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Carmichael Times

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CHEF MIKAH GIVES BACK THIS HOLIDAY SEASON



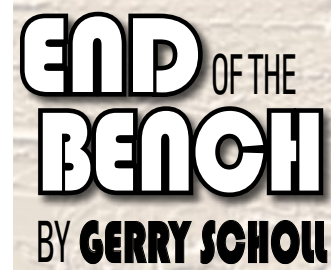
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TOP TEAMS DO BATTLE FOR THE NATIONAL TITLE



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A GOLDEN STATE OF MIND



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Happy Trails to You Pathway Links Sutter and Jensen Reserves



Neighbors join Carmichael Park District staff in opening the Sutter-Jensen Park pathway. Community leader Sandy Helland and Supervisor Susan Peters assist with scissors.

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Eight years in execution, a link between Jensen Botanical Gardens and a community garden on Sutter Avenue was recently completed. The achievement is a triumph of cooperation between County, community, and Carmichael Park District.

Meandering through century-old olive trees, a new path provides picturesque interludes between two popular reserves. Once

a thistle-thick obstacle course, the stroll is now easy for everyone and their dog. Indeed, after ribbon-cutting duties, County Supervisor Susan Peters and schnauzer Ernie were among the first to exploit the opportunity. "It's a lovely walk on a lovely day," Peters approved.

The project has been long on the park district's bucket list. Walkway and improved park access had a \$100,000 price tag and early visions prescribed partial subdivision for funding. To the joy of neighbors, pared-down designs have required no land

sacrifice. In tradition with the district's other recent park developments, half the cost (\$50,000, including donations and volunteer service) was provided by residents and supporters. Even after concrete was poured, neighbors guarded hardening surfaces from vandalism and paw-prints.

Their reward was a quarter mile of pristine pavement from Sutter Avenue to Fair Oaks Boulevard. The combined Sutter/Jensen reserves now total 18 acres, including communal green-thumb lots at the Sutter

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Join the Baby Basket Drive

Donations Needed for New Moms at Sacramento Life Center

SACRAMENTO REGION, CA (MPG)

- As local women and teens spend the holidays preparing to become new moms in the coming year, the Sacramento Life Center is holding its annual Baby Basket Drive through Dec. 31st so it can continue to provide a basket of needed items to every patient who gives birth in 2016. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket, which includes formula, diapers, newborn clothes, pacifiers, and more.

"Our patients may come in for a pregnancy test, but they leave with a strong support system and resources," said Marie Leatherby, executive director. "We want to encourage women and teen girls and their partners that they are capable of caring for a child, and we understand the hurdles that they often face—sometimes as simple as wondering if they will be able to afford diapers. These baby baskets give new moms a boost of

confidence and needed supplies."

The Sacramento Life Center's mission is to offer compassion, support, resources, and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education, and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★



A Sacramento Life Center client receives a baby basket shortly before giving birth in early 2015. The center is running its annual Baby Basket Drive this month. Photo courtesy Sacramento Life Center

Boy Scout Troop 386 Celebrates 50th Anniversary

CARMICHAEL, CA (MPG) - Back when gasoline was 31 cents a gallon and a first-class stamp would set you back just a nickel, Boy Scout Troop 386 became part of the Carmichael community when it chartered on Dec. 1st, 1965. Strong and continuous since then, Troop 386 celebrates its 50th anniversary this month and invites former Scouts, former Scout Leaders, and the public to join in as they celebrate this golden milestone.



Troop 386, around for about half as long as the national Boy Scouts of America (BSA) organization (founded in 1910), is chartered by the Carmichael Elks Lodge #2103 and has about 35 boys ranging in age from 11 through 17. Weekly meetings and monthly overnight trips create a tight-knit group of boys who focus on community service, survival and camping skills, citizenship, first aid, physical fitness, leadership skills, self-reliance, and overall character building. The boys aim to rise to the rank of Eagle Scout—the highest rank attainable in Scouting—by earning merit badges through many of these activities and the completion of an Eagle Scout Service Project, a challenging hands-on project aimed at serving the community. Troop 386 awards the coveted Eagle Scout badge to a few Scouts each year.

Over the past half-century, Troop 386 has evolved to become a boy-led troop: the boys run the meetings and make decisions related to activities, trips, and volunteering in community events, such as food drives and U.S. flag retirement ceremonies. Troop 386 adult leaders give the boys guidance and advice, when needed, and provide transportation and support for weekend trips.

Some of those weekend trips change from year to year, but many stay the same and have become tradition within the troop. One tradition includes attending one of many regional summer camps, which draws several other Scout troops from within and around the local district. And from that tradition, a new tradition was born for Troop 386: the troop's mascot named "It." "It" came about in a wayward and unsuccessful cow tipping incident back in 1989.

As former Troop 386 Boy Scout Sean Oliver explains the story, "We were at a Camporee event, and the troop really enjoyed the backpacking and hiking adventure of camping. So we backpacked in about five miles to the camp, and while the rest of the gang was resting, a

Continued on page 5

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Chef Mikah Gives Back This Holiday Season

CARMICHAEL, CA (MPG) - "For so many people across the country, Thanksgiving is a time to celebrate family, friendships and to cherish all that you are thankful for. For many seniors across the country, this was their first Thanksgiving away from their loved ones, their first Thanksgiving in a new home and their first Thanksgiving not being able to cook the meals they love the most," said Chef Mikah Montoya. "I'm so grateful that I was able to spend Thanksgiving with the residents of Sunrise of Carmichael. I love being able to prepare meals that are both familiar and comforting to ensure Thanksgiving is still a time for

our seniors to celebrate the ones they love."
 Mikah Montoya is from Carmichael, Calif. and attended culinary school in Sacramento, Calif. and went on to pursue a career in restaurants and catering. After realizing that this was not fulfilling his desire to positively impact the lives of others, Mikah was determined to find a rewarding career while remaining in the food service industry. He made the move to senior hospitality and is currently the dining services coordinator at Sunrise of Carmichael, a community he helped open in 2009.
 Source: Sunrise of Carmichael ★



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Tree Lighting Festival A Holiday Hit



Cops and revelers. A grinning green-faced Grinch (left) photo-bombed Carmichael kids and Sheriff's deputies as they cozied up to Santa Claus in Carmichael Park.

Story and photos
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Following a wet afternoon, rain-free interludes blessed the annual tree lighting ceremonies in Carmichael Park last week.

With a candy-cane wand, Julie Woodworker Hubbs ignited thousands of fairy lights on a 50-foot Christmas tree. The event was Hubbs' introduction to civic duties as mayor-elect; her official year of honorary service begins Dec. 15.

Accompanied by a food truck fleet, big band carols, and a magic performance, the carnival was the community's 12th annual holiday lights festival.

Once enthroned, VIP guest Santa Claus was soon mobbed.

The illuminations may be viewed on the park's Fair Oaks Boulevard frontage every night until the end of December. ★



Honorary Mayor for 2016, Julie Woodworker Hubbs reigned over the carnival of lights.

