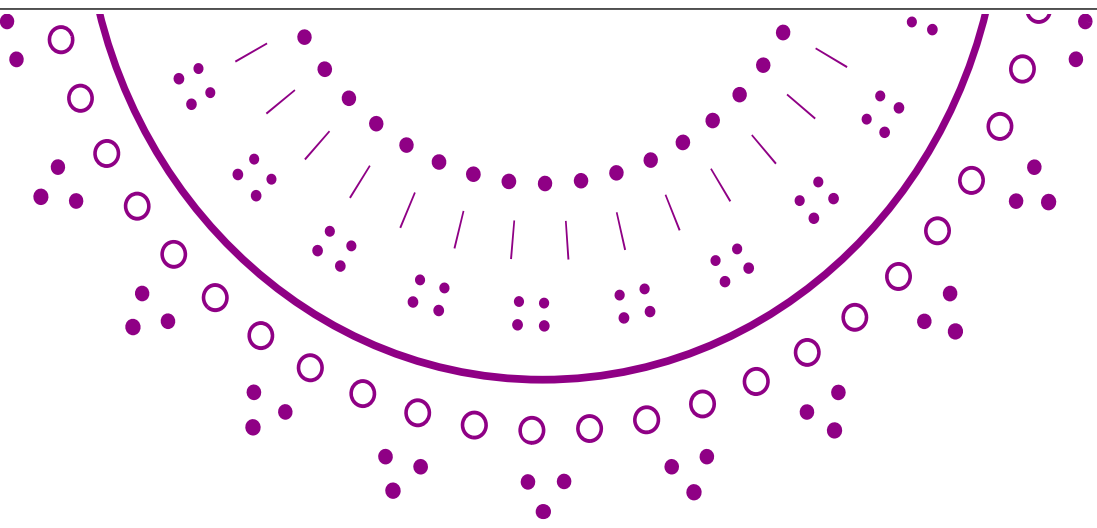
This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a **FREE** Emergency Planning Guide.

FREE LUNCHEON SEMINARS

East Lawn Memorial Park & Crematory
4300 Folsom Blvd., Sacramento, CA 95819
RSVP: (916)732-2000 or on-line at www.EastLawn.com
Friday, April 8 @ 11:30 a.m.

Andrews & Greulich Funeral Home FD136
3939 Fruitridge Road, Sacramento, CA 95820
RSVP: (916)732-2026 or on-line at www.EastLawn.com
This presentation will be in **English and Spanish**
Wed, February 17 @ 11:30 a.m.
Wed, April 13 @ 11:30 a.m.

www.EastLawn.com



THE CARMICHAEL CHAMBER OF COMMERCE

PERSON OF THE YEAR

2016 AWARDS DINNER

 Vlade Divac PERSON OF THE YEAR	 Jennifer Knighten YOUNG PROFESSIONAL OF THE YEAR
 Tiner Properties BUSINESS OF THE YEAR	 Kiwanis Club NON-PROFIT OF THE YEAR

APRIL 8 2016 | 6PM | MILAGRO CENTRE
 BUSINESS ATTIRE | \$75/MEMBERS, \$100/GUESTS

BECOME ONE OF THE SPONSORS! CONTACT LINDA MELODY AT 916-481-1002

PURCHASE ON OUR WEBSITE
 CARMICHAELCHAMBER.COM

4th Annual Classic Car Show & Spring Swap Meet

Saturday, April 23, 2016
 8:00 a.m. - 2:00 p.m.
 Rain Date: Saturday, April 30, 2016
 (Food and Beverages available for purchase)

• Street Rods • Pick Ups
 • Muscle Cars • Special Interest Customs
 • Model/Year '75 & Older

Free to Public General Admission

River Cats Mascot "DINGER"
 Appearance time (12:15-12:45)

Carmichael Elks Lodge 5631 Cypress Ave., Carmichael, CA 95608
 Lodge Phone: (916) 489-2103 show info: Tom (916) 214-4952

Advertising Opportunities Available • Sponsorships from \$100 • Cash or Merchandise
 Space limited to first 200 cars. Vendor spaces also available.
 Email: information@carmichaelclassic.com

The Roseville Rock Rollers Gem and Mineral Society 501(C)

54th Roseville Gem, Jewelry, Fossil & Mineral Show!

FREE PARKING!

March 26 & 27
 (Easter weekend)
 Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
 Roseville (Placer County) Fairgrounds

The Big Show!!

Family Fun!

60 Vendors
Family Fun & Exhibits

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

Kids & Scout's "Education Station"

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
 Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com

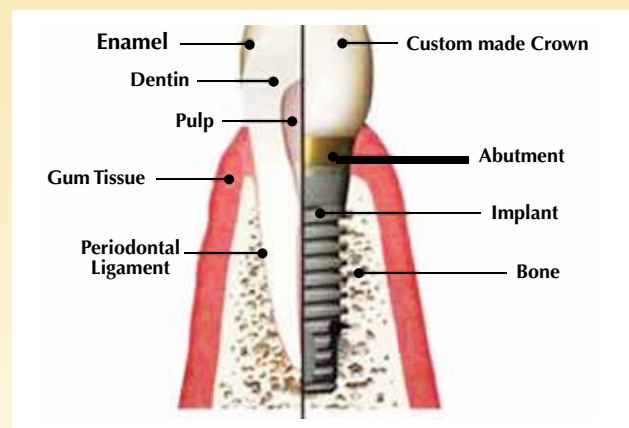
Carmichael Dental Group

New Patients Welcome!

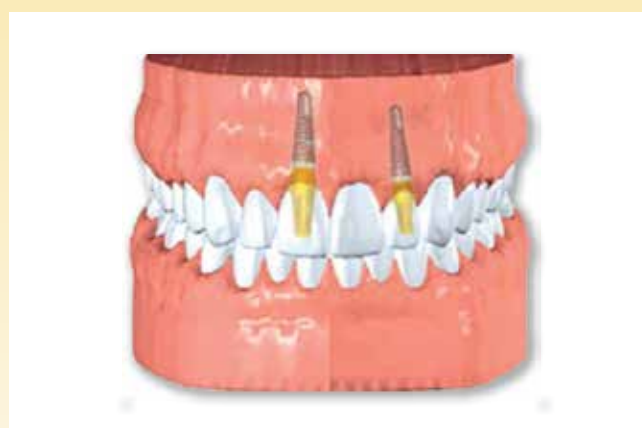


Implant Supported Denture

\$1,200 OFF 2 Implants with 2 Attachments to a New Upper or Lower Denture <i>Limited time offer. Terms and conditions may apply.</i>	\$500 OFF Single Implant with Crown <i>Limited time offer. Terms and conditions may apply.</i>	FREE CONSULTATION WITH X-RAY <i>Limited time offer. Terms and conditions may apply.</i>	\$99 for New Patient Exam, X-Rays & Cleaning <i>Limited time offer. Terms and conditions may apply.</i>
---------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------



Single Implant



Multiple Implants



Combination Implants and Dentures

8329 Fair Oaks Blvd., Ste A • Carmichael, CA 95608
(916) 944-1197
www.carmichaelCADentist.com