



**Fraud Hits
California's Food
Stamp Program**

PAGE 11

**Help Your
Pets Beat
the Heat**

PAGE 3



Carmichael Times

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JULY 7, 2023

**SEE
INSIDE**

**BLACK PIONEERS
QUILT EXHIBIT**



PAGE 2

**SAFE CREDIT
UNION AWARDS
SCHOLARSHIPS**



PAGE 11

**ROLLERLAND
STILL ROLLING
STRONG AT 50**



PAGE 2



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One Big Bang



Andrew and Amanda Baning, with sons Adrien (13) and Austin (8), show the colors at La Sierra Center.

Story and photos
by Susan Maxwell
Skinner

CARMICHAEL, CA (MPG) - Temperatures sizzled as patriots gathered for Independence celebrations on July 1 and 4. Carmichael's famous Elks parade and community fireworks display were staged on separate days during the recent heatwave.

On Saturday, a \$20,000-plus pyrotechnic show lit up La Sierra Community Center. Sponsored by Carmichael and Mission



A full moon adds to July 4 pyrotechnics.

Oaks Park Districts, the celebration drew a crowd of almost 5000. "Triple-digit temperatures challenged everyone," reported CRPD staffer Alaina Lofthus. "Many people delayed arriving until the last minute. But our field was absolutely full." Spectators enjoyed live music, kids' zone bounce houses, a beer garden and fireworks.

On July 4, the parade kicked off in mercifully cooler – but rising – temperatures. Almost 700

Continued on page 3

**CHP Distributes
Over \$19
Million To
Fight Impaired
Driving**

CHP News Release

SACRAMENTO, CA (MPG) -The California Highway Patrol (CHP) announced on June 26, 2023, more than \$19 million in grant funding to 71 California law enforcement agencies, crime laboratories, and nonprofit organizations to help address the dangers of driving under the influence of alcohol and/or drugs. Law enforcement recipients receiving the education and toxicology grants include Sacramento County District Attorney Laboratory of Forensic Services, Arrive Alive and Sacramento County District Attorney Crime Lab.

The grants are the result of Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana Act, which tasked the CHP with administering grants for education, prevention, and enforcement programs to help communities combat impaired driving. Money is also available to crime laboratories conducting forensic toxicology testing. Funding for the grants comes from a tax on the cultivation and sale of cannabis and cannabis products sold in California.

"Communities throughout California will benefit greatly from the disbursement of these grant funds intended to help make California's roadways safer for all who use them," said CHP Commissioner Sean Duryee. "The money will be used to help enhance traffic safety by educating the public on the dangers of impaired driving, removing impaired drivers from the roadway through enforcement operations, and advancing research on the issue."

Fifty-four recipients of law enforcement grants will use funds to address impaired driving within their communities. In addition to traditional impaired driving enforcement, funds will also be used for drug recognition evaluator training to enhance their respective agency's ability to detect drug-impaired drivers. Additionally, funding will allow for public outreach campaigns, including educational presentations and community events. ★

St. Francis Robotics Team Wins World Championship in STEM



The All-girls Robotics Team that participated in the World Championship in Denver, Colorado representing St Francis Catholic High School. Photo courtesy of St Francis Catholic High School

**St. Francis Catholic
High School
News Release**

SACRAMENTO REGION, CA (MPG) - The all-girls St. Francis Genesee Robotics Team won first place at the Marine Advanced Technology Education (MATE) Remotely Operated Vehicle (ROV) World Championship held in Denver, Colorado in the

month of June. The team outperformed high school groups from across North America, Asia, Europe, and the Middle East to claim the top prize, breaking barriers for women in science, technology, engineering and math (STEM) along the way.

The St. Francis team's achievement comes at a time when deep sea exploration is at the forefront

of public interest, following the recent loss of the Titan submersible. Their win highlights the importance of fostering the next generation of women scientists and engineers to continue advancing ocean technologies.

"These young women are trailblazers," said St. Francis President and CEO Dr. Fadia Desmond. "Winning at this level

requires extraordinary talent, perseverance in the face of obstacles, and the ability to work together as a team. This team embodies all of those attributes and more. They are an inspiration not just to other students, but to all of us."

The St. Francis team has built an international network of friends and connections through

Continued on page 4



California Museum Presents "Black Pioneers" Quilt Exhibit



"Annie Box Neal" by Sandra Noble. 2021, Warrensville Heights, Ohio. Credit: Sandra Noble, Annie Box Neal, 2021, ©Sandra E. Noble.