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Students Donate Wreaths to Elderly

SACRAMENTO, CA (MPG) - Rio Americano high school students delivered 50 fresh evergreen wreaths for the door of every senior resident at Sunrise Assisted Living Facility, located at 5451 Fair Oaks Boulevard, Carmichael on Friday, Dec. 4th.

The wreaths were made in conjunction with the school's Special Education students, who delivered their homemade swag wreaths in groups of six with intervals coming by every hour with more fresh evergreen wreaths made on campus. This community outreach was organized by Rio school pride and spirit support group OneRio as a way to unite Rio students for a good cause. The group paired up with Sunrise Assisted Living, the local senior care facility in their community, to bring holiday spirit and the fresh scent of Christmas to people who could use some holiday cheer.

This special effort to bring holiday cheer to the community's elderly began with OneRio's Rio Wreaths fundraiser that offered people the opportunity to donate their purchased wreath to the goal of providing 50 fresh evergreen wreaths for every senior resident door at Sunrise of Carmichael.

To make sure Rio Americano could reach its goal, Wendy Finney, a substitute teacher for Rio Americano, organized a wreath making event with the Special Education students as part of OneRio's efforts to bring Rio Americano groups together in school pride, spirit, and community outreach events and programs.

"I think it's fantastic when we involve Special Education students as part of all the great things happening at Rio. It was great seeing all the students from different groups coming together for a good cause," said Finney. "And the kids had so much fun working together to bring some holiday cheer to the elderly residents of the community."

Rio Americano students and other student groups,



This special effort to bring holiday cheer to the community's elderly began with OneRio's Rio Wreaths fundraiser that offered people the opportunity to donate their purchased wreath to the goal of providing 50 fresh evergreen wreaths for every senior resident door at Sunrise of Carmichael. Photo by Kelli M. Wheeler

which included Rio Student Government, Civitas, Rio Band, Rowdy Raiders spirit group, and sports teams, joined alongside Special Education students to make the wreaths from pine boughs from Mikey's Christmas Trees lot. They created 40 swag wreaths that were delivered by Rio's Special Ed students to Sunrise of Carmichael throughout the day Friday with a final group of Rio students delivering the last wreaths from the Rio Wreath fundraiser after school at 3:30 p.m.

"I know if my grandma was not able to be in her own home and decorate for the holidays she would really love seeing a fresh wreath on her door every time she goes to her room," said Rio Americano sophomore Marin Wright. "The fact that everyone who lives at Sunrise gets one on their door and we created this bit of holiday spirit for them with these homemade wreaths makes it even better."

Sunrise of Carmichael, which offers assisted living to the elderly as well as Alzheimer's and memory care, prides themselves on providing a warm, caring, home-like environment, focused on providing comfort, independence, and happiness to their residents who can no longer care for themselves in their own home. The care facility was thrilled to have Rio Americano offer to provide a touch of home in the form of a fresh scented wreath for every resident door.

"We do our best here to make residents feel at home, especially at the holidays that can make people long for home and family," said Darrel Richards, activities coordinator for Sunrise of Carmichael. "Having the students of Rio help us provide that sense of community and holiday cheer with a lovely Christmas wreath greeting them at their door is a true gift in the holiday spirit."

Source: Kelli M. Wheeler ★

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Boy Scout Troop 386 Celebrates 50th Anniversary



Troop 386, around for about half as long as the national Boy Scouts of America (BSA) organization (founded in 1910), is chartered by the Carmichael Elks Lodge #2103 and has about 35 boys ranging in age from 11 through 17. Photo courtesy Boy Scout Troop 386



Troop 386 celebrates its 50th anniversary this month and invites former Scouts, former Scout Leaders, and the public to join in as they celebrate this golden milestone. Photo courtesy Boy Scout Troop 386

Continued from page 1

couple of us saw a cow standing in a pasture about fifty-feet away behind a cattle fence. We had heard about cow tipping before and thought that we'd give it a try. So the three of us scaled the fence and ran toward the cow. But the cow had other plans and started running toward us, chasing us back over the fence. We barely got away as the cow ran all the way up to the fence, nostrils flaring. Somehow in all of the frenzy, the cowbell fell off the cow's neck, probably when he stuck his head through the fence, and later we went back and retrieved it."

More than twenty-five years later, "It" is still part of the troop, joining the boys on all major camping trips. By providing plenty of noise, "It" has even led to Troop 386 winning the Spirit Award many times over at annual summer camp outings. And "It" is celebrated in the first line of the troop yell: "We pack It in, We pack It out..." This is a cheer now sung by Sean's son, Sam, a second-generation Boy Scout in Troop 386.

If you'd like to join in on the spirit of Troop 386 and help celebrate their 50th anniversary, call or text Scoutmaster Kevin Murphy at (916) 342-2050. As refreshments will be


served at the event, RSVPs are requested. The festivities will be held at the Elks Lodge #2103, 5631 Cypress Avenue in Carmichael, on Tuesday, Dec. 15th, starting at 7 p.m. All members of the community are invited, especially former Troop 386 members! Former Scouts and Scout Leaders are also invited to bring photos and any other memorabilia to share with friends and fellow Scouts. All participants are asked to bring a canned food item for donation to the Carmichael Food Closet to help those in need this holiday season.

Source: Boy Scout Troop 386

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ARIES (March 21 to April 19) You might feel that you have all the answers right now. But it might be wise to listen to other ideas before you decide to close the lid on other possibilities.

TAURUS (April 20 to May 20) Bovines give and expect loyalty, so it might not be easy to reconcile with someone you feel let you down. Why not ask a neutral party to set up a clear-the-air meeting?

GEMINI (May 21 to June 20) Anticipating the holidays with family and friends fuels your must-do Gemini energies. But try to pace yourself so you'll be up for whatever comes along later.

CANCER (June 21 to July 22) More background information might come through regarding a decision you expect to make. Be sure to check the source carefully before you move.

LEO (July 23 to August 22) The strong, nurturing nature of the Lion comes through this week as you reach out to family and friends in need of your warm and loving support.

VIRGO (August 23 to September 22) A relationship that has almost totally unraveled could be close to being restored with more effort on your part to be more patient and less judgmental.

LIBRA (September 23 to October 22) Your sense of fair play is strong this week, which can cause a problem with a longtime relationship. But in the end, you'll know what decision to make.

SCORPIO (October 23 to November 21) You might not know all the facts behind an unwelcome development, so keep that Scorpion temper in check and resist lashing out at anyone.

SAGITTARIUS (November 22 to December 21) This is a good time to reinforce relationships -- family, friends, colleagues -- that might have been overlooked in recent years.

CAPRICORN (December 22 to January 19) Family situations continue to thrive. Business associations also improve. Some holiday plans might have to be shifted a bit. Be flexible.

AQUARIUS (January 20 to February 18) Avoid any influence of negative energy in this week's aspect by not allowing small problems to

grow into large ones. Work them out immediately.

