



Perilous and Hair-raising
All in a Day for
Dogged Supervisor

Page 14



PLUS:
Carmichael
Comes Clean

Page 2

Carmichael Times

Volume 34 • Issue 45

Serving Carmichael and Sacramento County since 1981

November 6, 2014

Local Resident
Reflects on 102
Years of Life



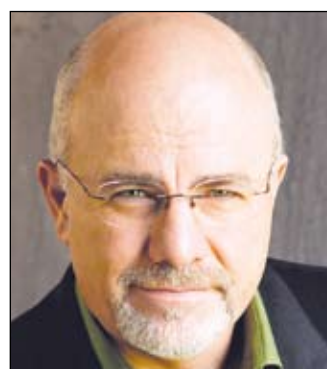
Page 3

Couch Theater
"How to Tame Your
Dragon 2"



Page 9

Sound Financial
Advice from
Dave Ramsey



Page 7

Supporters Line the Streets to Show Respect for Fallen Sheriff's Deputy



Hundreds of law enforcement officers participated in the funeral procession for fallen Sacramento Sheriff's Deputy Danny Oliver on Monday afternoon. Local sheriff, police, fire, and CHP units were on hand to show support, as well as departmental representatives from as far away as Mission Viejo, Butte County, Napa County, and Vacaville. Donna Martinez (at right) of Placer County came to honor fallen Sacramento Sheriff's Deputy Danny Oliver at his funeral procession Monday afternoon. "My husband is a Sacramento County Sheriff officer, so I'm here to support them and all fallen officers," she said.

Story and photos
by Anne Stokes

SACRAMENTO COUNTY, CA (MPG)
 - Supporters greeted the funeral procession of fallen Sacramento Sheriff's Deputy Danny Oliver Monday afternoon as it traveled from Interstate 80

eastbound, down Greenback Lane. Law enforcement and first-responder agencies from all over California participated in the solemn show of solidarity, coming from as far away as San Luis Obispo, Riverside County, Inyo County, and even Sparks, Nevada. Hundreds of sheriff's department, police, fire, and

California Highway Patrol units accompanied the procession as it departed from the public funeral services held at Adventure Christian Church in Roseville and traveled to the East Lawn Cemetery in Sacramento for the family's private burial service.

Continued on page 4



The Pendulum Swings

By Paul V. Scholl, Publisher
Photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG)
 - With an overwhelming result nationwide on November 4th, most parts of the country sent notice to Washington that the status quo in leadership simply is not acceptable. The general populace is tired of the lousy

economy (do your homework and research the real statistics), a crumbling infrastructure, failing policies, crushing new taxes, and the ongoing overreach of the Federal and State governments.

In the first few days after this election, it will seem like the politicians "heard us," but we must be diligent and not let them "herd us" any longer. It is well past the time for more

real Americans to stand up and live and lead in their everyday lives. Not only by thought, but also by action. We could get far more done working with our neighbors if we could only get government out of our way.

Locally, one of the most contested races that is still undecided is the one between Congressman Ami Bera and former Congressman Doug

Ose. The final results are due to be confirmed by this coming Saturday.

Doug Ose has a 3,011-vote margin over incumbent Ami Bera. The Sacramento County Registrar has stated there are approximately 90,000 county-wide ballots yet to be counted. Of those 90,000, it is estimated 70 percent are from California's 7th Congressional District.

The registrar will start counting those ballots Thursday, November 6th.

Let's hope that whichever candidate wins, he returns to Washington with the reverberating wave of the American public's opinion "bell" still ringing in his ears.

See election results inside this issue. Thank you for voting. Do good. ★



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

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



Supported by his wife Janine (left), Congressman Ami Bera delivers encouraging words for supporters at the Carmichael Elks Lodge. By mid-evening, the incumbent's early polling lead had diminished, and by morning, the election result remained too close to call.



Republican candidate Doug Ose was relaxed and in jovial company. Ose's campaign headquarters was located at Rudy's Hideaway Restaurant in Rancho Cordova. Supporters included Lynnda, his wife of 26 years.

Carmichael Comes Clean



Story and photos
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Sixty volunteers recently gave more than 120 work hours to a civic cleanup effort. The second annual Beautify Carmichael Day involved weed-pulling, trash pick-up, and repainting of park picnic equipment, plus several landscaping projects. Under the direction of program founder Cathy Snow, workers also combed Fair Oaks Boulevard and Manzanita Avenue with voluminous garbage bags in hand.

Sponsors included: Sacramento County, Carmichael Chamber of Commerce, Home Depot, Valspar Paints, Carmichael Kiwanis, Carmichael Elks, Carmichael Rotary, Lawnman Landscaping, and Carmichael Boy Scouts. Carmichael Creek, Carmichael Colony, and Barrett Hills neighborhood groups also provided volunteers.

To learn about Beautify Carmichael Day, call the Chamber of Commerce at (916) 481-1002. ★



Be Money Smart USA volunteers tidied their new Whitney Avenue premises. Inset: Carmichael Elks, Rotarians, and Kiwanis groomed a neglected business site.

Soroptimist of Sacramento Offers Cash Grant to Women Seeking Financial Assistance for Educational or Training Expenses

SACRAMENTO, CA (MPG) - Women who serve as the primary wage earners for their families and seek financial assistance to continue their education or receive training are encouraged to apply for the Soroptimist Live Your Dream Education and Training Award for Women. The club will award one deserving and qualified woman \$2,000 to be used to help offset any costs associated with the recipient's efforts to attain higher education, including tuition, books, supplies, child care, or transportation costs.

The Live Your Dream Award is the signature project of Soroptimist International of the Americas (SIA). Soroptimist of Sacramento is one of nearly 1,400 clubs that make up SIA, a volunteer organization for women committed to improving the lives of women and girls through programs leading to social and economic empowerment.

Applications and qualification criteria are available at the club's website at www.soroptimistsacramento.com/awards-scholarships/Live-Your-Dream-Award. The deadline to apply is November 15th, 2014. Completed

applications should be emailed to Live Your Dream Award Committee Chair Debi Noonan at deb86sis@yahoo.com. Questions about the award program or process may also be directed to Ms. Noonan.

Information about Soroptimist of Sacramento may be found at www.soroptimistsacramento.com.

Soroptimist's mission is to improve the lives of women and girls in local communities and throughout the world.

Source: Soroptimist of Sacramento ★

Atria El Camino Gardens Cooks Up Friendly Competition

CARMICHAEL, CA (MPG) - On Tuesday, November 18th, Atria El Camino Gardens will turn up the heat with the senior living community's Iron Chef®-style competition.

The event is based on the popular Food Network® television show Iron Chef. It will feature the talent of a few of Atria's senior employees, family members who are seasoned chefs, and Chef Ray Duey. Duey has been featured and was named a Master Carver on the Food Network®.

"The Iron Chef-style competition is a great way to test your mettle, learn new things, and show off some of the most talented chefs in the area," said Eric Bressler, Executive Director of Atria El Camino Gardens.

Each team must prepare a full meal with the secret ingredients presented to them to satisfy the palates of the guest judges, which include a panel of executives, chefs, and local business owners.

Atria residents enjoy the service and menu selections provided by a full-time culinary staff. The community's Art of Atria Dining program features specialty dining, display cooking, holiday dinners, and other fun social occasions.

The Iron Chef-style competition at Atria El Camino Gardens will begin at 6:15 p.m. The senior living community is located at 2426 Garfield Avenue, Carmichael, CA 95608. For more information, contact the community at (916) 488-5722.

Atria Senior Living Group, the nation's fourth largest assisted living owner-operator, provides respectful, quality care that helps more than 13,000 older people live life to the fullest. Atria communities are not nursing homes; rather, they are active communities where seniors can get the care they need to live as independently as possible. At the heart of Atria's approach is our belief that superior care depends on running a superior business. That's why Atria has developed some of the industry's most stringent measurement tools and comprehensive training protocols. To learn more, please visit www.atriaseniorliving.com.

Source: Atria Senior Living ★

The Community Raises \$96,697 for Fallen Officers' Families

SACRAMENTO, CA (MPG) - On Wednesday, October 29th, Dutch Bros. Coffee owners in the Sacramento area banded together with the community to raise \$96,697 to support the families of Sacramento Sheriff Deputy Danny Oliver and Placer County Sheriff's Detective Michael David Davis Jr.

Proceeds from sales and donations collected at all nine Sacramento-area Dutch Bros. shops will support the families of the fallen officers. Donations will be made to Placer 10-35 and The Star 6 Foundation.

"We laughed and cried with people all day," said Brian Place, Dutch Bros. Granite Bay owner. "We were blown away by the

generosity of everyone. What a special show of love for the families of Danny Oliver and Michael Davis."

"We are so thankful to have the opportunity to work with our neighboring Dutch Bros. Family, who jump in without hesitation," said Heather Mauel, Dutch Bros. Auburn/Rocklin owner. "Our crews were inspired by the community's love for these families."

The community came out in droves. People came from as far away as Truckee and waited in long lines to show love and support for the officers and their families. Donations alone accounted for over 50% of the total raised.

"There are no words to describe how special the whole day was," said Nikol Grubbs, Dutch Bros. NE Sacramento/Citrus Heights owner. "We are so blessed to live in such a caring and amazing community."

"We have the families of Deputy Danny Oliver and Detective Michael Davis in our thoughts and hope they saw how much the community cares about them and respects the work done by law enforcement," said Sean Provost, Dutch Bros. Woodland/Davis owner.

To find a location near you, visit www.DutchBros.com.

Source: Dutch Bros. Coffee ★

Save up to 80% with LED lighting.

New ENERGY STAR® LEDs use up to 80% less energy and last up to 35 times longer than incandescents.

smud.org/lighting



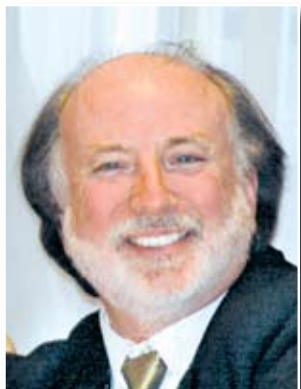
SMUD®

Powering forward. Together.



Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981



Publisher,
Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. 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, P.O. Box 14, Carmichael, CA 95609. 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).

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



Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl
Bill Martin • Linda Harper

Banerjee Designs • Stump Removal Graphics

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris
Tim Reilly • David Dickstein • Dave Ramsey
Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski
Pastor Rich Reimer • Ronnie McBrayer • David Graulich
Gabriel Scholl

Nicholson & Olsen CPA

RJ at thisitebarn.com • JWS Promotions • Mikahn Design
StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press • ARA Content
California News Service • Family Features • WorldNetDaily

Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Local Resident Reflects on 102 Years of Life Centenarian Celebrates Birthday, Offers Personal Key to Longevity



Atria El Camino Gardens resident Larry Poundstone (left), photo taken when he was 100 in November of 2012, was treated to a carriage ride with Carmichael equestrian John Walker and mini horse Rocket.

CARMICHAEL, CA (MPG) - Larry Poundstone will turn 102 on Saturday, November 8th. Atria El Camino Gardens will celebrate Larry's birthday on Friday, November 7th at 3 p.m. in the front lobby. Larry's son makes a long journey each year from South America to visit his father on his birthday. Larry's great love of music has prompted El Camino to celebrate with one of his favorite entertainers: pianist Karen Peterson.

"Larry is a kindred spirit who delights us every day with his independence and can-do attitude," stated Staci Weisz, Engage Life Director at Atria El Camino Gardens.