California Museum News Release

SACRAMENTO REGION, CA (MPG) - The California Museum announces the opening of "Black Pioneers: Legacy in the American West," a timeline of original pictorial quilts exploring the path of Black history in the West. On view from June 10 through October 1, 2023, the exhibit dispels the myth that Black people in the old West were mostly cowboys, showing the rich diversity in African Americans' occupations and achievements in society, religion, education and the arts from 1528 through the Civil Rights Movement.

Organized by The James Museum of Western & Wildlife Art and curator, historian and artist Dr. Carolyn Mazloomi, *Black Pioneers* features 50 quilts created for this exhibit by the Women of Color Quilters Network.

"Quilts and quilt making are important to America and Black culture in particular because the art form was historically one of the few mediums accessible to marginalized groups to tell their own story, to provide warmth for their families and to empower them with a voice through cloth," said Dr. Mazloomi.

Quilts were chosen as the exhibit's visual medium because they highlight the intersection of African Americans in the western frontier with the art form's important role in African American history. For African American women, quilts have always been at the core of artistic

through programs and educational opportunities, for all ages, that bring our history to life and amplify voices that are not often at the forefront of mainstream Western art.

Dr. Carolyn Mazloomi's own quilts have been exhibited extensively nationwide. She also has curated 21 exhibits of quilts made by members of the Women of Color Quilters Network, a non-profit she founded in 1985 to educate, preserve, exhibit, promote and document quilts made



"Langston Hughes, Pioneer Poet" by Tierney Davis Hogan. 2021, Denver, Colorado. Credit: Tierney Davis Hogan, Langston Hughes, Pioneer Poet, 2021, ©Tierney Davis Hogan.

expression, taking form in their social, economic and spiritual lives.

"We are honored to host *Black Pioneers* at the California Museum," said Executive Director Amanda Meeker. "The quilts themselves are works of art, with elaborate materials and intricate details. The artistic and narrative elements of the quilts come together to create a powerful visual history lesson that we hope will leave visitors with an expanded view of Black history and American history."

For more information on the exhibit, visit <https://www.californiamuseum.org/black-pioneers>.

The James Museum of Western & Wildlife Art, located in St. Petersburg, Florida, provides experiences that inspire human connection and transformation through art depicting the peoples, landscapes and history of the American West, and wildlife of the world. The museum engages the community

by African Americans. Among the exhibitions she has curated is *Still We Rise: Race, Culture and Visual Conversations*, which visually surveys 400 years of African American history. The largest traveling exhibit of African American quilts ever mounted, it appeared at the California Museum in 2018.

The California Museum—home of the California Hall of Fame—focuses on the state's rich history, its diversity and its unique influence on the world of ideas, innovation, art and culture. Through interactive experiences, the Museum inspires visitors to make a mark on history. Located at 1020 O Street in the March Fong Eu Secretary of State complex, the Museum is open Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday 12 p.m. to 5 p.m. General admission is \$8-\$10. Plan a visit at <https://www.californiamuseum.org> ★

Rollerland Still Rolling at 50

Story and photos by Tamara Warta

CITRUS HEIGHTS, CA (MPG) - In recent years, Citrus Heights has been buzzing about plans for expansion, renovation, and improvements to its retail and business offerings. Through it all, one constant has stood the test of time. Sunrise Rollerland is celebrating 50 years in operation this year, and the future looks like smooth skating for this family-owned business located behind the Sunrise Mall.

The popular roller rink was founded by retired Air Force Major Lloyd Neutz in 1973 and has remained in the family. Neutz's son owns the rink today and daily managerial duties are also carried out by his grandchildren, including Evan Neutz.

"The rink is family entertainment and is fun for all ages," said Neutz. "A lot of generations come and skate together. It's still the same place from the 1970s. It's timeless."

The generational span is evident throughout the rink, much of which is still original to its roots. You can have a birthday or graduation party in the King Arthur room that's been there since opening day, while also sporting one of the rink's new 50th anniversary t-shirts available for sale in the gift shop. The medieval theming throughout the rink stems from Lloyd Neutz's own interests. As Evan Neutz stated, "He was way into Europe. He really liked it."

Sunrise Rollerland holds an average of 25 parties per week during its busy season and is home to two skating clubs – Triad Speed Skating and the Sunrise Artistic Skate Club. Touting the largest maple hardwood in Northern California, the entire floor was recently resurfaced in time for the planned 50th anniversary party this fall.