PISCES (February 19 to March 20) A friend might need advice on how to deal with a challenge to his or her moral values. And who better than you to give the honest answer? Good luck.

BORN THIS WEEK: You have a sense of adventure that inspires others to follow your lead.

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It was beloved American singer, songwriter and musician Ray Charles who made the following sage observation: "Marriage is like college; as great as it is, it ain't for everybody."

If you think life in the Big Apple is tough these days, consider this: In the 1930s, landlords evicted about 17,000 tenants every month.

The gray squirrel isn't always gray; these arboreal rodents also come in both black and white varieties.

1. Visa 6. Target
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Source: CardHub



PICKS OF THE WEEK



Elizabeth Moss in "Queen of Earth" IFC Films

"Pan" (PG) - The beloved boy who flies about and never grows up gets an extra-helping of CG in this live-action origin story. Peter starts as a magical orphan, kidnapped by the evil pirate Blackbeard (Hugh Jackman) and taken to Neverland, where pirate ships fly and green-screens cover everything. Peter's parents were special in some way, so he's supposed to lead the Natives (including Rooney Mara as Tiger Lily) in an all-out revolution against the sky pirates. Our young hero also befriends James Hook (Garrett Hedlund), a dashing young oaf with a horrendous accent.

It just doesn't fly right. All of the backstory, world-building and by-the-numbers journey get in the way of actual wonder and adventure. Like, did you know pixie dust is called pixum and it's a valued commodity in the Neverland economy? Yeah. The pirate-fighting, never-aging boy-adventurer was already good enough for audiences to enjoy, but here he's too weighed down to fly.

"Pawn Sacrifice" (PG-13) - In the 1970s, American Bobby Fischer presented a threat to Russia's dominance of international chess. As the Cold War got colder, the world looked to Iceland and a series of matches between Fischer (Tobey Maguire) and Russian champion Boris Spassky (Liev Schreiber). Rather high-strung and wracked with inner demons, Fischer became a larger-than-life figure as his mental state fluctuates under

the weight of several megatons of international pressure. Maguire gives a solid performance, even though his real-life inspiration is boiled down to a "tortured genius" archetype. Schreiber also is a force to be reckoned with, contrasting his opponent's paranoia with frosty confidence. This based-on-a-true-story film doesn't change the game, but shows some interesting moves.

"Queen of Earth" (R) - For Catherine (Elizabeth Moss), a trip to her best friend's country retreat was supposed to be a welcome reprieve from her spiral of mental anguish. She's still reeling from her father's suicide, and her boyfriend just dumped her in the meanest way possible. Her friend, Virginia (Katherine Waterston), is more abrasive than supportive; she knows her friend and how to hurt her. Catherine's mental breakdown plays out like a slow-motion trainwreck, speckled with bits of ultra-dark humor. Moss' talent is undeniable, and director Alex Ross Perry gives her the lens she needs to focus it.

"Dragon Blade" (R) - In this super-budgeted Chinese historical epic, Roman conquerors square off with Han-Dynasty heroes in a crucial clash of blade, bone and bronze. The Silk Road is a vital trade route linking the empires of the East and West. Roman general Lucius (John Cusack, looking tired per usual) teams up with Chinese leader Huo An (Jackie Chan, still kicking butt) to stave off the murderous Tiberius (Adrien Brody, really hamming it up this time). As a lover of history and martial arts and all three of those leads, I really wanted this movie to live up to its epic ambitions, but like so many other sweeping sword-stories, it gets lost somewhere along the road.

TV RELEASES

- "The Wiz Live!"
- "Defiance: Season 3"
- "The Nanny: Season 5"
- "Dominion: Season 2"
- "Jacques Pepin: Heart & Soul"

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by HEALTHY EXCHANGES

S'more Cake Brownies
These chocolate treats are so yummy, you'll think your BEST holiday gift is enjoying a couple of these without guilt!

- 1 1/2 cups all-purpose flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup fat-free yogurt
- 1/3 cup fat-free mayonnaise
- 1 teaspoon vanilla extract
- 3/4 cup water
- 1 cup miniature marshmallows
- 6 tablespoons purchased graham cracker crumbs
- 1/4 cup mini chocolate chips

- Heat oven to 350 F. Spray a 9-by-13-inch cake pan with butter-flavored cooking spray.
- In a large bowl, combine flour, sugar substitute, cocoa, baking soda and baking powder. In a medium bowl, combine yogurt, mayonnaise, vanilla extract and water. Add liquid mixture to dry mixture. Mix gently just to combine.
- Spread batter evenly into prepared cake pan. Bake for 15 minutes. Evenly sprinkle marshmallows over top of partially baked brownies.
- In a small bowl, combine cracker crumbs and chocolate chips. Sprinkle crumb mixture evenly over top. Continue baking for 10 to 15 minutes or until a toothpick inserted in center comes out clean.
- Place cake pan on a wire rack and let set for at least 10 minutes. Cut into 16 brownies. Makes 8 (2 each) servings.

* Each serving equals: 170 calories, 2g fat, 4g protein, 34g carb., 352mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

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Herbs named for Mary, mother of Jesus

Marjoram	known as Mother of God's Flower
Bee balm, lemon balm	known as Sweet Mary
Catnip	known as Mary's Nettle
Sage	known as Mary's shawl
Dandelion	known as Mary's Bitter Sorrow

Source: campus.udayton.edu/ — Brenda Weaver

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SPOTLIGHT ON BUSINESS

Senior Computer School (50 +)

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Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 1/2 hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.