When asked about his secret to a long life, he replied, "I just live day to day and look for something to make me smile each day!"

Larry Poundstone grew up on a Lodi dairy farm. He served in WWII in the European Theater and as a career U.S. Air Force Officer; he later raised his son while traveling from Japan, Virginia, and Argentina. He retired as a full colonel after 28 years of service and received the Bronze Star and Legions of Merit. He then settled in Fair Oaks.

For more information about the celebration, please contact Staci Weisz from Atria El Camino Gardens at (916) 488-5722.

Source: Atria Senior Living



Are You Looking for Full-Time Work?

BACK TO WORK 50+ at **Sacramento Works Job Centers** can help you learn new networking strategies, target your job search, get job leads, enroll in short-term training and find resources that can help you stay strong while you are looking for your next job.

CALL TOLL FREE (855) 850-2525

to get a free job search guide and register for a local BACK TO WORK 50+ Information Session.

To learn more, visit: www.aarp.org/backtowork50plus



SACRAMENTOWORKS

A proud partner of America's Job Center of California™ Network



Veterans Day Will Recall Carmichael Vietnam Heroes

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A Veterans Day ceremony will honor Vietnam War heroes next week. Observances will be held in the Earl J. Koobs Nature Area, adjacent to the La Sierra Community Center.

Students and staff of the old La Sierra High School created the first known California memorial to the Vietnam conflict in 1973. Their towering steel monument oversees Veterans Day tributes, and honors fallen La Sierra students. The annual event includes a flag raising and bell chimes as honorees' names are read.

WW II, Korean War, and Middle East War veterans are invited to the November 11th event. This year's attendees will also include a La Sierra Class of 1969 45th reunion, which will be held at the site when formal ceremonies conclude.

The Vietnam monument is located in the Earl J. Koobs Nature Area at 5325 Engle Road. For information, call Linda Jones at (916) 944-2393.



A Carmichael monument names former La Sierra students who died in Vietnam battles.

To learn about the La Sierra Class of 1969 reunion, contact Karl Winkler at kwinkler2009@yahoo.com. All former students of the school may attend.



Hank Fisher Senior Communities

Where Quality Memory Care Meets Quality of Life



The Chateau at Carmichael Park invites you to discover two options for loved ones with memory loss at our Memory Care community.

RESIDENTIAL

- Designed specifically for seniors with Alzheimer's disease and other forms of dementia
- Offering individual and group activities based on specific needs and abilities
- Monitoring of residents with secure entry/exit points
- Caring staff trained in appropriate memory-care techniques

MEMORY DAY PROGRAM

- Offering full-day and half-day programs
- Providing companionship and physical activity
- Facilitating family support groups and educational seminars
- Allowing caregivers and family members free time to run errands, work outside the home or relax



Call today to schedule a tour
(916) 481-7105



THE CHATEAU AT CARMICHAEL PARK

7125 Fair Oaks Blvd. • Carmichael, CA 95608 • (916) 481-7105 Lic. #347001523

HankFisherProperties.com • When it says Hank Fisher Properties, it says Quality.

Supporters Line the Streets to Show Respect for Fallen Sheriff's Deputy



Engine-Paramedic Brendon Brown and his fellow Sacramento Metro Fire department comrades wait with solemn respect for the funeral procession of Sacramento Sheriff's Deputy Danny Oliver to exit Interstate 80 to Greenback Lane. Hundreds of first responders were on hand to show their respect.

Continued from Page 1

"All of us in the first responder industry, from the police to fire, we all consider each other brothers and sisters," said Sacramento Metro Fire Department Captain Brad Reynolds. "It's vitally important that we all share in this and show our support for their family members. As sad as an event as this is to bring us all together, it's very heartfelt to see this all happen."

Patrick Fintel of Sacramento County was present for the entire half-hour long procession to honor the sacrifice made by Deputy Oliver and his family. "I came to show respect to the fallen officers and their family and to let them know that we're all thinking about them," said Fintel. "It is very important to come out and support our

community and law enforcement."

Donna Martinez of Placer County had a more personal inspiration. Her husband is a Sacramento County Sheriff officer. "The community support, I think it's fabulous," she said. "Oftentimes you don't realize how big your community is or how much they care about your officers until something like this happens, which is unfortunate. But it is a truly good thing to see these people out here today."

Deputy Danny Oliver, a 15-year veteran of the of the Sacramento County Sheriff's Department, was killed in the line of duty on October 24th while investigating a suspicious vehicle on the 2000 block of Arden Way. He is survived by his wife and two daughters. ★



Sacramento Sheriff's Deputies lead the funeral procession of fallen Deputy Danny Oliver eastbound on Greenback Lane to the Sierra Hills Memorial Park and East Lawn Cemetery on Monday afternoon. Oliver, a 15-year veteran of the Sacramento County Sheriff's Department, was killed in the line of duty on October 24th, 2014.



Nichole Johnston of Citrus Heights brought her daughter Lilly, 6, and son Vinny, 3, to watch the funeral procession of fallen Sacramento Sheriff's Deputy Danny Oliver as it traveled from Roseville to the East Lawn Cemetery in Sacramento on Monday afternoon. "I wanted them to see how you support your community," she said.

Threats of Violence at Local Schools

SACRAMENTO REGION, CA (MPG) - The Sacramento County Sheriff's Department (SCSD) has made an arrest in one of seven threats of violence made within local high schools during the past two weeks.

SCSD Safe School Officers responded to and assisted in the investigation of handwritten statements found on the interior of campus restrooms. Each statement was similar in nature and indicated a threat of shooting or other act of violence. The dates and locations are listed below:

- October 17th, Rio Americano High School
- October 24th, Del Campo High School
- October 24th, Bella Vista High School

- October 28th, Casa Roble High School
- October 29th, Del Campo High School
- October 30th, El Camino High School

At this time, one arrest has been made in association with the Bella Vista High School incident: a 14-year-old female student. A threat assessment has been conducted for each incident revealing a low likelihood of occurrence with the possible motivation behind these threats intended to cause general disruption on the campus and to school activities.

The San Juan School District sent timely notifications to students and staff upon notification of each threat. Through the Safe

Schools Program, the SCSD has increased their presence on campuses to raise the overall level of officer visibility and campus safety.

Parents or students with information that could possibly identify the person or persons responsible for these acts are encouraged to speak with their school administrators or submit a tip to the SCSD at www.sac-sheriff.com, by texting 274637 (CRIMES) and entering the keyword 'SSD,' or by calling (916) 874-8477.

Source: Sacramento County Sheriff's Department
Source: Sacramento County Sheriff's Department ★




Announcements & Events

MOMMY & ME POTTERY CLASS

All Ages (Under 10 Requires Parent Participation)

11/14 or 11/15, 11:15am-12pm





BOYS & GIRLS ELEMENTARY BASKETBALL

3rd-6th Grades, Starts 11/22

Call 483-7826 for info

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

HDSUPPLY

HOME IMPROVEMENT SOLUTIONS

We Have Over 400,000 Home Improvement Products In Stock at Killer Prices!

SCAN THIS QR CODE!



EASY AS 1-2-3

1. Download a free App like RedLaser, ShopSaver, or QR Reader
2. Scan this to learn more about us
3. Come to our store and save

NOW OPEN!

Citrus Heights

7999 Greenback Lane
Citrus Heights, CA 95610
(916) 745-6851

Mon - Sat: 7AM - 7PM, Sun: 8AM - 4PM

www.HDSupplyHIS.com



\$100 OFF WITH THIS AD

Sierra View

FUNERAL CHAPEL & CREMATORY, INC.

(916) 481-1515

www.SierraViewFuneralChapel.net

6201 Fair Oaks Boulevard, Carmichael

Lic. FD-924

TRADITIONAL FUNERAL

\$3995

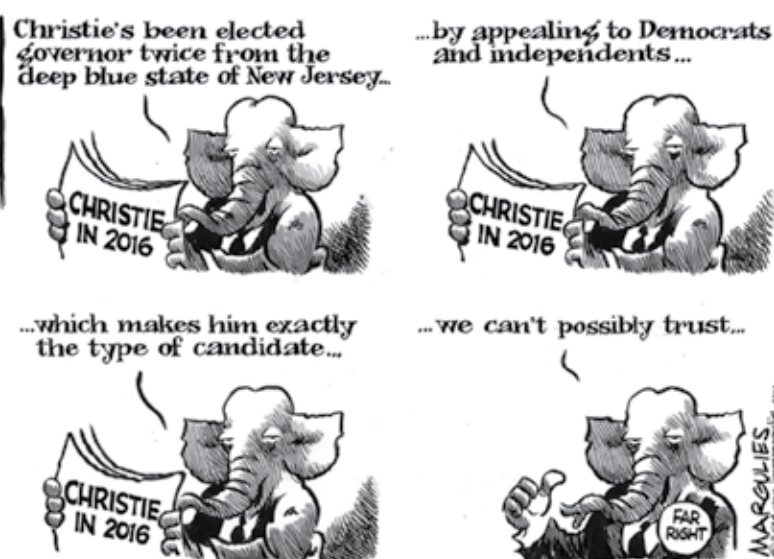
Package includes viewing with casket.

DIGNIFIED DIRECT CREMATION

\$695

Please call for details.

LOCALLY OWNED AND OPERATED ~ SERVING THE SACRAMENTO AREA SINCE 1954



THE RICH LOWRY COLUMN
By Rich Lowry

A War for Show

Compared with President Barack Obama, even Jimmy Carter is John McCain.

The former president practically synonymous with American weakness and retreat thinks Obama was too slow to act against ISIS and gives his current strategy only "a possibility of success," provided it involves (unspecified) ground troops.

When you are too passive for Jimmy Carter, it's time for some soul-searching in the Situation Room. The late-1970s are calling and want their foreign policy back.

The war against ISIS so far is desultory and occasional, a campaign of underwhelming force. ISIS has still been on the verge of taking the Syrian town of Kobani, abutting the Turkish border, and

on the offensive in Iraq. The erstwhile JV team is defying all the military might that the world's lone superpower is willing to muster.

There has been renewed talk of how, as former Secretary of Defense Leon Panetta put it the other day, the fight against terrorism will be a 30-year war. At this rate, it will be a generational struggle merely to get ISIS out of Mosul.

To this point, almost everything has lent credence to the skeptical interpretation of Obama's war: That in reaction to a spectacular media event (the horrific ISIS beheadings), the president staged his own media event, an inconsequential bombing campaign accompanied by a tough-sounding, prime-time speech.

The experience of the surge in Afghanistan, the red-line fiasco and now this suggest that Obama is a hawk precisely to the extent he feels the politics don't allow him to wiggle out of it.

His talk of Afghanistan as the good war in the 2008 campaign was too fresh for him to countenance an immediate defeat. So he ordered the surge and tried never to speak of it again, and now wants to completely liquidate our military presence on the failed model of Iraq.

He had seemed determined to strike Syria after Bashar Assad used chemical weapons last year, then found

a way to crab-walk away from his own earnest warnings.

The war against ISIS happens to be just enough to placate the public's hawkish mood without getting too far out in front or taking actions that will fully commit the president.

The Powell Doctrine is to use maximum military power to achieve a clear objective; the Obama Doctrine evidently is to use minimal military power to create a vague impression. Message: I care about defeating ISIS, for now.

The anti-ISIS campaign is a brilliant tactical success, in the sense that we are hitting what we target. But it is a strategic nullity.