Polina Bardusova grew up skating at Sunrise Rollerland and has also worked as a cashier and snack bar attendant for one year. "It's fun here. The customers are nice. Coming in here, it just feels like the employees are nice and it's a good



A family enjoys skating at Sunrise Rollerland. From left to right: Brittinee Garo, Jasper Errington, Adam Errington.

environment," stated Bardusova. "I feel like it's still fun. I came here in middle school, and then the older kids thought skating wasn't cool anymore. But I still think it's fun."

The maintenance of the rink is also impressive. "We've been told by guests we are the cleanest roller rink," said Neutz.

A stroll around the building proves his point, with everything from original lighting fixtures to the brand-new arcade looking well-kept. However, one original feature of the rink won't be showing up to the anniversary party this fall. Locals may have noticed the rink's large coat of arms exterior sign has gone missing. While it seems logical to blame it on vandalism, the sign actually determined its own fate.

"It fell down," stated Neutz. "It was 50 years old and just fell apart."

The sign is already in the process of being replaced with a bolder, brighter version of the original as visitors breeze past it on their way inside to indulge in some true nostalgia. When asked what type of skates are most popular, Neutz

emphatically voted for old-school quads, which make up the majority of skate rentals. The rink also offers inline skates.

Sunrise Rollerland continues its 50-year tradition of offering various admission deals throughout the year so everyone can afford to come skate. It is a participant of the national Kids Skate Free program, and group rates are available. The rink also holds plenty of these nights including Retro Night Skate, Christian Music Nights, and Flashlight Skate.

Neutz noted that 50th anniversary plans are still in the works, but they are planning a large event in November. Updates will be posted on the rink's website and Facebook page. Patrons of Sunrise Rollerland are invited to send in photos and videos of their time at the rink over the past five decades to sunriserollerland.manager@gmail.com.

Until then, skaters young and old can enjoy one of the rink's summer sessions. Admission prices range from \$6-\$11, and skate rentals are \$4 for quads and \$5 for inline. Skating lessons are also available for those new to wheels. ★

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One Big Bang



Kyle Niver (left), Eva Kuhl and Karey Stone toast the Glorious Fourth with cooling sodas as they await fireworks at La Sierra Community Center.

Continued from page 1

patriots rode, walked or biked in the procession. Event theme was “Community Spirit in America.”

Del Campo High School Street served the mantra by providing almost 100 athletes and boosters. Kovar’s Martial Arts fielded 50 kickboxers and karate-choppers. Be-ribboned Sheriff’s Posse palominos clip-clopped; antique vehicles pattered along the two-mile route.

CHP officers circled on motor bikes. Sirens wailed. Sheriff’s deputies hailed crowds with “Happy Fourth” greetings.

Hailing crowds from a Mustang convertible, Carmichael Chamber of Commerce President Izzy DeLancey took Grand Marshal honors. “The pride of America showed even through the heat,” she enthused. “These crowds told me people love to unite as a community.” ★

Help Your Pets Beat the Heat

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Summer has arrived, and rising temperatures are sure to follow in Sacramento County. As the mercury rises, it's important for pet owners to take proactive steps to ensure the well-being and safety of their beloved four-legged companions. This summer, make sure you're aware of the potential dangers posed by extreme heat and provide essential care to keep your pets cool and comfortable during the sweltering summer season.

Unlike humans, dogs and cats can't sweat to keep cool. Instead, dogs cool themselves off by panting, and both dogs and cats regulate their temperatures through the pads of their feet. As temperatures soar, pets are at a higher risk of heat-related illnesses, such as heatstroke, dehydration, and burned paw pads.

Here are some tips for keeping your pet safe in the heat:

Never leave pets in parked cars: Even on seemingly mild days, the temperature inside a parked car can escalate rapidly, turning it into a deadly heat trap. Leaving pets unattended in cars, even with the windows cracked and even for a short period, can have fatal consequences and is against the law in California. If you need to run errands, leave your pets at home where they are safe and comfortable. Check out this video on how hot it gets in cars;

Hydrate: Make sure

your pets always have access to plenty of fresh, cold water;

Avoid peak heat hours: Schedule outdoor activities and walks during cooler parts of the day, such as early mornings or evenings. Asphalt and concrete surfaces can become scorching hot and burn your pet's paw pads, so be mindful of the ground temperature before venturing out. Test the surface with your hand, and if it's too hot for you, it's too hot for your pet;

Avoid extreme heat: When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and shade for them to cool down;

Use sunscreen: Pets get sunburned just like people, and if your pet has light skin or fur, they can be particularly susceptible to a painful burn and even skin cancer. Use sunscreen on sensitive areas, such as ears or nose, to make sure your pets are protected;