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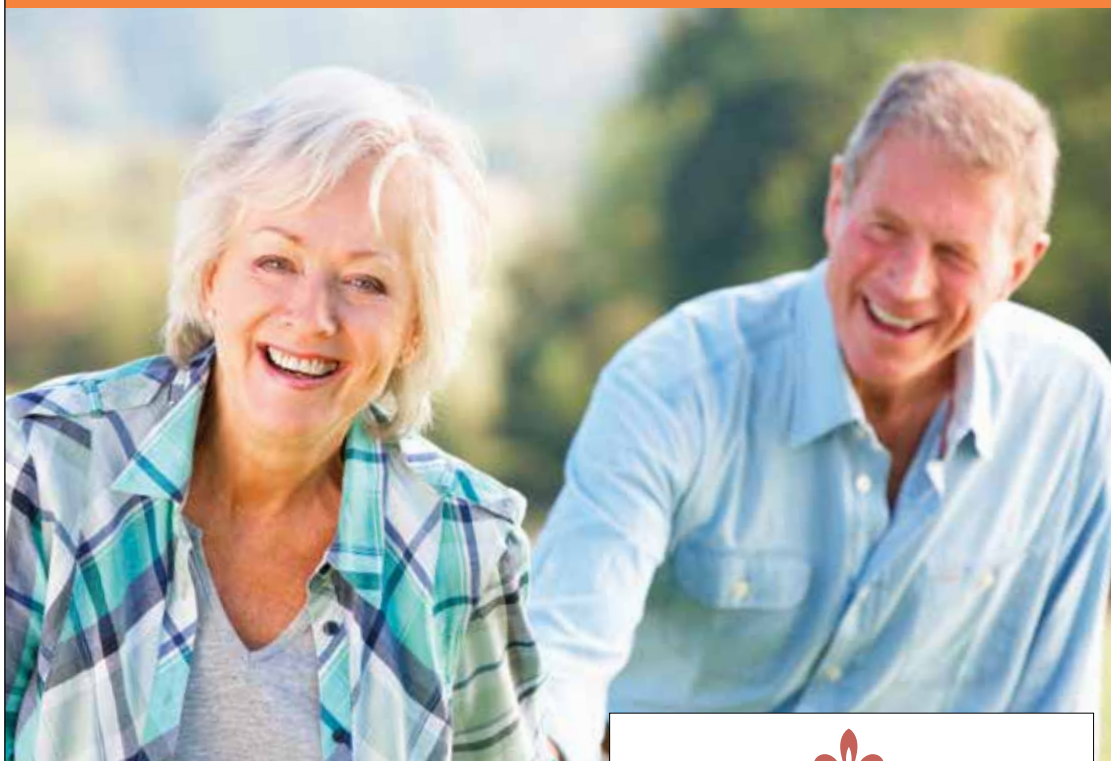
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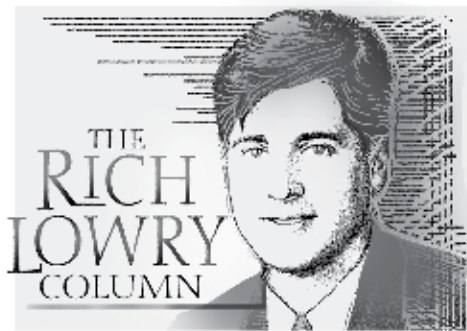
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They Hate What We Hold Dear

The Paris attacks have occasioned a wide-ranging debate about what they mean and how to respond, involving Islam and its role, military strategy and, oddly enough, how Muslims in New Jersey reacted to Sept. 11 (thanks, Donald Trump). It's all very interesting and, for the most part, quite important.

At bottom, though, the import of the Paris attacks is not complicated: ISIS terrorists are enemies of our civilization.

In Paris, they chose their target well. They assaulted a city that dates back thousands of years and has been a leading Western capital going back to the Capetians, a place representing geological layers of Western civilization, and its glories and conflicts and follies.

To simplify crudely, the Western story began in the 5th century

B.C. on an Athenian hillside where people sat and voted on public questions and, over the course of millennia -- and with multiple, often clashing sources, from the Romans to the Catholic Church to the Enlightenment -- produced our current liberal dispensation.

The West respects the rule of law, which protects the individual from the caprice and degradations of the powerful. It divides church and state. It governs by the consent of the governed. It honors the dignity -- and the conscience and the rights -- of the individual. It celebrates reason, discovery and creativity, and gives a wide berth to commerce and entrepreneurial energy.

Obviously, this hasn't always been true, and the road to the adoption of these norms has been winding and bloody, sometimes spectacularly so, in great clashes within and among Western powers. But they have created the conditions for stupendous human flourishing.

It is represented in staggering artistic and literary expression, in awe-inspiring scientific, technological and medical advances, and in mind-boggling levels of economic development that mean the average Westerner lives like a sultan compared to the average person throughout most of history.

If we are inclined to take any of this for granted, we should have a

renewed sense of its wonder and fragility when it is under attack from barbarism. ISIS embodies a theocratic totalitarianism that seeks to subject the human spirit to its perverted dictates. It kills, in part, as an advertisement for its own vileness and brutality. It gleefully vandalizes ancient cultural treasures, and considers Paris "the capital of prostitution and obscenity."

We are different, although we aren't ourselves responsible for that. The West is our windfall. None of us were at Runnymede in 1215 or Philadelphia in 1787. None of us contributed a brush stroke to a Rembrandt. None of us invented the steam engine or the iPhone. None of us discovered penicillin or the polio vaccine. None of us fought at Poitiers, and very few of us at Normandy.

If you are not thankful and humbled by all of this, you are an ingrate. Your freedom and material comfort depend on generations of sacrifice and effort before you. It is your privilege to enjoy all that our enemies -- if they had the power -- would wantonly destroy. If nothing else, Paris should be a reminder of that. What they hate, we should hold all the dearer.

Rich Lowry is editor of the National Review.

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Beware Holiday Foods, Ornaments, Plants



DEAR PAW'S CORNER: Please remind your readers of how important it is to keep their pets away from holiday foods. Some foods, like chocolate, can be deadly poisonous to dogs, while rich foods and ingredients like onions or raisins can be dangerous for cats and dogs.

-- Jessica L. in Camden, New Jersey

ing, and away from serving tables. A more extensive list is available from the Humane Society of the United States.

Christmas tree ornaments can potentially be harmful. Cats love knocking down glass ornaments and also may accidentally ingest tinsel or other shiny strands. Dogs may gnaw on interesting packages or break into gift boxes of candy or fruit.

Even plants need to be kept out of reach: poinsettias, for example, are toxic to cats.

To minimize risk, place breakable ornaments higher in the tree and put plants well out of reach. During parties or dinners, place your pets in a separate area of the house with bedding, food and water, and check on them occasionally. (This also is helpful in keeping pets' stress levels down.)

Send your questions or tips to ask@pawscorner.com.