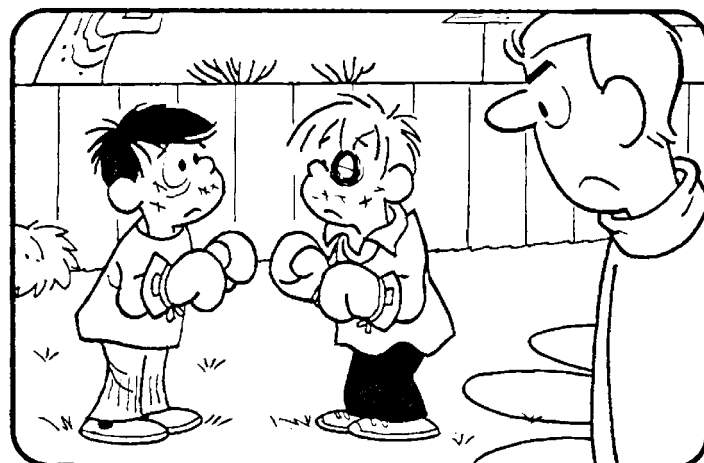
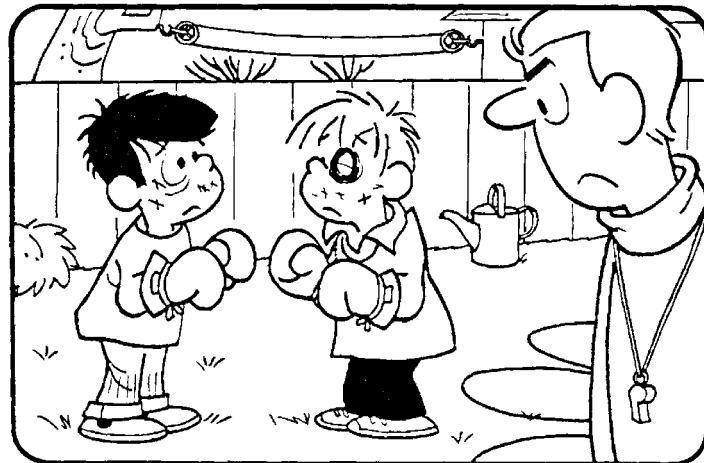
It is too small to make much of a difference, and there are limits to how much can be done exclusively from the air anyway. We can bomb fixed targets, and perhaps tanks and large troop movements. The problem is that ISIS is a guerrilla force not highly vulnerable from the air, and it becomes even less so once it is entrenched in cities.

It caused a minor furor when Obama said a few weeks ago that he didn't have a strategy against ISIS yet. The scandal is that, with American planes dropping bombs in two countries, he still doesn't.

Rich Lowry is editor of the National Review.
(c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Hair is different. 2. Cuffs are missing. 3. Line is missing. 4. Whistle is missing. 5. Watering can is missing. 6. Whistle is missing.

GOT LOCAL NEWS?

Call 773-1111

To Subscribe Call 773-1111

The Perfect Combination!

Start Yours Today!

Get a 6 month subscription for only: **\$25⁰⁰**

- ✓ Carmichael Times delivers your local community news.
- ✓ Get The Sunday Sacramento Bee!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

* To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

CT
*Some delivery restrictions may apply.

As a valued Carmichael Times subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$25 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

HELP WANTED

Messenger Publishing Group

INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.

To apply, call 773-1111 and send an email to publisher@mpg8.com

MPG

The Sheriff's Community Meetings will be held in November on the dates below.

Sheriff's POP Deputies will not be in attendance at the meetings during the first week of November.

Meetings for Arden, Arden Arcade, New Foothill Farms, North Highlands, Rio Linda, Elverta and Garden Highway will be attended by Sheriff patrol and staff to answer your concerns and questions. Meetings that occur after the 1st week in November will be attended by the POP Team.

Arden, Arden-Arcade North Service Center, 2500 Marconi Ave., Sacramento	Nov 4	1st Tuesday, 6:00pm
Elverta, Rio Linda, Garden Hwy, McClellan Rio Linda Depot 6730 Front Street, Rio Linda	Nov 5	1st Wednesday, 5:30pm
North Highlands/New Foothill Farms North Highlands Community Center 6040 Watt Ave, North Highlands	Nov 6	1st Thursday, 5:30pm
Old Foothill Farms Pioneer Elementary School 5816 Pioneer Wy., Sacramento	Nov 12	2nd Wednesday, 6:30pm
Orangevale Orangevale Recreation and Park District 6826 Hazel Ave., Orangevale (south of Oak)	Nov 12 (Wed)*	2nd Tuesday, 6:00pm * meeting change
Antelope Antelope Library 4235 Antelope Rd., Antelope	Nov 13	2nd Thursday, 6:00pm
Carmichael Del Campo High School, Library 4925 Dewey Drive, Carmichael	Nov 18	3rd Tuesday, 6:00pm
Fair Oaks La Vista High School 4501 Bannister Rd, F.O.	Nov 19 (Wed)*	4th Tuesday, 6:00pm *meeting change

Delivery Routes Available
Call 773-1111

Local War Veterans to Be Honored at Atria El Camino Gardens

CARMICHAEL, CA (MPG) - On Tuesday, November 11th, Atria El Camino Gardens will honor dozens of veterans as part of the senior living community's Veterans Day Program at 2:00pm.

The event will recognize all war veterans in the community and include an Atria Singers Choir performance, a flag ceremony, and special recognition of each veteran's branch of service, rank, and years served.

"Our veterans deserve an

opportunity to share their wartime experiences and the sacrifices they made for our country," said Staci Weisz of Atria El Camino Gardens. "We look forward to hosting an event to applaud their service and offer a chance for others to learn something special from them."

The event will honor 68 resident veterans, including a Pearl Harbor Survivor and two POWs. It will be a very special ceremony for all in attendance.

Atria El Camino Gardens

also offers the opportunity for all veterans and neighbors of the community to participate in the Veteran History Project with the Library of Commerce.

Atria El Camino Gardens is located at 2426 Garfield Avenue in Carmichael. For more information, please call (916) 488-5722. To learn more about Atria Senior Living Group, visit www.atriaseniorliving.com.

Source: Atria Senior Living ★

SCOE Launching School of Education Programs will Provide Pathways to Teaching and Leadership

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) is proud to announce the establishment of the SCOE School of Education. The school will offer new teachers and top quality candidates an alternative pathway to the classroom and provide aspiring administrators with essential support needed to become successful school leaders.

The SCOE School of Education is comprised of two divisions: Teaching and Leading. The Teaching division houses the Intern Program and BTSA (Beginning Teacher Support and Assessment). The Leading division is housed in the Leadership Institute, which is a collaboration with local school districts that prepares and supports aspiring education leaders as well as current administrators.

"We are looking for high-quality candidates to staff our classrooms," said David W. Gordon, Sacramento County Superintendent of Schools. "The SCOE School of Education will prepare new teachers and administrators to meet the needs of both the current and next generation

of students and families in the Sacramento Region."

The SCOE School of Education will offer a two-year Intern Program as an alternative pathway to either a Single Subject Math/Science or a Multiple Subject credential by offering an accelerated entry to teaching. Colleges and universities, or an approved LEA may sponsor these programs. SCOE is a CTC (Commission on Teacher Credentialing) accredited provider.

A college degree is required for those applying for the Intern Program, which is well suited to: second-career professionals; paraprofessionals with some teaching experience; recent college graduates in content areas experiencing a shortage of teachers such as Math and Science; and candidates unable to pursue traditional teacher preparation programs.

"The SCOE Intern Program combines practical, relevant coursework with on-site support and mentoring," said SCOE School of Education Executive Director, Dr. L. Steven Winlock. "We recognize that our candidates bring a wealth of prior experience to the program and our courses

are designed to link educational theory with best instructional practices."

Support for SCOE intern teachers will be provided through a collaborative partnership between the school district and the SCOE School of Education. A mentor teacher (from the district) will provide on-site peer coaching. Field supervisors and faculty from the SCOE School of Education will provide ongoing coaching through planned observations and consultations during regularly scheduled site visits.

The Leadership Institute offers CTC approved programs for preliminary administrative credentials and clear credentials. The Institute received a prestigious Golden Bell Award from the California School Boards Association in December 2013.

For information on how to apply to the SCOE Intern Program, upcoming Informational Sessions, and additional information, visit the SCOE School of Education website.

Source: Sacramento County Office of Education ★

Improving the Hybrid Cooling System

SMUD and Synectics Merging Evaporative Cooling and Conventional AC to Improve Climate Control

SACRAMENTO REGION, CA (MPG) - The Sacramento Municipal Utility District (SMUD) and Synectics, an environmental services and information technology company, are collaborating on a new approach to more efficiently manage climate control in the office.

Synectics is repurposing a warehouse for use as office space. The challenges are obvious: warehouses are made for storing things and not for housing people working all day, especially during the summer. Cooling the space for comfort can be very expensive, which impacts the bottom line. Add to Synectics' challenge a server room that generates a lot of heat. Conventional air-conditioning systems must work harder because their efficiencies decline as temperatures rise just when cooling is most needed.

SMUD research and development, and business customer experts from SMUD's Savings by Design program came up with a set of solutions that is helping Synectics realize 80 percent

savings on their energy bill. The most exciting aspect is the new type of cooling system SMUD suggested, a technology being tested at other businesses.

The new technology is called Climate Wizard, which uses indirect evaporative cooling. Climate Wizard borrows from tried and true "swamp cooler" technology but with very high efficiency and no added humidity—particularly important since Synectics is located near the confluence of Sacramento's two rivers. Five Climate Wizard units were installed, two of which are coupled with the existing conventional air-conditioning system. This approach makes it easier and less expensive to meet cooling requirements, and it reduces wear and tear on the conventional air conditioning.

The next step was to beef up the building's envelope, particularly the insulation under its roof and in its walls. The installation of a clerestory window improves passive lighting in the company's coffee shop, which helps to further reduce energy costs.

In cooler months, the heat being produced in the server area will be circulated through the building to warm it, lowering the winter energy bill too.

Climate Wizard has been shown to be ideal for industrial applications. The technology has been delivering significant energy savings at Tri Tool, Inc. in Rancho Cordova, which is the first project test of a 60-ton, 24,000 cubic feet per minute indirect evaporative system in the United States. The Climate Wizard system has been designed to provide supplemental cooling in the plant production area. It supplements the 90-ton HVAC unit that was ill-equipped to handle the entire cooling function for the facility. Since installation last spring, the facility is enjoying many benefits including fresh cool air, improved air quality and overall energy reduction and cooling without any additional moisture in the building. Post-monitoring data for the project is validating the benefits through the past hot summer.

Source: SMUD ★

Three African Lion Cubs Born at the Sacramento Zoo

SACRAMENTO, CA (MPG) - The Sacramento Zoo is excited to announce the birth of three African Lion cubs. The cubs were born the morning of Friday, October 24th. The first time mother and cubs appear to be healthy at this early point in the cub's lives.

"These are very early days for our first-time mother. So far, we are pleased with the progress of the female and her cubs. Females would naturally take some maternity leave from the rest of the pride for the first 4-8 weeks," said Dr. Adrian Fowler, Acting Director of the Sacramento Zoo. "Our own female will be off-exhibit for a while to allow her the same kind of mother-cub bonding. If all goes well, we are hopeful that the cubs will be ready to explore their exhibit in the weeks running up to Christmas."