Create a cool environment: Provide your pets with a cool and comfortable place to retreat from the heat. Keep them indoors, preferably in air-conditioned rooms. If air conditioning is not available, use fans or open windows to improve air circulation;

Provide adequate shade: Make sure there is always access to shaded areas when pets are outdoors. Trees, canopies, umbrellas, or pet-specific shade structures can offer protection from direct sunlight and help keep them cool;

Be your pet's life-guard: While swimming can help pets get exercise without overheating, always supervise pets when swimming either in a pool or in waterways. Dogs can get tired swimming, particularly in rivers where they have to fight against currents. To avoid drowning, make sure they wear life jackets and keep them out of the water when flows are high;

Watch for signs of heatstroke: Familiarize yourself with the symptoms of heatstroke in pets, which can include excessive panting, drooling, glazed eyes, a rapid pulse, lethargy, vomiting, and collapse. If you suspect your pet is suffering from heatstroke, move them to a cool area, apply cool (not cold) water to their body, and seek immediate veterinary attention.

For more tips on keeping pets safe in hot weather, visit the Hot Weather Pet Tips page. For other animal issues and pet owner resources, visit the Bradshaw Animal Shelter website.

Don't have a pet? Find a best friend to spend the summer with at Bradshaw Animal Shelter! To start the adoption process, visit the Adoptable Animals webpage or visit the shelter Tuesday through Sunday from 12 p.m. - 5 p.m., Wednesdays from 12 p.m. - 6 p.m. The shelter is located at 3839 Bradshaw Rd. in Sacramento.

For a list of available animal care services, including walk-in licensing and how to report a lost or found pet, visit animalcare.sacounty.gov. ★

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Fantastic Opportunity for multi-generational housing or an investment property that will cash flow! This spacious 2,500 square foot house has 4 bedrooms and 3 full baths. This home has a separate living room, family room, and huge sunroom. The kitchen/dining combo offers plenty of storage space. Attached with a separate entrance is a 2 bedroom and one bath home. Each home has its own 2-car garage and backyard. Zoned Rd-10, it is possible to convert this home into a triplex. Great location just minutes away from excellent shops, restaurants, and schools.

8178 Sundance Drive, Orangevale | Offered at: \$595,000

Welcome home! This charming home is situated in a fantastic neighborhood in Orangevale. Enjoy a bright and airy floor plan with 4 bedrooms, 2.5 baths, and spacious living areas. The living/dining combo has vaulted ceilings and great natural lighting. The family room opens up to the private backyard and features a wood-burning fireplace. The updated kitchen is appointed with granite countertops and has plenty of storage space. The roomy master features vaulted ceilings and a step-in shower. Enjoy those long summer days ahead in the backyard with a sparkling pool, spa, and pergola.

4768 Hamilton Street, Sacramento | Offered at: \$535,000

This custom-built home is tucked away on a private lane in a wonderful neighborhood just steps away from Hamilton Street Park. Enjoy an open floor plan with 3 bedrooms and 2 baths. Large living room, formal dining room, and designated bar area. The kitchen is appointed with stainless steel appliances, oak cabinets with built-in desk/shelving, breakfast nook, and more! The master suite has vaulted ceilings, private access to the backyard, a large walk-in closet, and separate vanity area. Updated ceiling lights and fans, a laundry/hobby room addition, and garden room are just a few additional highlights. The backyard is nicely landscaped with shade trees and several fruit trees.

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Robotics Team Wins World Championship in STEM

Continued from page 1 participating in the MATE ROV competition over the years. Although the team will miss its senior members as they head off to become scientists and engineers, their legacy of accomplishment and inspiration will open doors for future generations of women.

"We have heard from so many other teams and coaches that our students inspire their girls to dream big in STEM fields," said Geneseas team leader and recent St. Francis graduate, Morgan Jones '23. "Our seniors are heading to college to become leaders in science and technology to continue to inspire others. The impact of this team will be felt for years to come."

The MATE ROV competition challenges students to design and build underwater robots to complete tasks that simulate real-world problems. The St. Francis team has competed at the MATE ROV competition for four years, achieving a first-place finish at the world championship for the first time this season against all odds. Their win is a victory for women in STEM and a testament to the power of the opportunities in an all-girls education environment. For more information, contact St. Francis robotics coach Marcus Grindstaff at robotics@stfrancis.org.