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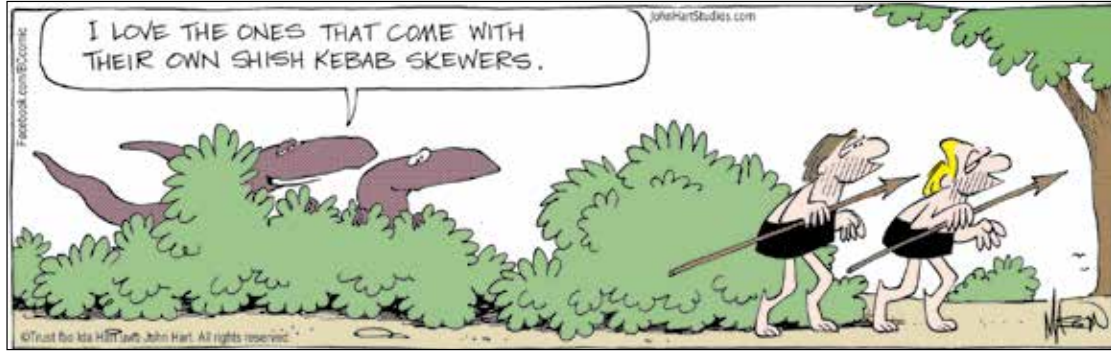
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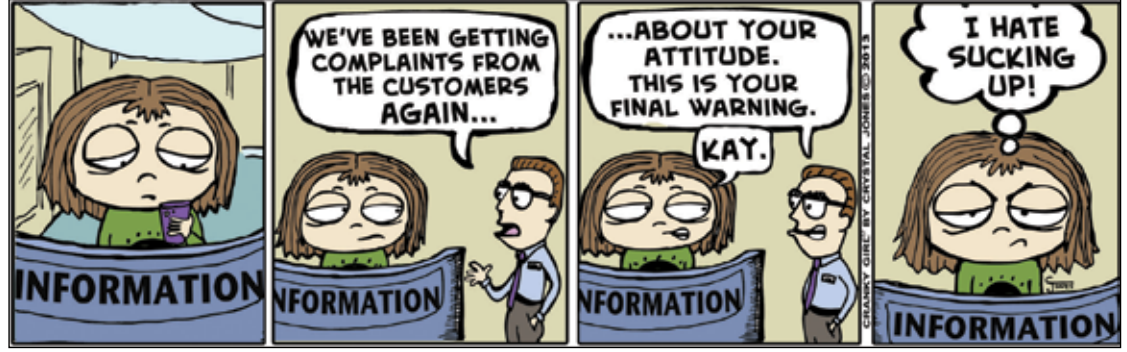
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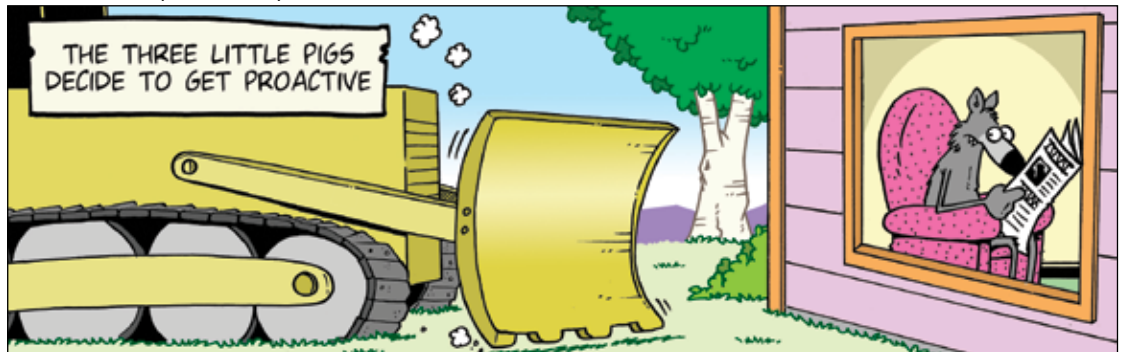
Cranky Girl by Crystal Jones



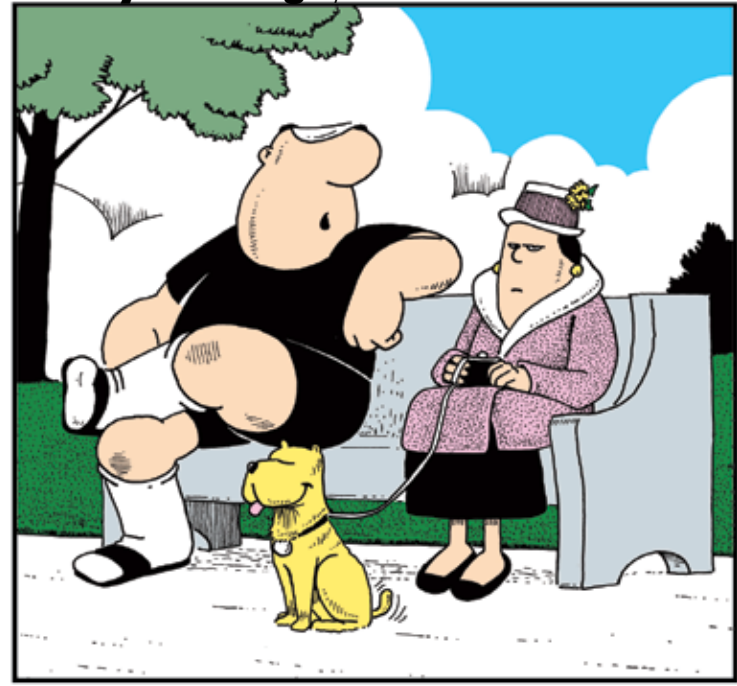
Frank and Steinway by Wil Panganiban



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Sacramento County DA Reports

Recent cases of interest



CASE: Salvador Martinez, James Wallace & Tana Dania

PROSECUTOR: Deputy District Attorney Casey Newton, Gangs & Hate Crimes Unit

Twenty-year-old Salvador Martinez was convicted by jury of murder. The jury also found true the allegation that Martinez personally used a firearm causing death. Thirty-year-old James Wallace was convicted of being a felon in possession of a firearm.

Close to midnight on July 12, 2014, Tyrell Hall went to the Hookah Lounge on Fulton Avenue with several friends, including Martinez. When his group of friends began arguing with other people in the lounge, they were escorted outside of the establishment along with the other individuals involved. Once outside, the dispute escalated into a fistfight and then a gunfight among several people, including Martinez, Dania, and Wallace. Martinez was the first to shoot, setting off the gunfight. Mr. Hall was hit by gunfire, killing him.

Twenty-four-year-old Tana Dania was acquitted of murder with the use of a firearm allegation.

Martinez faces a sentence of 40 years to life in prison. Wallace has a prior 2004 strike conviction for assault with a deadly weapon. He faces a sentence of 6 years in prison. Sentencing is set for January 8, 2016, at 10:30 a.m. in Department 27 before the Honorable Delbert Oros.

CASE: Michael Eugene Addson

PROSECUTOR: Deputy District Attorney Thomas Asker, Homicide Unit

The Honorable Marjorie Koller sentenced 27-year-old Michael Eugene Addson to life in prison without the possibility of parole plus an additional 60 years in prison. On September 18, 2015, a jury convicted Addson of first-degree murder during the commission of an attempted robbery.

Marc Zhuchenko was an employee at the O'Reilly's Auto Parts store on Elkhorn Boulevard. On January 9, 2014, Addson attempt to rob the store. Mr. Zhuchenko

tried to fight him off and injured Addson, who then shot Mr. Zhuchenko. Addson left a trail of blood as he fled the store. Due to the vigilance of the Sacramento County Sheriff's Department and its homicide detectives, Addson was detained within two hours at the Methodist Hospital. Detectives were also able to locate the murder weapon. Analysis by the District Attorney's Laboratory of Forensic Services linked Addson's DNA and his gun to the crime scene.

The jury also convicted Addson of five counts of robbery with use of a gun based on three separate incidents at O'Reilly's and Autozone stores in July, September, and October of 2013. Those robberies were solved by Sacramento County sheriff's detectives following Addson's capture on January 9, 2014.

CASE: Kevin Andre Brown

PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

Forty-seven-year-old Kevin Andre Brown was convicted by jury of three counts of forcible sodomy, one count of forcible rape, false imprisonment, sexual battery, robbery, and vehicle theft.