A female lion's gestation is 3 ½ months with a litter typically ranging from two to four cubs. They are born with eyes closed and rely entirely on their mother for the first few months. Mother and cubs will be inside the den, away from public view, while the babies gain strength and coordination. In the meantime, guests can check the blog for updates, photos and video.

Lions usually spend 16-20 hours a day sleeping and resting, devoting the remaining hours to hunting, courting and protecting their territory. They protect their territory and keep in contact with one another by roaring loud enough to be heard up to five miles away. African lions are excellent hunters. Although they are mostly nocturnal, they are opportunistic and will hunt anytime, day or night. Females do 85 to 90 percent of the pride's hunting, while the males patrol the territory and protect the pride.



Three African Lion cubs were born on Friday, October 24th at the Sacramento Zoo. Cubs are born with eyes closed and rely entirely on their mother for the first few months. Mother and cubs will be inside the den, away from public view, while the babies gain strength and coordination. In the meantime, guests can check the blog for updates, photos and video. The cubs, if all goes well, will be in their exhibit habitat in the weeks leading up to Christmas. Photo by Erik Bowker.

Lions are considered regionally endangered in West Africa, and an estimated 42% of major lion populations are declining. Their habitats are now only in game reserves in Eastern and Southern Africa. Loss of genetic diversity from inbreeding, fragmentation, diseases, and habitat loss are all problems that continue to threaten this species. Diseases from domestic cats and dogs have also made an impact on wild populations.

The Sacramento Zoo participates in the Lion Species Survival Plan® (SSP). The Lion SSP works with captive populations to increase awareness of the problems that face this big cat.

Source: Sacramento Zoo ★

District Attorney Receives OTS Grant for Special DUI Prosecution Program

SACRAMENTO, CA (MPG) - District Attorney Jan Scully announced the receipt of \$993,000 in continued funding from the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration, for the vertical prosecution team that handles driving under the influence (DUI) cases involving repeat offenders and crashes resulting in death or serious injury.

With the grant-funded "Alcohol and Drug Impaired Driver Vertical Prosecution Program," DUI offenders in Sacramento County will continue to face specialized prosecutors that are highly trained to handle both alcohol and drug-impaired driving cases throughout each step of the criminal justice process.

In the past fiscal year, the team successfully prosecuted 24 defendants in cases involving second-degree murder, gross vehicular manslaughter,

vehicular manslaughter and DUI with great bodily injury. In addition, 242 felony and 6,587 misdemeanor cases of driving under the influence of alcohol or drugs were successfully prosecuted.

The prosecution team also works with the California Traffic Safety Resource Prosecutor Program to increase their capabilities through comprehensive and specialized trainings, including training on drug-impaired driving. Team members share this information with peers and law enforcement personnel throughout the county and throughout the state.

There is also a community education outreach component with programs "Before the Impact," "Real DUI Court in Schools" and "Every 15 Minutes." These programs focus on the prevention of underage drinking and driving as well as solving problems of alcohol and drug impaired driving, texting and cellphone use

while driving.

"California's roadways are still among the safest in the nation," said OTS Director Rhonda Craft. "But to meet future mobility, safety, and sustainability objectives, we must create safer roadways for all users. The Sacramento County District Attorney's Office will be using these and other resources to reach the vision we all share - Toward zero deaths, every 1000 hours."

DA Scully states, "Through our partnership with OTS, we continue to successfully prosecute the most dangerous DUI offenders and the most egregious cases, like that of Paul William Walden. By working together, we are holding DUI offenders accountable for the seriousness of their crimes, while working to prevent future DUI cases through community-wide education efforts."

Source: The office of District Attorney Jan Scully ★



Call Lenka
(916) 338-7156

Foster Care

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

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



Single Again

Make the rest of your life the best of your life



www.SingleAgain.com/dating

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Grief Support Group

Monthly Meeting Schedule
from 7:00-8:30 pm

Thurs., Oct. 16 Thurs., Nov. 13 Thurs., Dec. 11

Located at: St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(off I-80 & Greenback)

Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.



Refreshments will be served.
Hosted by East Lawn Sierra Hills

Contact: Lisa West for more info
(916)732-2020 or lisaw@eastlawn.com

www.EastLawn.com

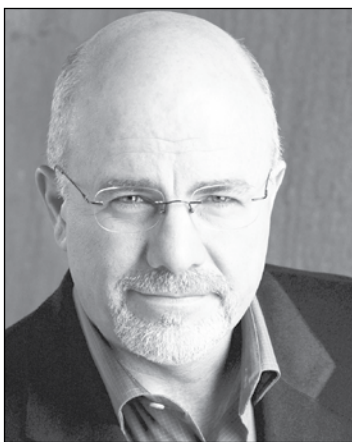
The Sacred Space of Grief

Have you experienced the death of a loved one? Have you allowed the finality of death to touch your heart and soul? Have you wept until you were empty? Have you had moments of relief and freedom and felt guilty? Have you noticed a deep connection to yourself and all that is around you in the midst of your despair? All of these and many more



Julie Interrante, MA,

feelings are the experiences of grief. In the midst of our pain, there is the opportunity for deep love and compassion for ourselves and those around us. As a gift of life, grief is a transformational fire. It deserves time, attention and community. The Sacred Space of Grief is an opportunity to explore life through the power of a broken-open heart in the company of others who have loved, lost and who choose to accept the transformation gift of grief.



Dave Says

paying off debt for the moment, and build up your emergency fund a bit more. That will give you a little more wiggle room in case life decides to throw something unexpected at you. Then, go back to paying off debt before you increase your emergency fund to a full three to six months of expenses.

Having a little financial stability is a big thing for you right now, Sarah. It will help you feel a little more secure until the debt is gone. And once that happens, you'll really be able to fly!
- Dave

Income is the Problem

Dear Dave,

We had our first child a few months ago, and some of the bills have gone to collections. We've paid what we could, but we each make only about \$15,000 a year. Now, we're getting calls and letters from collectors wanting our checking account information and electronic access. When we won't give it to them, they accuse us of not following the terms and conditions of the agreements. They say we'll be penalized if we don't comply. What should we do?
- Stephanie

Dear Stephanie,

You're doing the right thing by not giving them your account information and electronic access. The stuff they're saying is just collector talk, and they're full of crap. The next time you talk to one of them, just let them know you have every intention of paying what's owed. But the bill is going to be paid by you.

There's nothing in an agreement like that which gives them the right to your account numbers or electronic access. These people can stop lying and act right, or they can go jump in the lake.

The biggest issue here is your income. If I'm your husband, I'm going to find an extra job delivering pizzas a few nights a week for the time being. He could make an additional \$1,000 a month for the next 10 months, and that problem would be solved. Instead of working 40 to 45 hours a week, try working 60 to 80 for just a little while.

Still, you both need to examine your career track for the future. Look into different types of training and education with the attitude of doubling or even tripling your income in the next five years. I want you both to develop long-term plans to increase your income, and a short-term plan to get out from under this debt in a hurry. That's the kind of thinking that will get rid of collectors faster than anything else. They're just a symptom of the bigger problem.
- Dave

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

Extra Savings Takes Away Volatility

Dear Dave,

I'm a 26-year-old journalist making \$26,000 annually, and the only debt I have is \$31,000 in student loans. I'm following your plan, so I also have \$1,000 in my starter emergency fund and am working side jobs to make extra money. Since my job field is volatile, I've lost and found a couple of jobs in the last few years and have an older car. Should I beef up my emergency fund in case I go through another job loss or I have problems with my vehicle?
- Sarah

Dear Sarah,

In your case, I think you might want to increase your emergency fund to around \$3,000. Usually, I'd rather people focus on knocking out debt once they have a beginner emergency fund in place, but it sounds like you've got extenuating circumstances in your life. Older cars, especially those with lots of miles, could need attention at any time. And you're right about your job too. The newspaper world is pretty volatile and even downright insecure at times. This isn't your fault, but I'm glad you're looking ahead.

Just push the pause button on

Unofficial Election Results from Sacramento County

REGISTERED VOTERS - TOTAL..... 683,632
BALLOTS CAST - TOTAL..... 195,317

United States Representative District 7

DOUG OSE (REP) 56,284 51.37
AMI BERA (DEM)..... 3,273 48.63

State Senator District 4

JIM NIELSEN (REP) 23,085 58.99
CJ JAWAHAR (DEM)..... 16,047 41.01

Member of the State Assembly District 8

KEN COOLEY (DEM)..... 36,293 54.70
DOUGLAS HAALAND (REP)..... 30,055 45.30

Trustee, Area 2 Los Rios Community College District (1)

ROBERT G. JONES 13,803 47.67
JAYNA KARPINSKI-COSTA..... 9,517 32.87
TIM LOREE 5,498 18.99

Governing Board Member, San Juan Unified School District (2)

GREG PAULO..... 17,634 23.68
MICHAEL MILLER..... 15,626 20.98
MICHAEL MCKIBBIN 15,377 20.65
MICHAEL ALCALAY 13,204 17.73
PAULA MARIE VILLESZ 12,436 16.70

Director, San Juan Water District (3)

EDWARD J. "TED" COSTA..... 9,361 21.77
DAN RICH 8,741 20.33
ROBERT "BOB" G. WALTERS 7,837 18.23
MARTIN HANNEMAN..... 7,753 18.03
MARCIA L. FRITZ 5,057 11.76
CHARLES T. ROSE 2,080 4.84
ART STARKOVICH 2,073 4.82

Are you looking for a place to share your musical talents in the music ministry of a church?

Come join us at Northminster Presbyterian Church with its rich tradition in music excellence with our Chancel Choir, Bells, and Orchestra. We are looking for choir and praise team singers and instrumentalists to be a part of our team.

Chancel Choir rehearses Thursdays 7:00-8:30 pm and Sundays at 9:15 am. Worship is at 10:00 am Sundays. For more information, please contact Florida Stringer, Chancel Choir Director, at 916-487-5192 or email: floridastringer.npc@gmail.com

Northminster Presbyterian Church
Pastor Jack F. McNary
3235 Pope Ave, Sacramento, **916-487-5192**
www.northminsteronline.org

Unique Boutique

CHRISTMAS CRAFT FAIRE

Sat. Nov. 8th, 9am - 3pm
Sun. Nov. 9th, 12 noon - 2pm

HANDCRAFTED
Quilts • Knitted Items • Aprons • Tea Towels
and many more Christmas Items

HOMEMADE Pies • Soups
(Coffee or Tea available with Pie!)

Cordova Lutheran Church
10400 Coloma Road • Rancho Cordova, CA 95670
(916) 363-5687 • email: revstandley@sbcglobal.net

Sacramento SPCA

Find a good read and help animals in need... benefiting the Sacramento SPCA.

ANNUAL FALL BOOK SALE

November 13 - 16, 2014
Thursday through Saturday
10 am. to 6 p.m.
Sunday, 11 a.m. to 5 p.m.

Longest running charity book sale in the region!

Greenfaire Village,
8095 Greenback Lane,
Sacramento

(916) 504-2842
www.sspca.org/book

Messenger Publishing Group has openings for people who want to work!

Customer Service/Inside Sales

We are looking for a Customer Service pro. Must have sales and service experience, great telephone presence, flexible schedule, be proficient with Excel, Quickbooks, and the internet. Position follows up with incoming sales calls for our sales agents, with legal advertising clients to verify orders and information, and offers general customer service to advertising clients.