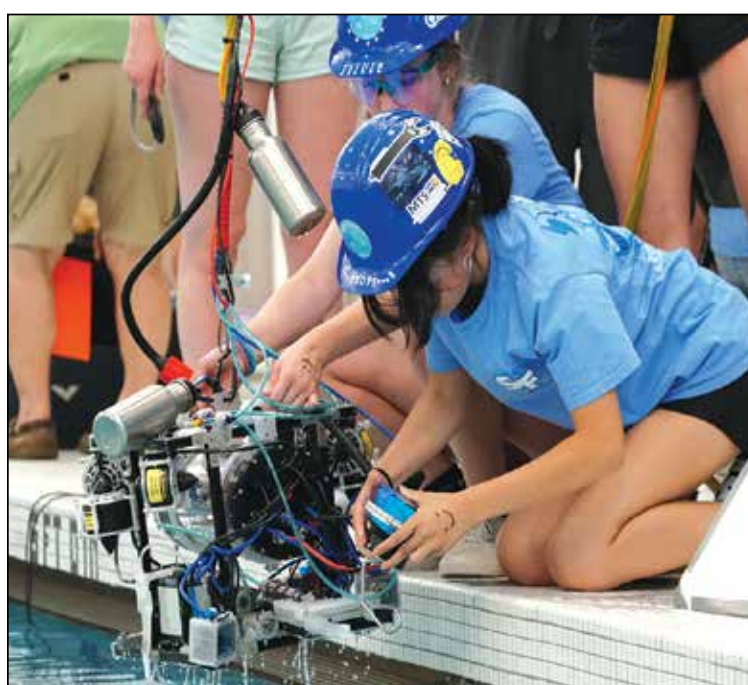
St. Francis Catholic High School in East Sacramento has been educating young women since its founding in 1940. Academically rigorous, with full accreditation from the Western Association of Schools and Colleges and a member of the International Coalition of Girls' Schools, St. Francis draws students from more than 100 area schools across five primary counties in the greater Sacramento region. Visit: www.stfrancis.org for more information. ★



The St. Francis Catholic High School All-girls Robotics Team prepares the Remotely Operated Vehicle (ROV) with all the support hardware for the competition. Photo courtesy of St. Francis Catholic High School



A St. Francis Catholic High School student shows off the All-girls Robotics Team shirt. MATE ROV refers to the 2023 competition in Marine Advanced Technology Education Remotely Operated Vehicle. Photo courtesy of St. Francis Catholic High School



A pair of St. Francis Catholic High School students retrieve the Remotely Operated Vehicle (ROV) entered into the competition at the World Championship held in Denver, Colorado. Photo courtesy of St. Francis Catholic High School

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Behavioral Health Services Provided for the Unhoused

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - It's time to set the record straight on Sacramento County's Behavioral Health Services for people experiencing homelessness, as well as two specific strategic plans to improve service coordination, collaboration, and funding among governments and non-profit partners.

The County is actively working to strengthen engagement and expand access to behavioral health services for the unhoused population with a variety of services and comprehensive strategic plans.

Strategic Plans to Improve Service Coordination and Collaboration Among Governments

The County, City of Sacramento, SHRA, and Sac Steps Forward (the local Continuum of Care lead agency for the Homeless Response System) adopted a Local Homeless Action Plan (LHAP) last fall. This plan includes strategies aimed at addressing behavioral health and substance use disorder services. Also, the Sacramento County Board of Supervisors recently adopted the AT HOME plan—developed by the California State Association of Counties. The plan addresses the lack of a comprehensive statewide approach to homelessness. The goal of the collaborative effort is to establish responsibility and accountability between state and local governments.

Sacramento County is committed to creating real change in our community while also promoting accountability. Sacramento County has numerous programs that provide care for the unhoused, including several services provided by behavioral health staff.

County Behavioral Health Programs and Services for the Unhoused

CORE Wellness Centers: CORE sites are located throughout Sacramento County in neighborhoods where services are most needed. CORE sites were specifically designed with community feedback in mind. The sites provide mental health outpatient services. Staff provides trauma-informed care to help patients. Services at the sites are flexible, and treatments are adjusted based on the patient's personal journey. Each CORE site also has a community wellness center. The wellness centers are open to anyone in Sacramento County.

Homeless Engagement and Response Teams (HEART): The HEART team provides services in encampments and at shelters. The group includes counselors and people who offer peer support. The team works to build trusting relationships with unhoused individuals while meeting them where they are.

24/7 Mental Health Urgent Care Clinic: The clinic provides walk-in services to people of all ages who are experiencing a mental health or substance abuse crisis. The clinic has safe spaces for individuals and families.

Sacramento County's Behavioral Health Services for the unhoused also include a Mobile Crisis Response Team to address immediate crisis needs in the community, and the Substance Use Disorder and Youth System of Care, among others.