The 55-year-old female victim shared a home with her daughter and son-in-law, Kevin Andre Brown. On January 11, 2013, Brown brutally physically assaulted her, strangled her until she lost consciousness, and used phone cords and duct tape to bind her hands and feet. Brown then took her ATM card and used her vehicle to go to her bank and withdraw money.

When he returned to the house, he sexually assaulted the victim for a period for six to seven hours while intermittently smoking crack cocaine. He then fled in the victim's car and was later taken into custody in Los Angeles.

Brown faces a sentence of more than 100 years to life in prison. Sentencing is set for January 4, 2016, at 9:00 a.m. in Department 24 before the Honorable Shelleyanne Chang. ★

END OF THE BENCH BY GERRY SCHOU

A Golden State of Mind

If you are a Golden State Warriors fan you are undoubtedly really excited about how this current edition is rolling along following the franchise's first NBA title since its only other one in 1974-75. If you are old enough to remember following the original champs and have been a dedicated fan through all of the seasons since, you are undoubtedly really, really, really excited about the state of the team today.

In the middle of the longest road trip (seven games) in franchise history (70 seasons) this band of Warriors stood at 22-0 after downing the Brooklyn Nets Sunday, 114-98.

The Warriors won it all last year, after posting a 67-15 regular-season record, the best in team history. Only five teams in NBA history finished with more victories. This season, so far, they are even better. When they survived a scare in Toronto Saturday and notched their 21st straight win to open a season, that set an all-time mark for any of the four major sports in North America.

That '74-'75 title, led by Hall of Famer Rick Barry (30.6 ppg., 5.7rpg., 6.2 apg., 2.9spg.) finished its schedule at 48-34 and pulled off the biggest upset ever in pro sports by sweeping the heavily-favored Washington Bullets in the Finals. The Warriors' longest win streak that season was six games.

Many forget the team was much better the next year, finishing with the highest win total (59-23, including a 10-game win streak) for the franchise until last year. Barry averaged 21.0 ppg., deferring to his talented young teammates, second-year stars Phil Smith (20.0) and Jamaal Wilkes (17.8, 8.8rpg.), and rookie point guard Gus Williams (11.7), as the team improved on its No.-1 ranked offense from 108.5 to 109.8 ppg. But, they were upset by the Phoenix Suns in the Western Conference finals.

Much like the current Warriors, that was a very deep team. Coach Al Attles would use at least ten players on a consistent basis. The new Warriors' second unit is as

strong as some teams' starting lineups. Yet to lose, coach Luke Walton, filling in while head coach Steve Kerr recuperates from back surgery, has kept the ball rolling. He was named Coach of the Month, making him the answer to a trivia question, because his official record stands at 0-0, as all games go on Kerr's record.

But the undisputed leader of the defending-champs is last year's MVP, Steph Curry. Curry and his team have also both improved greatly over the previous season. The team has risen in almost every statistical category, ranking first in all field goal percentage figures, 3-pointers made and attempted, assists, points per game (115.1, up from 110.0 last year), and defensive and total rebounds per game, with an average margin of victory of almost 15 points. Incredible.

Curry has been on an unbelievable roll, on and off the court. He leads the NBA with his 32.4 scoring average and his face is everywhere. On KNBR radio, his dad and former NBA star Dell Curry remarked, "He tries to be as respectful and courteous as possible. When (people) say he's a better person than he is a player, it makes us proud." Everybody else says, "How can you not like that guy?"

On Dell Curry Night in Charlotte, where dad made his name, after the halftime ceremonies Steph poured in 28 points in the third quarter, including the W's' last 24 straight in the period, while his dad called the action on radio for the Hornets and the Warriors went to 20-0.

What more can be said about this team? Have all the superlatives been used? We searched far and wide throughout this world and the next seeking more comments about what is happening with Golden State. Everywhere the roars of Dub Nation were so deafening, there's no guarantee of 100% accuracy...

Muhammad Ali admitted, "THEY are the greatest." Obi-Wan Kenobi could see, "The force is with them." Spinal Tap's Nigel Tufnel said he just loves it when "...they turn it up to eleven." Jim

Harbaugh asked, "Who's got it better than them? Nooobody!" Joe Namath said, "I want to kiss them."

Everyone is so impressed with the team's offensive firepower. When the Warriors race down court on the break, the only question is "to three, or not to three?" George Bush, the elder, offered, "They might score a thousand points some night," while his son added, "They have weapons of mass destruction." Edward R. Murrow felt sorry for Warriors' opponents, offering, "Good night, and good luck."

The Warriors' style of play is captivating. Leonardo DiCaprio called them the "Kings of the World!" The Ringling Brothers think the Warriors are "The Greatest Show on Earth!" Frank Sinatra admires that, "They do it their way." Tom Cruise and Renee Zellweger echoed, "They had me at hello."

Watching Draymond Green play defense and force a bad shot, grab the rebound and push the ball ahead, make a great pass, rebound a missed shot, double clutch and score over a bigger defender Kermit the Frog croaked, "It's not easy beating Green."

Paul Newman and Robert Redford marveled, "Who are those guys?" Spotted leaving a game after another Golden State victory, Dick Enberg was rendered almost speechless and uttered only, "Oh, my!" while Jack Buck stood by and shook his head in amazement, "I don't believe what I just saw!"

It seems everybody except Charles Barkley and the L. A. Clippers are fans, and they all wonder how long the streak will go on. With road games at Indiana, Boston and Milwaukee remaining this week, it could be tough. For one, Buzz Lightyear thinks it will continue, "To infinity, and beyond!"

The whole thing is so stupendous, we should call on the greatest radio basketball voice of all time --- Bill King, who brought that first-ever Warriors championship team to life in the minds of his listeners --- to sum it up in a nutshell: "Holy Toledo!!" ★

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Happy Trails to You

Pathway Links Sutter and Jensen Reserves

Continued from page 1

entrance. Additions such as playgrounds and picnic areas will await flusher times.

The trail dedication crowned Carmichael Park District's completion of four neighborhood parks in four economically challenging years. Each project—O'Donnell, Jan, Patriots and Sutter/Jensen

Parks—employed shared-financing. Sutter-Jensen activists' efforts, recalled organizer Sandy Helland, was supported by brick sales, yard sales and art shows.

"Like Duracell bunnies, we kept going for eight years," said Helland. "Our area has a wide range of incomes. We called everyone and no one hung up on us. Together, we saved the park. And there's so much potential to

provide even more facilities here in years to come."