Copy/Traffic Editor

Must have editorial experience and work well with others in a fast paced environment. Position manages incoming submissions via email, copy edits submissions to prepare them for print, and generally organizes editorial copy. Flexible schedule.

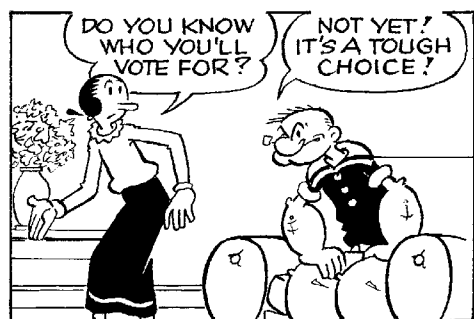
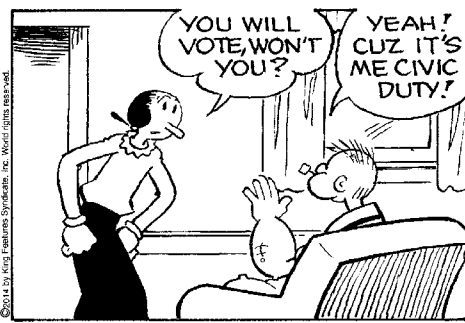
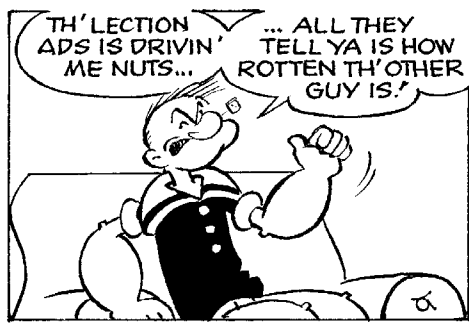
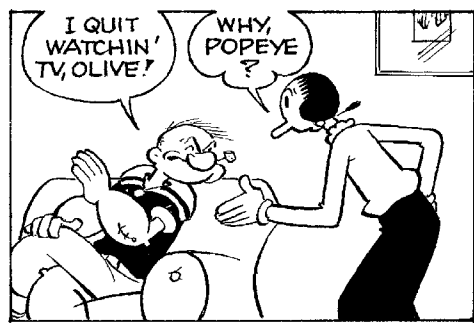
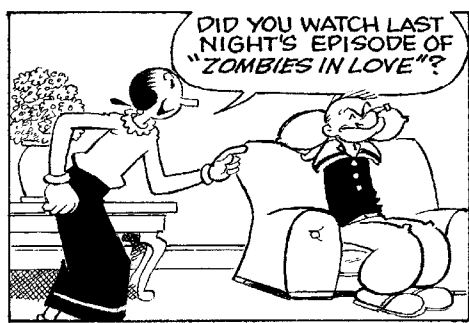
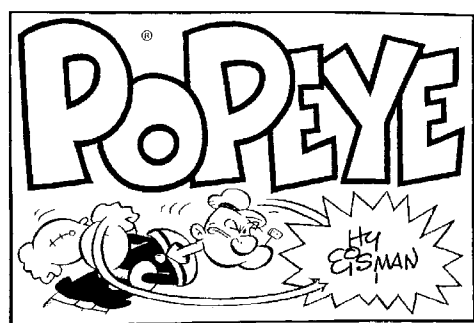
Graphic Artist-Layout

Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc. Design ads from home and/or perform layout duties at MPG offices. Newspaper or magazine publishing preferred.

To apply for any of these positions, email your resume and references to Publisher@MPG8.com.

Great American Patriot

www.GreatAmericanPatriot.com



MISTER BREGER By Dave Breger



LAFF - A - DAY



Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



Home Equity Line of Credit Loan

4.00%

Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)

EL DORADO SAVINGS BANK
Serving our local communities since 1958

www.eldoradosavingsbank.com
CARMICHAEL • 4701 Manzanita Ave. • 481-0664
Se Habla Espanol • 800-874-9779

The initial Annual Percentage Rate (APR) is currently 4.00% for a new Home Equity Line of Credit (HELOC). The initial APR is based on the Index value of 3.25% and a margin of .75%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000 and a total maximum Loan-To-Value Ratio (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. The APR may vary based on changes in the value of the Index. The Index for the 10-year draw period is the highest prime rate as published in the Money Rates column in the Wall Street Journal on the last business day of each month. The minimum APR on all Home Equity Lines of Credit is 3.50% and the maximum APR that can apply is 10%. Rates, APR, terms, and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Variable Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Current and Upcoming Events

Holiday Arts & Craft Show

December 6, 2014
10 am - 7 pm

Ars Gratia Artis

Have you ever wanted to purchase art?
Check out this event!

Drawing Nov 30, 2014
November 18-30, 2014
Artists Donate Art Now!

Donated by Ed Chaney.

Gallery 3 Studio:
Artists of Country Club Plaza Show in November

"Visions 2014"
15th Annual Juried Photography Show
October 28 - November 15, 2014

Club Meetings: Wash Inc. meets monthly on the second Monday alternating afternoon and evening meetings. 1:30 pm on odd months and 7 pm on even months. Next meeting: 1:30pm 11/10, Daphne Stammer.

NCA All media, all styles. NCA meets the second Wednesday of each month at 7:00 p.m. Next meeting: 7pm 11/12, Jan Miskulin, Members Critique.

Photo Club Meets • 4th Thursday 7 PM, Next meetine 11/20 • **Fiber Arts Group Meets** 3rd Wednesday 10 am.

"Hang Out and Do Art" Tuesdays 4-9 pm.

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org

CASH 4 GOLD JEWELRY

SILVERWARE & VINTAGE WATCHES

WATCH BATTERIES INSTALLED

Frank's Jewelry Shop

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

Load your events up!

Go to www.CarmichaelTimes.com, click on EVENTS and add your EVENTS to our calendar. It's that easy!

Most EVENTS can be posted for FREE!

Unique.

ITEX provides unique tools for your business.

Join thousands of businesses that have discovered the benefits of bartering.

Connect. Trade. Save.
call Susan 916.779.5210 | sacramento.itex.com



ARIES (March 21 to April 19) A rejection of your attempt to be friendly leaves you with two choices: Try again, or give up. If you want to make another effort, go slowly. Let things develop without pressure.

TAURUS (April 20 to May 20) It could be a problem dealing with unfamiliar people who do things differently from what you're used to. But rely on that strong sense of purpose to get you through this difficult period.

GEMINI (May 21 to June 20) To avoid neglecting a personal matter because of a demanding new workplace schedule, start prioritizing immediately. Knowing how to apportion your time takes a little while to set up.

CANCER (June 21 to July 22) It won't be easy to avoid some of the pressures that come with change. Best advice: Take things a step at a time, and you'll be less likely to trip up while things are in a chaotic state.

Got Local News? Call 773-1111

LEO (July 23 to August 22) A much-talked-about workplace change could be coming soon. Be sure to get all the details involved in the process, and once you have them, you can decide how you want to deal with it.

VIRGO (August 23 to September 22) You might still believe that your trust was betrayed, although the facts would appear to prove the opposite. But by the week's end you should learn something that will help set the record straight.

LIBRA (September 23 to October 22) Holiday plans could be a challenge because of shifting circumstances. But a more settled period starts by midweek, allowing you to firm up your plan-making once and for all.

SCORPIO (October 23 to November 21) The facts continue to be on your side. So make use of them in dealing with any challenge to your stated position. Also, open your mind to the offer of help from an unlikely source.

SAGITTARIUS (November 22 to December 21) There could still be a communication problem holding up the resolution of a troublesome situation. Stay with it, and eventually your message will get through and be understood.

CAPRICORN (December 22 to January 19) A possible change in your workplace schedule might create a chaotic situation for a while. But once things begin to settle down, you might find that this could work to your advantage.

AQUARIUS (January 20 to February 18) A recent job-linked decision might need to be reassessed because of the possibility of finding benefits you might have overlooked. Check out all related data to help in the search.

PISCES (February 19 to March 20) A personal situation you agreed to might not be as acceptable to the other person involved in the matter. Avoid pressuring and bullying. Instead, seek common ground by talking things through.

BORN THIS WEEK: You have a gift for touching people's minds as well as their hearts. You would make an outstanding educator.

Thought for the Day: "Try to learn something about everything and everything about something." — Thomas Henry Huxley

To Subscribe Call 773-1111



COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of November 10, 2014.

PICKS OF THE WEEK



Hiccup (voiced by Jay Baruchel) with Toothless in "How to Train Your Dragon 2"

"How to Train Your Dragon 2" (PG) -- The gawky Viking boy called Hiccup (voiced by Jay Baruchel) and his tamed dragon, Toothless, are a little bit bigger and a little bit tougher in this satisfying sequel. Hiccup still balks at the prospect that he will one day lead his warrior tribe, but he has to step up in the face of new enemies and dragons. Gerard Butler, America Ferrera and Jonah Hill return to their original roles, building on the magic of the first flick.

This adventure is a little bit grittier and a lot more action-packed. The heroes are all older by a few years, and the tone of the story has matured with them. You'll get plenty of gags and emotional weight (especially from Cate Blanchett's new character), but the real headliner here is the soaring battle sequences.

"Tammy" (R) -- Tammy (Melissa McCarthy) is a crass, loud-mouthed and short-tempered fast-food worker whose antics are intended to delight audiences for about an hour and a half. However, like her crappy job in the film's first act, she can't do the job and chooses to be obnoxious and ridiculous without

getting much laughter. Tammy and her grandmother (Susan Sarandon) resolve to go on the road to keep the plot going.

Melissa McCarthy is incredibly likable and funny -- established by her work on TV's "Mike and Molly" and her madcap role in "Bridesmaids." Here, though, the charm is buried under layers of blue humor and one-note weight jokes.

"Jersey Boys" -- Oldies fans, rejoice! The Tony-award-winning musical about the Four Seasons got a movie adaptation directed by Clint Eastwood. The action follows the rise and fall of four boys from New Jersey who have enough heart and dreams to scrape their way into the spotlight. The group's de-facto leader, Tommy DeVito (Vincent Piazza) drives the story forward, even as he brings the group close to ruin in dealing with a shady mobster (Christopher Walken). The movie sags between musical numbers, but there are moments when the film has undeniably captured the bright energy of the music.

DOG OF THE WEEK

"Let's Be Cops" (R) -- Two pals (Jake M. Johnson and Damon Wayans Jr.) dress up as police officers for a costume party and get a little too invested in the role. People let you get away with a lot when they think you're a cop, and these two do. The goofiness goes too far as the guys get wrapped up in real police work, turning what started as a party trick into a life-threatening hobby. Unfortunately, this little conceit is the only gag, and it wears thin. The leads have a fun chemistry -- you believe them to be guys who would do stupid stuff together -- but these fake cops fail to chase down a real laugh riot.

TV RELEASES

- Batman: The Complete Series
- Star Wars: The Clone Wars: The Lost Missions
- Wings - The Complete Series
- True Blood: Season 7
- Stargate & Hutch: The Complete Series

(c) 2014 King Features Synd., Inc.



THE HISTORY CHANNEL

• On Nov. 15, 1864, Union General William Tecumseh Sherman begins his famous March to the Sea by torching the industrial section of Atlanta. For the next six weeks, Sherman's army cut a 60-mile-wide swath of destruction through Georgia before capturing the seaport of Savannah.

• On Nov. 12, 1892, William "Pudge" Heffelfinger becomes the first professional football player when Pittsburgh's Allegheny Athletic Association pays him \$500 to play as a ringer in a game against the rival Pittsburgh Athletic Club. Before then, players had traded their services on the field for expense money or trinkets, not cash.