Through these programs and the tireless efforts of the staff who provide these supports, the County is offering hope to those in need.

Recent Investments in Behavioral Health Services

Recognizing the importance of continued

investment in behavioral health services, the Board of Supervisors recently approved over \$78 million in additional Behavioral Health investments within the County, including expanding services to the unhoused community, enhancing supported employment services, justice-involved services, building out a second Mental Health Urgent Care, and developing a new Mental Health Treatment Center.

The 64-bed Mental Health Treatment Center will be located on Branch Center Road and is projected to begin operations by the end of 2026. Once it is operational, the capacity will be assessed to determine additional needs.

The County also applied for and was awarded \$21.5M for a youth crisis facility. The facility will include a 16-bed psychiatric health facility and a crisis stabilization unit with a capacity for up to 27 youths at a time.

Acute/Subacute Hospitalization Beds

While the County has successfully met the acute bed needs for psychiatric hospitalization and there is not a shortage of acute beds, a recent RAND report revealed a shortage of 253 subacute beds for the entirety of Sacramento County.

It is important to note that Sacramento County Behavioral Health is responsible for providing mental health services specifically to individuals who are Medi-Cal recipients within the County, rather than the entire County population. There are a total of 566 acute psychiatric hospitalization beds in Sacramento County. Of those, 98 are County-controlled beds (available solely for County Behavioral Health Services clients).

It is also important to note the difference between acute and subacute care. Individuals require an acute bed when they are considered a danger to themselves or others due to a mental health condition. Subacute beds are used when someone's crisis has been resolved but they are still recovering, and in need of additional support and not ready for independent living. Subacute beds also help free up acute beds for other people in crisis.

Sacramento County Behavioral Health has taken immediate steps to increase subacute bed availability by expanding funding for contracts with out-of-county Mental Health Rehabilitation Centers (MHRCs). Available beds from these centers have been identified.

Addressing Homelessness: A County Priority

With these significant investments and efforts to expand behavioral health services, Sacramento County is taking action to improve the lives of unhoused individuals.

As Sacramento County continues its journey to deepen engagement and expand access to behavioral health services for the unhoused, it serves as an inspiring example of compassion and collective action.

Beyond behavioral health services, several other Sacramento County departments have programs aimed at helping the unhoused and those who are housing insecure, including the Department of Human Assistance and the Department of Homeless Services and Housing. By prioritizing collaboration, accountability, and comprehensive care, the County aims to make a lasting impact in addressing the mental health needs of this vulnerable community.

Through these efforts and support from the community, Sacramento County is paving the way for a brighter future aimed at providing unhoused individuals with the support they deserve. ★

Sacramento County Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - Just before 9 A.M. on Wednesday, June 21, 2023, Sacramento County Sheriff's deputies responded to a residence on Kenneth Avenue in Fair Oaks, after learning that a patient at Mercy San Juan Hospital had advised hospital staff that she shot her roommate. Deputies arrived at the residence and did in fact discover a deceased adult male, who appeared to have suffered from at least one gunshot wound. Other deputies had responded to the hospital and detained the patient, later identified as 55-year-old Ruth Wieser and her 25-year-old

son, Joseph Thomason.

Sheriff's Homicide Detectives and Crime Scene Investigators responded to the call and determined that Wieser, Thomason and the victim all lived together. After completing their investigation, detectives both arrested Wieser and Thomason. The victim's information will be made available by the Sacramento County Coroner.

Detectives are asking anyone with information about this incident to contact the Sheriff's Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com or by calling (916) 874-TIPS (8477). ★

Defendant Convicted of Arden-Arcade Shooting Murder

Sacramento County DA News Release

SACRAMENTO COUNTY, CA (MPG) - On June 26, 2023, Fard Smithson was convicted by a jury of first-degree murder and felon in possession of a firearm. The jury also found true the allegation that Smithson intentionally and personally discharged a firearm causing death.

Smithson lived with the victim, Keela Cole, and had unreported instances of domestic violence. On July 19, 2021, three friends were at their residence when someone made a joke about the food the victim prepared for everyone. Smithson

then got off the couch, went into the kitchen and threw his plate of food in the sink. He rounded the corner and shot the victim in the back of the head two times while she was sitting on the couch. Smithson and the three other individuals immediately fled the scene, and only one returned to call 911. Smithson changed his clothes and returned to the scene hours later claiming he didn't know what had happened.