Project assistance also came from Carmichael Water District, Carmichael Creek Neighborhood Association, Carmichael Kiwanis and Sacramento Fine Arts Center. The park trail is accessible from 6917 Sutter Avenue. Learn about ongoing fundraising at www.presentsutterjensen.org. ★

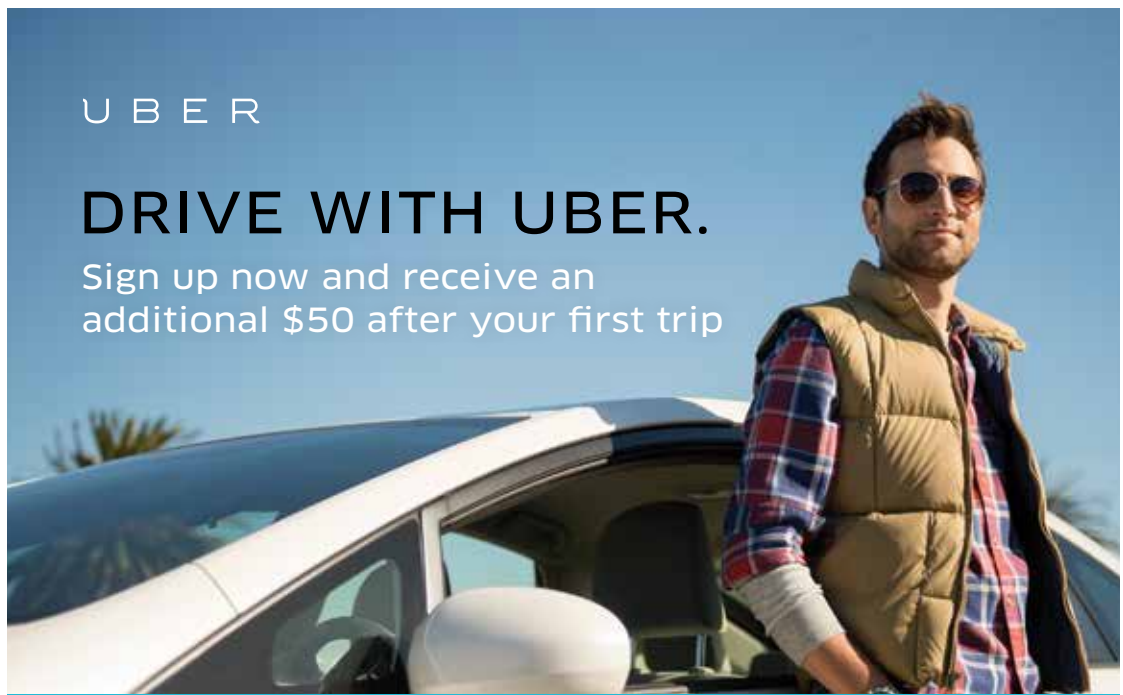
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Television Listings for the week of December 11-December 16

FRIDAY EVENING

DECEMBER 11, 2015

Table of TV listings for Friday, Dec 11, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

SATURDAY EVENING

DECEMBER 12, 2015

Table of TV listings for Saturday, Dec 12, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

SUNDAY EVENING

DECEMBER 13, 2015

Table of TV listings for Sunday, Dec 13, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

MONDAY EVENING

DECEMBER 14, 2015

Table of TV listings for Monday, Dec 14, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

TUESDAY EVENING

DECEMBER 15, 2015

Table of TV listings for Tuesday, Dec 15, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

WEDNESDAY EVENING

DECEMBER 16, 2015

Table of TV listings for Wednesday, Dec 16, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).




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2015-16 BOWL SCHEDULE

COLLEGE FOOTBALL PLAYOFF SEMIFINALS

ORANGE BOWL - Dec. 31

No. 1 Clemson vs. No. 4 Oklahoma

COTTON BOWL - Dec. 31

No. 2 Alabama vs. No. 3 Michigan State

NATIONAL CHAMPIONSHIP GAME

Jan. 11 - Glendale, Ariz.

NEW YEAR'S SIX BOWLS

PEACH BOWL - Dec. 31

Florida State vs. Houston

FIESTA BOWL - Jan. 1

Notre Dame vs. Ohio State

ROSE BOWL - Jan. 1

Iowa vs. Stanford

SUGAR BOWL - Jan. 1

Oklahoma State vs. Ole Miss

OTHER BOWLS

NEW ORLEANS BOWL - Dec. 19

Arkansas State vs. Louisiana Tech

NEW MEXICO BOWL - Dec. 19

Arizona vs. New Mexico

LAS VEGAS BOWL - Dec. 19

BYU vs. Utah

CURE BOWL - Dec. 19

Georgia State vs. San Jose State

CAMELLIA BOWL - Dec. 19

Appalachian State vs. Ohio

MIAMI BEACH BOWL - Dec. 21

South Florida vs. Western Kentucky

FAMOUS IDAHO POTATO BOWL - Dec. 22

Akron vs. Utah State

BOCA RATON BOWL - Dec. 22

Temple vs. Toledo

POINSETTIA BOWL - Dec. 23

Boise State vs. Northern Illinois

GODADDY BOWL - Dec. 23

Bowling Green vs. Georgia Southern

BAHAMAS BOWL - Dec. 24

Middle Tennessee vs. Western Michigan

HAWAII BOWL - Dec. 24

Cincinnati vs. San Diego State

HEART OF DALLAS BOWL - Dec. 26

Southern Miss vs. Washington

ST. PETERBURG BOWL - Dec. 26

Connecticut vs. Marshall

SUN BOWL - Dec. 26

Miami vs. Washington State

INDEPENDENCE BOWL - Dec. 26

Tulsa vs. Virginia Tech

FOSTER FARMS BOWL - Dec. 26

Nebraska vs. UCLA

PINSTRIPE BOWL - Dec. 26

Duke vs. Indiana

QUICK LANE BOWL - Dec. 28

Central Michigan vs. Minnesota

MILITARY BOWL - Dec. 28

Navy vs. Pittsburgh

ARIZONA BOWL - Dec. 29

Colorado State vs. Nevada

RUSSELL ATHLETIC BOWL - Dec. 29

Baylor vs. North Carolina

TEXAS BOWL - Dec. 29

LSU vs. Texas Tech

ARMED FORCES BOWL - Dec. 29

Air Force vs. California

MUSIC CITY BOWL - Dec. 30

Louisville vs. Texas A&M

HOLIDAY BOWL - Dec. 30

USC vs. Wisconsin

BELK BOWL - Dec. 30

Mississippi State vs. NC State

BIRMINGHAM BOWL - Dec. 30

Auburn vs. Memphis

OUTBACK BOWL - Jan. 1

Northwestern vs. Tennessee

CITRUS BOWL - Jan. 1

Florida vs. Michigan

LIBERTY BOWL - Jan. 2

Arkansas vs. Kansas State

TAXSLAYER BOWL - Jan. 2

Georgia vs. Penn State

ALAMO BOWL - Jan. 2

Oregon vs. TCU

CACTUS BOWL - Jan. 2

Arizona State vs. West Virginia

Photos: Watson: Tom DiPace; Henry: Chris Covatta; Mayfield: Jay Biggerstaff; Cook: Tom Lynn



1 CLEMSON

4 OKLAHOMA



ALABAMA 2

MICHIGAN STATE 3



CLEMSON

DEFINING MOMENT On Nov. 7, Clemson and Florida State, the three-time reigning ACC champions, entered the fourth quarter tied at 13. Clemson proved its playoff mettle with a dominating fourth quarter. **Deshaun Watson** shook off an uneven start to lead two fourth-quarter scoring drives, completing 9-of-11 passes for 97 yards in the final frame. Meanwhile, the Clemson defense held FSU to three futile possessions, including a game-sealing fumble. Clemson beat the Seminoles 23-13 to go wire-to-wire atop the CFP rankings.