• On Nov. 11, 1918, at 11 o'clock of the 11th day of the 11th month, the First World War comes to an end. The Great War claimed the lives of 9 million soldiers; 21 million more were wounded. Civilian casualties caused indirectly by the war numbered close to 10 million.

• On Nov. 10, 1969, "Sesame Street," a TV show that would teach generations of young children the alphabet and counting, makes its broadcast debut. Over the years, critics have blamed the show and its use of brief segments for shrinking children's attention spans.

• On Nov. 13, 1974, Karen Silkwood is killed in a car accident in Oklahoma on her way to a meet with a reporter. She reportedly carried documents proving that Kerr-McGee Corp. was negligent when it came to worker safety at its plutonium plant. The theory was that someone forced her off the road to prevent the meeting.

• On Nov. 14, 1986, Wall Street arbitrageur Ivan Boesky pleads guilty to insider trading and agrees to pay a \$100 million fine. "Boesky Day," as the SEC would later call it, was crucial in exposing a nationwide scandal at the heart of the '80s Wall Street boom.

• On Nov. 16, 1999, construction begins on a giant bonfire at Texas A&M University, the continuation of a 90-year tradition. Two days later, the 59-foot-high pile of more than 7,000 logs collapsed, killing 12 students and injuring another 27.

(c) 2014 King Features Synd., Inc.

Strange BUT TRUE
By Samantha Weaver

• If you're using an average brand-new pencil, you'll be able to draw a line about 35 miles long before running out of lead (though you'll have to stop for sharpening breaks, of course).

(c) 2014 King Features Synd., Inc.



This North American native is particularly abundant in the Appalachian Mountains, growing in moist, shaded sites in forests and clearings. With its leaves almost gone, the witch hazel comes into glorious bloom in late October to early November. Its fragrant yellow flowers are often the only sign of color in the woods. Early European settlers observed Native Americans using a forked branch of this plant to "dowse" for water.

- Brenda Weaver

Source: www.fs.fed.us/wildflowers, www.biolib.cz

Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life
on UnityOnlineRadio.org

Coach to
America's Rising Stars

unity of Sacramento A positive path for spiritual living

Welcome to Unity of Sacramento

We are a transdenominational, intercultural, interfaith, spiritual community of love open to all people. We are a place to heal and a space to grow. We are a soft place to land for the traveler on the spiritual journey.

Our Spiritual Leader
Reverend Kevin Kitrell Ross, Senior Minister

Our Vision
"Centered in God, we co-create a world of peace, prosperity and unconditional love for all."
Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

OUR SUNDAY CELEBRATION SERVICES
Traditional /Contemplative 9:00 AM
Guided Meditation 10:15 AM
Contemporary/Inspirational 11:00 AM
with Sunday school for children and teens during the 11:00 am services

Unity of Sacramento, 9249 Folsom Blvd
Sacramento, CA 95826 • 916-368-3950
unityofsacramento.com

SACRAMENTO SYMPHONIC WINDS

Bring the entire family to this extraordinary concert season entitled **MUSICAL PORTRAITS** at the Crowne Plaza Sacramento Northeast.

A special performance of "Oh Mr. Sousa!" will be part of the Association of Concert Bands (ACB) convention Wednesday, April 8, 2015, 7:30 pm at the First Covenant Church in Rancho Cordova. Tickets \$10; ACB members free.

LOCATION: CROWNE PLAZA SACRAMENTO NORTHEAST, 5321 DATE AVE., SACRAMENTO 95841

TICKETS SOLD AT THE DOOR: GENERAL ADMISSION \$15; STUDENT/SENIOR (65+) \$10; CHILDREN 10 AND UNDER FREE
https://maps.google.com/maps?q=5321+Date+95841

Save the Dates!
December 14, 2014 and March 15, 2015
2:30 pm

CONTACT Ph. (916) 489-2576 • www.sacwinds.org

Persian Lamb Chop Kabob \$14.99

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

TAK Food Market.com
call 916-944-3188
9045 Fair Oaks Blvd, Carmichael

★★★★★
THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

CARMICHAEL WATER DISTRICT

Free Water Efficiency Survey

Is your home or business water wise?

Find out by scheduling a Water Efficiency Survey with Carmichael Water District. This service is free to Carmichael Water District customers.

Our trained water conservation specialists will come to your home or business to check for leaks, offer free water saving devices, and recommend ways to help you save.

Don't miss out! To sign up, call the District at (916) 483-2452. We'll schedule an appointment to come out and meet with you. Visit our website at carmichaelwd.org for more information.

Your efforts help in maintaining water quality, safe operating conditions, and fire flow capability.
Visit our website at www.carmichaelwd.org for further information.

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS
Superior Landscape Services
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

CHILD CARE

JUST BABIES
...a healthy, loving, educational environment for your infant

Lic # 343619790

916-261-9598
sophiabenedettojustbabies@gmail.com

HOME OWNERSHIP

1st Time Home Buyer??

Me out

Charles Vines
 Broker Associate
 (916) 216-9349
 DRE# 01789423

LYON REAL ESTATE
 www.GotLyon.com

Scan QR Code to see YouTube Video

AIR CONDITIONING/HEATING SERVICES

A-5 STAR AIR CONDITIONING & HEATING COMPANY

Service ♦ Repair Installation "One Call Does It All"

\$39.00 Diagnostic

- 20 years experience
- Local Family Owned and Operated
- Affordable and Honest
- 100% Satisfaction Guaranteed

License # 565558

(916) 716-8942 • www.afivestarc.com

AIR CONDITIONING/HEATING SERVICES

"Remember, When It Comes To Air, There's Really Only One Pro"

PRO AIR INC.

Maintenance Sales ♦ Service

CCL#: 498775

\$49 Tune Up Special (Heating or Air)

- Experienced, Reliable, Affordable
- Family Owned & Operated
- Serving the Sacramento Region Since 1982

(916) 722-8300 • www.proairac.com

COMPUTER SERVICES

YourAppleTutor.us

HANDS-ON TUTORING

At your home or office, with you and your Mac, MacBook, iPhone, iPad, or Apple TV.

Expert Experienced Help
 Beginners to Advanced Users
 Reasonable Rates

(916) 996-0609

Zinsky's
 PC Configurations
 "Don't replace it - REPAIR IT!"
 Custom Desktop Computer Configurations
 • PC Repair • Home Wireless Networking
 • Installations • Viri & Spyware Eradication

Alan Zinsky
 Phone: 916-622-2269
 Zconfig@sbcglobal.net
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416

www.zinskyspcrepair.com

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney, Family Residence Deed

Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
 Beautiful Park like setting
 Monuments allowed • Cremation Niches
 Commingle Scattering Garden
 Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving PET CARE

Established Reputation
 Kennel Free Environment
 Lots of TLC

Call Madeline
(916) 723-1608

PIANO LESSONS

PLAY A STORY
 A musical journey for 4-6 year olds
 Taught at both locations.

BEGINNERS PIANO LESSONS
BREAKTHROUGH APPROACH
 Students of all ages play great-sounding music from their very first lessons!

397-4069

CALL HAPPY TUNES PIANO STUDIO TODAY TO SCHEDULE YOUR LESSONS

TWO LOCATIONS
 Sacramento Arden Area and Citrus Heights

DENTAL CARE

HMF Family DENTISTRY

Located at 11230 Gold Express Dr. #306
 Gold River, CA • **916-852-7660**

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)
- White Fillings • Digital X-Rays (uses less radiation) • Financing Available

FUNERAL SERVICES

RUSS MONROE'S
 FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
 FAIR OAKS, CA 95628

Tel (916) 9611265
 Fax (916) 9612430

PAINTING SERVICE

QUALITY A PAINT SERVICE

22 Years Experience ♦ State Lic. 646386

Prefer Small Jobs - My Specialty!

- 2-3 Rooms • 2-3-4-5 Doors
- Single Family Homes

1200-1500 Sq Ft.

916-967-0763

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
 LIVING
 CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
 18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

HANDYMAN

CARPENTER DAVIDMACK
 Handyman • 25 Years Experience
 Bus. Lic. # 636425

Honest Man • Quality Work

- Doors Specialist • Dry Rot • Roof Repairs
- Painting • Sheet Rock • Texture
- All Floors, Windows, Decks, Tiles, Patios A to Z
- Exterior Siding • Plumbing • Electrical
- Dump Hauling • Facial Boards • Gutters
- Auto Body and Spot Painting

916-548-8249

REAL ESTATE

Sherm Grady
 REALTOR@BRE #01925823

916.768.7704 Mobile
 916.773.8027 Office • 916.722.7947 Fax
 sherm.grady@cbrnocal.com
 www.shermgrady.com

2270 Douglas Blvd., Ste 120
 Roseville, CA 95661

COLDWELL BANKER
 RESIDENTIAL BROKERAGE

TREE SERVICE

Leonard's Tree Service

- Topping • Trimming
- Removing
- Stump Grinding

Small and Large Jobs
FREE FIREWOOD!

CL#926622
Call 447-1686

LEGAL SERVICES

BONES LAW FIRM
 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
 Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647
 F: 916.965.4218
gbones@boneslawfirm.com

PAINTING SERVICE

Anni The Painter

One Room at a Time Okay!

- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK!
 Lic # 733938 • Free Bids
916-532-6194

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
 IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

Call to Advertise Here
773-1111



STATEPOINT CROSSWORD • THE SIXTIES

CLUES

- CROSSWORD**
- ACROSS
- British elevators
 - Mischief-maker
 - "One ___ Over the Cuckoo's Nest"
 - Licorice-like flavor
 - Crew tool
 - Canines, e.g.
 - *Sinatra was Danny ___ in 1960's "Ocean's 11"
 - Also
 - Musical show
 - *Home to 32 newly-independent countries in Sixties
 - *Where the music invasion came from
 - Sense of humor, in text
 - Look for
 - Cartographer's creation
 - Royal Indian
 - Like Black Mamba's bite
 - Deserter
 - Cry weakly
 - *Twiggy didn't tip it
 - Gardening tool
 - Like a snicker
 - Prayer leader in a mosque
 - Groups of workers
 - At any time
 - Capitol feature
 - *Like the 1960s to "The Four Seasons"
 - Black tropical American cuckoo
 - Grandmother in Britain
 - Not as much
 - Pigeon sound
 - *Woodstock to NYC
 - *It intersects Ashbury
 - *Flower ___
 - Exist
 - *Steve McQueen in "The ___ Escape"
 - A bootlicker
 - Summer chore
 - Approaches
 - Crumbs or scraps
 - Hankering
 - To impede or bar
- DOWN
- Indochinese language
 - Ancient Peruvian
 - Medieval domain
 - Ivan and Nicholas, e.g.
 - Junior's predecessor
 - to a Greek
 - *First name of mastermind behind the Great Leap Forward
 - Exploratory spacecraft
 - *Many ran bare in the mud at Woodstock
 - Bulgarian money
 - Small ornamental case
 - At what time?
 - Kids ride, pl.
 - Leg protectors
 - *1966 hit, "___ Rubber Ball"
 - Drool, pl.
 - *King's ___ on Washington
 - Cognizant
 - Hokey-___
 - *Johnny's "Jackson" partner
 - *Like some rock by Grateful Dead or Jimi Hendrix
 - Bourne's portrayer
 - Andean animal
 - Arab country
 - Obscene
 - Genesis garden
 - "Fear of Flying" author ___ Jong
 - Wages that aren't hourly
 - Up to the present time
 - Well-groomed
 - Morally degraded
 - Shrek and Fiona, e.g.
 - As far as
 - Standard's partner
 - Special law enforcement unit
 - Koppel and Turner, e.g.
 - Shaped with an ax
 - Furnace output
 - Hawaiian tuber
 - Wade's opponent
 - Recipe amount

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20			21	22			
23					24							
25	26	27		28		29		30	31	32	33	34
35		36			37			38		39		
40					41			42		43		
44				45		46				47		
48					49			50		51		52
					53			54		55		56
57	58	59	60					61			62	63
64					65	66				67		68
69						70				71		
72						73				74		

dish

Make the Switch to Dish Today and Save Up To 50%

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

Call 7 days a week 8am - 11pm EST Promo Code: MB0113 *Offer subject to change based on premium channel availability

Promotional Packages starting at only...
\$19.99 mo.
 for 12 months

FREE PREMIUM MOVIE CHANNELS* For 3 months.
HBO **SHOWTIME** **STARZ**

dish

SUDOKU

you could save 28%

Call 1-800-970-4376 to see how much you could save on car insurance.

esurance
 an Allstate company

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

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.