Smithson faces a maximum sentence of 53 years to life in prison. Sentencing is set for August 11, 2023, at 9:00 a.m. in Department 21 before the Honorable Shelleyanne Chang. ★

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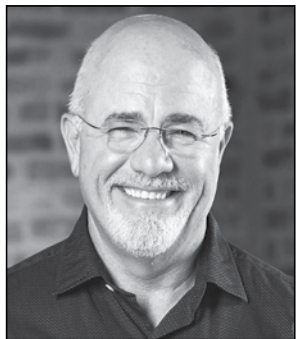


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Dave Ramsey Says

Pull From Stocks and Put Toward Mortgage?

Dear Dave,

I bought a house about a year ago. Currently, I have \$45,000 sitting in an account with a money manager. I've had this account for a little over three years, and the investment hasn't grown much, if at all. Under the circumstances, and being single, too, would it be better to pull the money out of that investment and put it toward my mortgage?

– Johnny

Dear Johnny,

I recommend putting 100% of any non-retirement savings, above your emergency fund, toward paying off your mortgage

until the mortgage is paid off. I'd still tell you to pay down the house, even if you were making 20% on your money. Just make sure you're following the Baby Steps, and you're already putting 15% of your income into good retirement investments before attacking the house. Paying down your mortgage is not an expenditure that's just lost money. The cash is sitting there, you're just banking it in your home and land. And on a side note, with all the craziness in the market over the last three years, you might come to realize breaking even over that time wasn't so bad after all.

Johnny, the shortest distance between where you are and your first \$1 million to \$5 million in net worth is getting your house paid off. After that, load 15% to 20% of your income into a serious retirement plan. And by that, I don't mean playing financial footsie

with some little brokerage account. Investing in good, growth stock mutual funds with a proven track record of at least 10 years is a proven way to build wealth the right way.

I'm sure you can find someone on TikTok telling you to do the exact opposite of what I'm suggesting. But you won't find that kind of advice coming from real millionaires.

– Dave

**Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions. ★*

Panera Bread Fundraiser to Benefit Alex's Lemonade Stand Foundation

BML Public Relations News Release

SACRAMENTO REGION, CA (MPG) - Pan American Panera Bakery Cafés owned and operated by Flynn Restaurant Group, announced on June 9, 2023, its 8th annual fundraising campaign to benefit Alex's Lemonade Stand Foundation (ALSF), a pediatric cancer charity funding cancer treatment research, will take place from June 21 – August 29.

During this 10-week fundraising campaign, participating Pan American Panera Bakery Café locations will donate 25 cents from each Frozen Agave Lemonade and Frozen Strawberry Lemonade sale. In addition to lemonade purchases, 10 cents from each Lemon Drop Cookie and \$3 from each lemonade tote sold with catering orders will also be donated to the foundation. Additionally, guests can round up their checks or donate a dollar amount at checkout to show their support.

"Pan American Group is proud to once again partner with Alex's Lemonade Stand Foundation," said Kelly Cook, president of operations, Pan American Group. "This fundraiser provides our customers with a heartwarming, yet simple way to help fund lifesaving research for children in our communities. We look forward to another year of fundraising and appreciate the ongoing support of our guests and team members during this campaign."

Since its inception in 2016, Pan American Panera Bakery Cafés owned and operated by Flynn Restaurant Group have raised \$536,000 through its Alex's Lemonade Stand Foundation fundraising campaign. In just 2022, Pan American Panera Bakery Cafés raised \$197,769 through fundraising efforts throughout its

130 cafés nationwide. The organization has set a goal to raise \$225,000 for the 2023 campaign, alone.

"We are grateful for Pan American Group's continued support and generosity as a key supporter of ALSF for the past seven years," said Liz Scott, Alex's mom and Co-Executive Director of Alex's Lemonade Stand Foundation. "This generous donation gives us the ability to change the lives of children and their families looking for a cure."

Participating Panera Bread locations owned and operated by Flynn Restaurant Group include: Pennsylvania, West Virginia, Washington, California, Kansas, Missouri, Ohio, and Kentucky.

Pan American Group LLC owns and operates over 130 Panera Bread Cafés in 8 states. With annualized sales of over \$350M and over 6,000 employees, Pan American Group is the second largest Panera Bread franchisee. More information is available at PanAmericanGroup.com.