BIGGEST QUESTION Clemson's defense was worn down near the end of the season. Since a shutout of Miami on Oct. 24, the Tigers have allowed five of their final six opponents to top six yards per play. That includes also-rans like NC State, Syracuse and South Carolina. The lapses have been wholesale, but one of the keys has been turnovers. Clemson has forced nine turnovers in the last six games compared to 14 in the first seven.

FINAL ANALYSIS Watson has been a superstar down the stretch for Clemson, averaging 326.5 passing yards and 92.5 rushing yards per game in the final six. He's also accounted for 23 total touchdowns. Clemson will arguably have the best quarterback in the College Football Playoff. If the Tigers' defense can refocus during the layoff, Clemson will be a threat to win its first national title since 1981.



OKLAHOMA

DEFINING MOMENT The Sooners' moment of truth came on Nov. 14 in Waco. Oklahoma had demolished four lower-tier Big 12 teams after the loss to Texas, but its potential remained questionable. Tied at 20 in the third quarter against Baylor, quarterback **Baker Mayfield** led a 74-yard go-ahead scoring drive. Samaje Perine followed with a 55-yard TD run on OU's next possession. The key moment, though, was a 10-play, 5:42 touchdown drive that iced the game in the fourth quarter of a 44-34 win. OU hasn't looked back.

BIGGEST QUESTION How will OU perform if Baker Mayfield isn't at his best? This offense grinds to a halt when Mayfield is struggling (the first three quarters against Tennessee), is under pressure (against Texas), or is hurt (the second half against TCU). When the Sooners play a top-flight defense, can running backs Perine and Joe Mixon keep defenses honest?

FINAL ANALYSIS There's not much to dislike about Oklahoma in a Playoff situation. The Sooners have championship coach, a Heisman-contending quarterback and an above-average defense. OU ranks in the top 14 nationally in yards per play, yards allowed per play and turnover margin. OU has been pedestrian in the margins on third downs and in the red zone, but the Sooners were still able to build an ironclad CFP résumé despite a loss to 5-7 Texas.



ALABAMA

DEFINING MOMENT On Nov. 7, LSU was the No. 2 team in the country and undefeated while Alabama was trying to erase the sting of the loss to Ole Miss in Tuscaloosa back in September. Alabama held LSU's Leonard Fournette, then the Heisman frontrunner, to a season-low 31 rushing yards. Meanwhile, the Tide's **Derrick Henry** rushed for 210 yards and three touchdowns. Everything Alabama is capable of this season was on display in the 30-16 win over LSU.

BIGGEST QUESTION Alabama's front seven is dominating, but the back end of the defense has been vulnerable. Only Arkansas (35) allowed more pass plays of 20 or more yards than Alabama's 33 in SEC games this season. Alabama also allowed 10 pass plays of 40 yards or more in conference play, most in the SEC. The Tide have improved their cornerback situation with freshman Minkah Fitzpatrick taking a starring role, but Alabama lacks the big-time safeties the Tide have had in the past.

FINAL ANALYSIS Alabama is the only carry-over from last year's College Football Playoff, and the Tide have the ability to finish the job this time around. Henry should eclipse 2,000 rushing yards. Jake Coker has proven to be a good caretaker of the quarterback position. And Alabama's front seven is among the deepest and most talented Nick Saban has had. A fourth national title under Saban won't be easy, but it is attainable.



MICHIGAN STATE

DEFINING MOMENT Perhaps no play in Michigan State history will loom larger than "The Reach." In the Big Ten Championship Game against undefeated Iowa, Michigan State finished off a 22-play, 82-yard, nine-minute drive when freshman L.J. Scott reached the ball over the goal line for a 16-13 win to clinch a CFP bid. Scott carried 14 times for 40 yards on the drive, but the defining play may have been **Connor Cook**'s option keeper on fourth-and-2 from the 5.

BIGGEST QUESTION Will the hiatus help Cook's ailing shoulder? An injury to Cook's throwing shoulder caused him to miss the win over Ohio State and limited his production and efficiency against Iowa. Against the Hawkeyes, Cook completed 50 percent of his passes, managed only six yards per attempt and threw an interception — an uncharacteristic performance for a quarterback who is 34-4 in his career.

FINAL ANALYSIS Michigan State has been a charmed team all season. The Spartans defeated Michigan on a fumbled punt and Ohio State and Iowa on long sustained drives in the fourth quarter. Perhaps Michigan State isn't as talented or deep as the other three teams in the playoff, but the Spartans won't buckle under the pressure. Michigan State will be the biggest underdog in the Playoff, which of course is where coach Mark Dantonio likes to be.

Hometown Hero Dances On



Alek Skarlatos Photo credit: AP Photo/Kamil Zihnioglu

Story by **Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Some people delight to dance all

night. Carmichael-raised soldier Alek Skarlatos is salivating to samba into next year. In August, Skarlatos went on a European vacation with school friends Spencer Stone and Anthony Sadler. Their rescue of a French train from terrorist attack became an epic of American heroism. Skarlatos' next adventure—contesting a TV ballroom dance prize—was equally risky. The only contestant lacking stage experience, Skarlatos took

third place. His most recent surprise was to sign up for a national Dancing with the Stars tour. "I'm excited to get to go out there and perform without the pressure of being scored by judges," says National Guardsman Skarlatos (23). "Before coming on the show, I'd never danced before and I didn't know how much work and fun it could be. I'm really glad (partner Lindsay Arnold) and I will get to focus on the

fun part a little more now." Though a favorite with fans whose votes determined winners, Skarlatos' survival to the finals dazzled the pros. "What you achieved in this competition is beyond all our expectations," DWTS judge Bruno Tonioli told Skarlatos. Fellow judge Carrie Ann Inaba offered more praise. "When I watch you," she summarized, "the word that comes to me is integrity, integrity of character and of movement." Dancer/

actress Julianne Hough predicted ongoing success: "The sky is full of stars," she said. "Your future is bright." "I can't wait for the adventure to continue," Skarlatos said of the 43-performance tour. He described his leap from hero to hooper as "the experience of a lifetime." The year 2015, he considered, dealt him a whirlwind of emotions and activities. "I can't think of a better way to cap it off than being able to greet everyone who has been so

supportive of me," he said. The DWTS "Dance All Night" tour kicks off in Salt Lake City on Dec. 15th and ends with Feb. 14th shows in Phoenix. Its nearest stop to Sacramento is a Feb. 10th Stockton performance. At the city's Bob Hope Theater, fans will pay between \$80 and \$269 (\$1700 for "meet and greet" tickets) to applaud Skarlatos and fellow dancers. For tour information, go to www.dwts-tour.com. ★

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