For Solutions See Page 11

Come back every week for Crossword and Sudoku!

CHP Encourages Responsibility Among State's Youth

SACRAMENTO, CA (MPG) - The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people each year. In a show of support for a campaign committed to creating a drug-free America, the California Highway Patrol (CHP) encouraged everyone to take a stand against drugs during Red Ribbon Week, October 23rd-31st, 2014.

Throughout the week, CHP officers participated in various Red Ribbon Week events statewide. Many of these events were held at schools, allowing officers the opportunity to share their insights with students on

how drugs can destroy a person's life.

"Consequences that result from the choices made during our youth can follow us for the rest of our lives," said CHP Commissioner Joe Farrow. "We encourage children and young adults to make smart decisions, which include living a drug-free life."

The Red Ribbon Campaign was initiated in 1985 following the brutal murder of U.S. Drug Enforcement Administration (DEA) Agent Enrique Camarena in Mexico. Camarena, who had been a police officer in southern California prior to becoming an agent in 1974, joined the DEA

because he wanted to "make a difference" in the fight against drugs.

Shortly after his death, friends and family members wore red satin ribbons in Camarena's memory and "Camarena Clubs" were launched in California high schools. Club members pledged to lead lives free from drug abuse to honor the sacrifices Camarena and others have made on behalf of all Americans. The campaign caught on throughout the nation, and in 1988 a presidential proclamation designated the last week of October as National Red Ribbon Week.

Source: The office of District Attorney Jan Scully ★



Living Trust Senior Special

with this ad

If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.

(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
- Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning



WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975

Avoid Probate —
Call Today!
(916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

CONTINUING CARE RETIREMENT COMMUNITY



Come to a Summer Home Tour!

Lunch is on us.
Reserve your spot today.

Discover the magic

of the Eskaton Village Carmichael lifestyle

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 ... Come to a Summer Home Tour at Eskaton Village Carmichael.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Call 916-967-1017 today!

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



ESKATON
Transforming the Aging Experience

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 California Nonprofit Corporation

eskaton.org

**Conveniently Located on Auburn Blvd.
Between Manzanita & Garfield**

NEED STORAGE?

**ARMOR
MINI STORAGE**

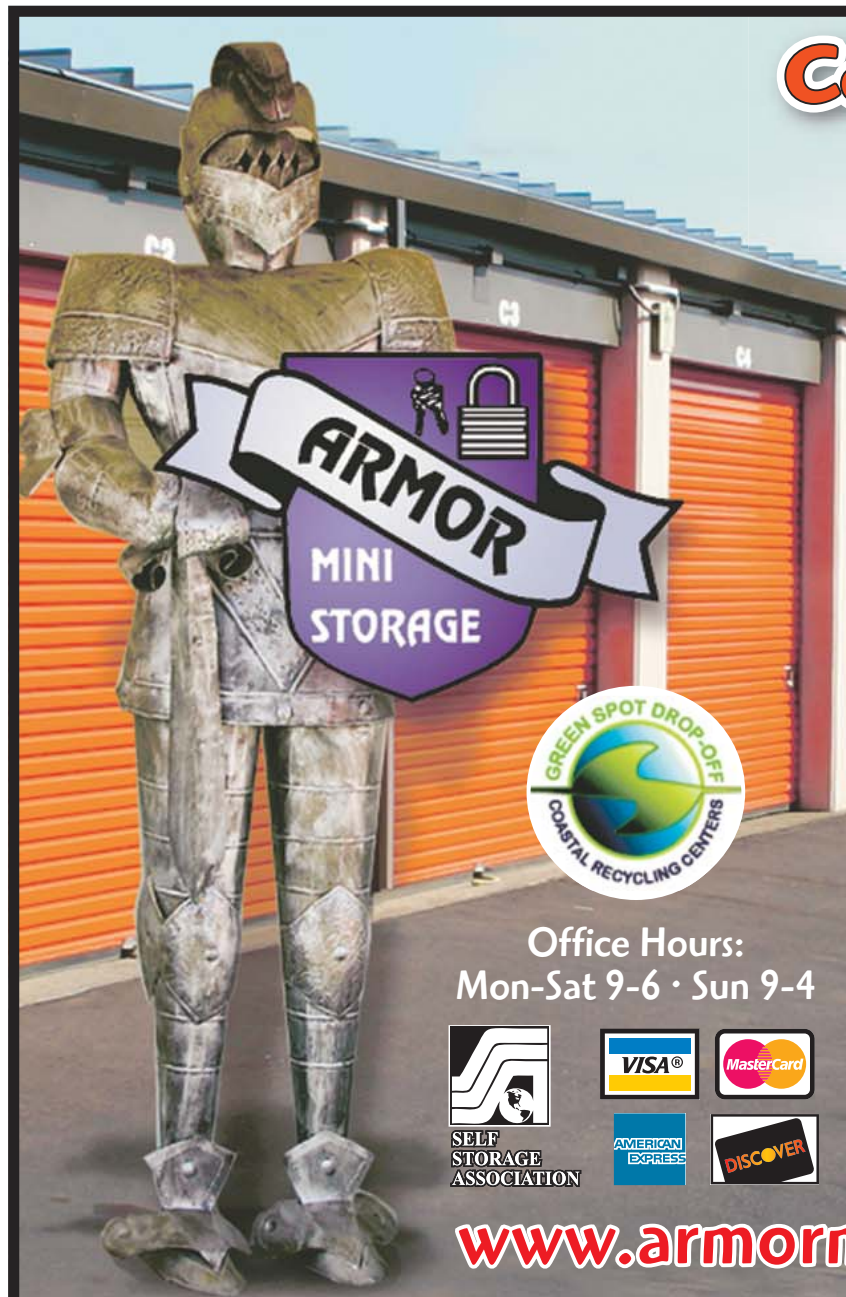
Since 1980

**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



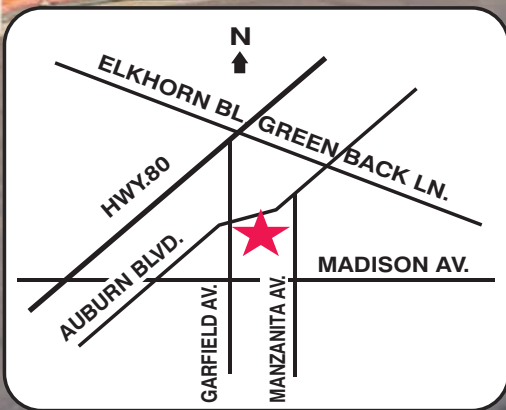
**ARMOR
MINI STORAGE**



Office Hours:
Mon-Sat 9-6 • Sun 9-4



www.armorministorage.com



CALL 773-1111 TO ADVERTISE
www.CarmichaelTimes.com



Perilous and Hair-raising: All in a Day for Dogged Supervisor



Participants in the annual "Pioneer Pooch Parade" joined Supervisor Susan Peters (back row, center, with her schnauzer Ernie). Peters and the Sunrise Park District recently hosted a concert day in Foothill farms.

Left: The dauntless supervisor donned an arm guard to allow attack demonstrations by Police K9 Jag. The County Supervisor now has advice for bad guys who see police K9s coming at them. "Just give up," she says. "Immediately."



Story and photos by Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG)

A Six-year old Belgium malinois stole the show during a recent concert at Pioneer Park in Foothill Farms. Supervisor Susan Peters is still getting over it. Their interaction, she confesses, was the most hair-raising experience of her 10 supervisory years.

An outreach by Sacramento County and Sunrise Park District, the annual public day features music and community agency displays. The Twin Rivers District Police Department loaned Sergeant Arlin Kocher and—to the delight of dog-loving Supervisor Peters—a police K9 called Jag. "I've seen him before," said Peters. "So when his handler asked for help with an attack demonstration, I thought it would be interesting."

Handler Kocher admired her

courage. "Some police officers won't volunteer for K9 demonstrations," he explained. "Having these dogs eyeballing you is scary. They attack at full speed (30 mph) and bite with full force. You don't need to be afraid in demonstrations. Police dogs know the difference between work and play. When they see the bite sleeve, they know it's fun time."

Concert crowds hushed as Peters donned padded and wood-braced arm protection. Earlier, Jag had seemed like such a nice doggie, playing fetch with the children. To save the obliging target from being knocked to the ground, Kocher kept the K9 on-leash. "He's a sweetheart," said his boss. "People can't imagine him going from sweet to scary in a second. But that's what he's trained to do."

By now, Peters had gone from sanguine to nervous. "When Jag saw the padded arm," she recalled, "He went on instant alert. Those beautiful brown eyes were looking into mine, all focused and creepy."

Explained Kocher: "Eyeballing is his way of showing he's not afraid of you. He's trained to do whatever it takes to win." On command, the K9 leaped. Peters felt the 1400-pound-per-square-inch pressure of his bite.

"Oh, shoot," she yelped, stumbling under a 65-pound blur of ivory incisors and dog. At a second command, the attack was over. The demonstration was then repeated with Twin Rivers School trustee Michael Baker as target. "Afterwards, we petted Jag and he was totally friendly," said Susan Peters. "I had to admire the total control of his handler." All smiles aside, she reported an hour later that her right arm still felt numb.

The County Supervisor now has advice for bad guys who see police K9s coming at them. "Just give up," she says. "Immediately."

Learn more about Twin Rivers District Police K9 Jag at www.trpd-trustd-ca.schoolloop.com/k9.

WHO WILL YOU TRUST WITH YOUR LEGACY?

PROTECT YOUR FAMILY WITH COMPREHENSIVE ESTATE PLANNING

- ✓ Revocable and Irrevocable Trusts
- ✓ Wills, Including Guardianship Provisions
- ✓ Durable Powers of Attorney
- ✓ Advance Health Care Directives
- ✓ Probate and Trust Administration

Legal documents prepared by trust mills and non-attorneys may have devastating consequences.

\$200 OFF COMPLETE LIVING TRUST PACKAGE

*Cost may vary depending on circumstances. Fees quoted after initial consultation.



LAW OFFICES OF RICHARD W. MCGINNIS
Estate Planning & Living Trusts since 1983
735 Sunrise Blvd., Suite 208 • Roseville
(916) 784-6377 • www.rwmlaw.com



FREE ATTORNEY CONSULTATION & DOCUMENT REVIEW

Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
"Caring for the Least"

50+ Years of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Free Classes with Kaplan Test Prep Can Help You Hit Your Target Score

Getting into college is competitive. But Sacramento Public Library can help with free SAT classes taught by staff from Kaplan Test Prep.

Kaplan, which has been helping students raise their scores for more than 75 years, offers tutoring, classes, books and more.

Every month, the Central Library offers a two-class cycle designed to put students into a realistic test situation, then show them how they can improve their scores. Students are asked to attend both classes.

Central Library 828 I St. Teen (grades 9-12)

Nov. 1, Saturday, noon (to 4 p.m.)

Free ACT/SAT Combo Test @ Carmichael Library
Carmichael Library, 5605 Marconi Ave.

Follow-up session on Wednesday evening, Nov. 12, at 6 p.m. for test results and valuable test-taking tips.

Registration is required to attend.

Nov. 22, Tuesday, 10 p.m. (to 2:30 p.m.)

Mock SAT Practice Test @ Fair Oaks, Fair Oaks Library, 11601 Fair Oaks Blvd.

A follow-up session to discuss results will be held on Dec. 4. Registration is required to attend.



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

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires November 30, 2014.



FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization.

Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires November 30, 2014.

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

A STANDARD OF EXCELLENCE FOR 110 YEARS



Memorial Parks
Mortuaries & Crematory



www.EastLawn.com



FREE LUNCHEON & 20 MINUTE PRESENTATION

"THE PRIVILEGE OF PLANNING"

This is not a sales seminar. It is a community 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 lunch, each attendee will receive a FREE Emergency Planning Guide.

Wednesday, October 22
(Spanish & English)
11:30 am to 12:30 pm

ANDREWS & GREILICH FUNERAL HOME
3939 Fruitridge Road • Sacramento
RSVP Required: 916.732.2026

Friday, October 31
11:30 am to 12:30 pm

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Thursday, November 13
11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
RSVP Required: 916.732.2031

Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

Earn \$200 per month for just a few hours delivery work per week!

CALL 773-1111



WELLS FARGO HOME FOR THE HOLIDAYS



Saturday, Dec 13 at 8:00 PM

Sacramento Memorial Auditorium
1515 J Street, Sacramento

Special Guest Artist Julie Miller, Mezzo,
Lyric Opera of Chicago

Guest Chorus Sacramento Children's Chorus
Lynn Stevens, Conductor

Guest Bell Choir Christ Community Church



Julie Miller

Radiant music for Christmas— A candlelit procession, audience sing-along, new and familiar choral orchestral holiday songs. Merriment guaranteed!

Get your tickets early for this popular family Christmas performance!



Donald Kendrick, Music Director

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



FREE TRAVEL SHOW

Wednesday,
November 12, 10am

Travel Bug Network
Coffee/Treats 9:30am
All Are Welcome!



MISSION OAKS COMMUNITY CENTER
972-0336 • morpd.com

Travel the World! BOOK NOW & SAVE!

Heart of the South
Mackinac Island
Classic Danube-River Cruise
America's Cowboy Country
From Outback to the Glaciers

APRIL 12-19, 2015 • \$2,299 PP DOUBLE
JUNE 27-JULY 4, 2015 • \$2,979 PP DOUBLE
SEPT. 21-OCT. 1, 2015 • \$4,899 PP DOUBLE
JULY 21-28, 2015 • \$3,179 PP DOUBLE
OCT. 22-NOV. 11, 2015 • \$9,199 PP DOUBLE

Motorcoach Trips 972-0336

Barrango Christmas Emporium
Thursday December 4th • \$125/person
Day at the Races Thursday, January 15, 2015 • \$100/person

SWANSTON COMMUNITY CENTER 916-333-6464

Van Trips Victorian Christmas, Nevada City
Sunday, Dec. 7th 9:30am-5:00pm • \$28
Christmas Lights at Night
Thursday, Dec. 11th 5:00pm-9:00pm • \$28

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm
Registration Hours:
8:30am-4pm Monday-Friday
www.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

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES California Certified



Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

- SATURDAY** Unity of Sacramento Farmers Market
9249 Folsom Blvd, Sacramento (in front of the Unity of Sacramento Church).
Every Saturday 8 am - 1 pm. Seasonal, closes 11/29.
- SATURDAY** Sunrise Mall Farmers Market
6190 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY** Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY** Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.
- SUNDAY** Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm. Open year round.
- WEDNESDAY** VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Every Wednesday 9 am - 1 pm. Seasonal, closes 11/26.
- WEDNESDAY** Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm - 7 pm. Seasonal, closes 11/26.
- THURSDAY** UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
Every Thursday 3 pm - 7:30 pm. Seasonal, closes 11/13.

Runs throughout October at all our weekend market locations.

Choose your very own pumpkin and paint it at the market with us - great family event to get in the fall spirit!



For more information: www.bemoneysmartusa.org

Neighborly people need neighborly people.

The Atria lifestyle is tailored to active older adults who recognize the value of community - sound like anyone you know?

Together, we enjoy group fitness classes and impromptu happy hours. We volunteer in our community. We share intelligent conversation over chef-prepared cuisine - and when someone needs a little help, a caring hand is always close by.

Discover the physical and emotional benefits of community living. Schedule a tour of our two area communities today.



INDEPENDENT LIVING
ASSISTED LIVING | MEMORY CARE
www.atriaseniorliving.com

ATRIA CARMICHAEL OAKS | 916.993.5039 License #347005251

ATRIA EL CAMINO GARDENS | 916.993.3718 License #347000389



COMPLETE CAR CARE



An Honest Brake® Since 1983

- Yes, We Do...**
- ✓ Wheel Alignment
 - ✓ Front End Repairs
 - ✓ Shocks & Struts
 - ✓ Batteries, Starters and Alternators
 - ✓ Belts & Hoses
 - ✓ Water Pumps
 - ✓ Timing Belts
 - ✓ Axles
 - ✓ Air Conditioning
 - ✓ Fuel Pumps
 - ✓ Radiators
 - ✓ Factory Specified Services
 - ✓ FREE ABS & Check Engine Light Scan
 - ✓ FREE Shuttle Service
 - ✓ Towing Available
 - ✓ FREE A/C Check
- ACCREDITED BUSINESS
BBB
- ACDelco
- Centric
- 10% MILITARY DISCOUNT

FRONT OR REAR BRAKES

- Front disc or rear drum
- Resurface rotors or drums
- Centric pads or shoes
- Repack bearings as applicable
- 12 month or 12,000 mile warranty

\$79.95*
Reg. Price \$109.95

SAVE \$30.00!

*Applies to most cars & light trucks. Additional parts or labor required on certain vehicles. Plus disposal fee. Not combinable with any other offers. Expires 11/8/14. ARM-S004

FULL SYNTHETIC LUBE, OIL & FILTER

- New Valvoline filter
- Up to 5 quarts of SYN-Power oil

\$54.95
Reg. Price \$69.95

FREE Wiper Blades -OR- Complete Fuel System Treatment with SYN-Power Oil Change

SAVE \$15.00!

Includes: 21 point inspection, inspect & fill under-hood fluids, tire rotation. Most cars & light trucks. Plus disposal fee. Not combinable with any other offers. Expires 11/8/14. ARM-S035

EXPRESS LUBE, OIL & FILTER

- New Valvoline filter
- Up to 5 quarts of 5w-30 or 5w-20 oil

\$17.95
Reg. Price \$24.95

SAVE \$7.00!

Includes: Express courtesy inspection, under 30 minutes in most cases. Most cars & light trucks. Plus disposal fee. Not combinable with any other offers. Expires 11/8/14. ARM-S011

FALL MAINTENANCE SPECIAL!

- Oil Change
- Transmission Flush
- Coolant Flush

\$149.95
Reg. Price \$239.95

SAVE \$90.00!

Most vehicles. Plus disposal fee. Not combinable with any other offers. Expires 11/8/14. ARM-S025

CITRUS HEIGHTS
8000 Greenback Ln.
(Greenback Ln. & Arcadia Dr.)
916.723.8000

ELK GROVE
8456 Elk Grove Blvd.
(Elk Grove Blvd. & Hwy. 99)
916.714.8585

MANTECA
515 E. Yosemite Ave.
(Yosemite Ave. & Garfield Ave.)
209.239.7400

ORANGEVALE
9348 Greenback Ln.
(Walnut Ave. & Main Ave.)
916.988.0737

RANCHO CORDOVA
2265 Sunrise Blvd.
(Sunrise Blvd. & Coloma Rd.)
916.638.2886

ROSEVILLE
106 Harding Blvd., #2
(Harding Blvd. & Douglas Blvd.)
916.786.7800

ROSEVILLE
10221 Fairway Dr.
(Fairway & Pleasant Grove Blvd.)
916.774.1600

SACRAMENTO
3261 Northgate Blvd.
(Northgate Blvd. & San Juan Rd.)
916.921.0502

SACRAMENTO
5810 Auburn Blvd.
(Auburn Blvd. & Manzanita Ave.)
916.338.5656

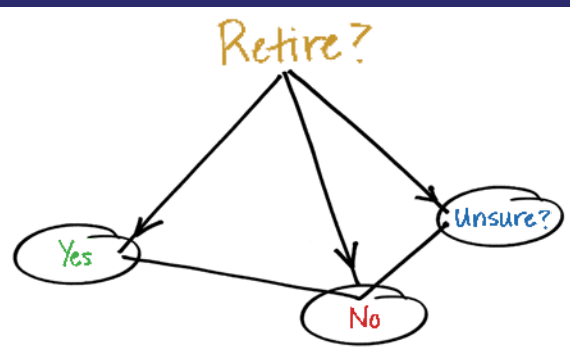
TRACY
1210 Tracy Blvd.
(Tracy Blvd. & 11th St.)
209.836.3500

WE ACCEPT COMPETITOR COUPONS!

- QUALITY SERVICE
- QUALITY PARTS
- FINANCING AVAILABLE
- EXTENDED WARRANTIES HONORED

More Coupons: www.Brakemsters.com

DO YOU KNOW WHEN YOU CAN RETIRE?



CONFUSED ABOUT YOUR OPTIONS?

We help take the guesswork out of retirement by using our unique graphics-based interactive software to turn aspirations for retirement into a visual plan.

Call Financial Planner David Ghorso, CPA* to Help You Plan "To and Through" Retirement.

www.RetirementSecurityCenters.com

CARING | DEPENDABLE | COMMITTED



DAVID GHORSO, CPA*
8880 Cal Center Drive
Suite 220 • Sacramento
(916) 868-3900
(800) 655-2323

David Ghorso is a registered representative of Lincoln Financial Advisors Corp. Securities and advisory services offered through Lincoln Financial Advisors Corp., a broker/dealer (member SIPC) and registered investment advisor. Insurance offered through Lincoln Marketing and Insurance Agency, LLC and Lincoln Associates Insurance Agency, Inc. and other fine companies. Retirement Security Centers is not an affiliate of Lincoln Financial Advisors Corp. Phone 916-868-3900 CA Insurance License # 0121673, CRN952162-062014 *Licensed but not practicing on behalf of LFA

The Exciting New World of Implant Supported Dentures



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

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

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

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

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



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



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

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

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

2 Implants With Attachments to a Denture \$1500 Off

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

Carmichael Dental Group

8329 Fair Oaks Blvd., Ste. A Carmichael, CA 95608

(916) 944-1197 www.YourCarmichaelDentist.com