Alex's Lemonade Stand Foundation (ALSF) emerged from the front yard lemonade stand of 4-year-old Alexandra "Alex" Scott, who was fighting cancer and wanted to raise money to find cures for all children with cancer. Her spirit and determination inspired others to support her cause, and when she passed away at the age of 8, she had raised \$1 million. Since then, the Foundation bearing her name has evolved into a national fundraising movement. Today, ALSF is one of the leading funders of pediatric cancer research in the U.S. and Canada raising more than \$250 million so far, funding over 1,000 research projects and providing programs to families affected by childhood cancer. For more information, visit AlexsLemonade.org. ★

How Friction Between Two Major California Laws Impedes Housing Construction



By Dan Walters, CALMatters.org

When California Gov. Gavin Newsom made an unusual appearance on Fox News, it was inevitable that conservative commentator Sean Hannity would bore in on California's chronic housing shortage and homelessness crisis.

Why, Hannity asked, did California have such problems?

"Because housing costs are too high," Newsom replied. "Our regulatory thickets are too problematic. Localism has been too impactful, meaning people locally are pushing back against new housing starts and construction."

Newsom's synopsis of the issue is quite accurate. The state's housing shortage stems from the over-regulation of development, largely driven by local opposition. It drives up costs to tenants and would-be homebuyers and pushes some into the streets.

That cause-and-effect relationship was confirmed in a recent in-depth study of homelessness by a UC San Francisco research team.

Having pinpointed the underlying causes of the crisis, one might think that Newsom would energetically attempt to address them.

Last week, as part of a broader budget agreement, the governor persuaded the Legislature to modify the California Environmental

Quality Act, which is commonly misused to thwart housing developments, but he didn't do it for housing. Rather, he wants to streamline CEQA's effect on public works projects, particularly those involving renewable energy and water supply.

Indirectly, therefore, Newsom told Californians that while he says it should be done, he's not willing to take on the heavy lifting to lessen CEQA misuse on housing. His posture continues predecessor Jerry Brown's position of declaring CEQA reform to be "the Lord's work," but being unwilling to do it.

By happenstance, the Capitol's wrangling over CEQA – albeit while ignoring its effect on housing – coincided with the publication of a very lengthy, deeply researched and well-sourced article on how the 53-year-old law thwarts much-needed housing construction.

Christopher Elmendorf, a law professor at UC Davis who specializes in housing issues, and Timothy Duncheon, a San Francisco attorney, focus on "the slow-motion collision" between two overarching "super-statutes," CEQA and the Housing Accountability Act, or HAA.

They demonstrate through case studies that, while the latter attempts to streamline housing construction, the former is used to slow or even kill housing projects by local interests and labor unions.

They focus on a notoriously torturous case in San Francisco, whose Board of Supervisors used CEQA to block a much-needed apartment project on a vacant downtown parking lot due to special interest pressure, simply by decreeing that they

needed more information before giving the development CEQA clearance. But they also cite other cases in which the contradictory priorities of the two laws collide.

Their conflict, Elmendorf and Duncheon say, ties the courts up in knots as judges must, in effect, choose which law is dominant. Sometimes they opt for CEQA and sometimes the HAA, leaving the overall legal atmosphere unclear.

"The ostensible 'super-ness' of the two statutes creates a predicament for courts and other actors because CEQA and the HAA could not be more different in their basic institutional and normative principles," the authors write.

"CEQA's working premise is that 'new construction' is bad for the environment," they point out. "By contrast, the HAA regards housing construction in urbanized areas as presumptively good for the environment."

Carefully drafted legislation and/or CEQA implementation guidelines issued by Newsom's administration could, Elmendorf and Duncheon say, reconcile the two. They could limit CEQA to cases in which there are genuine environmental issues, rather than allowing it to be misused for motives that having nothing to do with the environment, such as forcing developers to use unionized labor.

Their paper lays out the roadmap for the CEQA reform that's needed to truly address California's housing crisis. It should be required reading in the Capitol.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★

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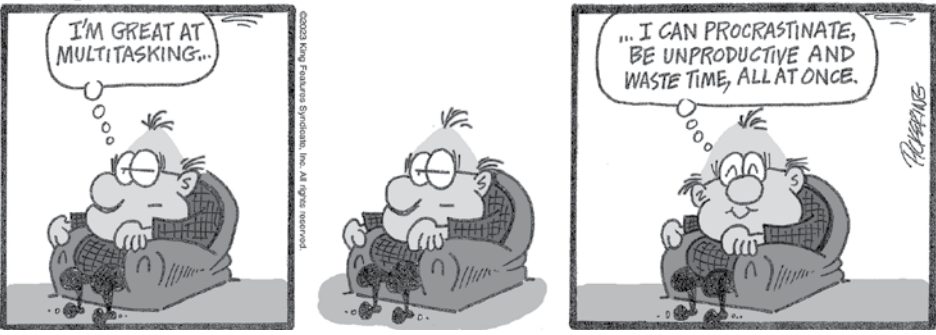
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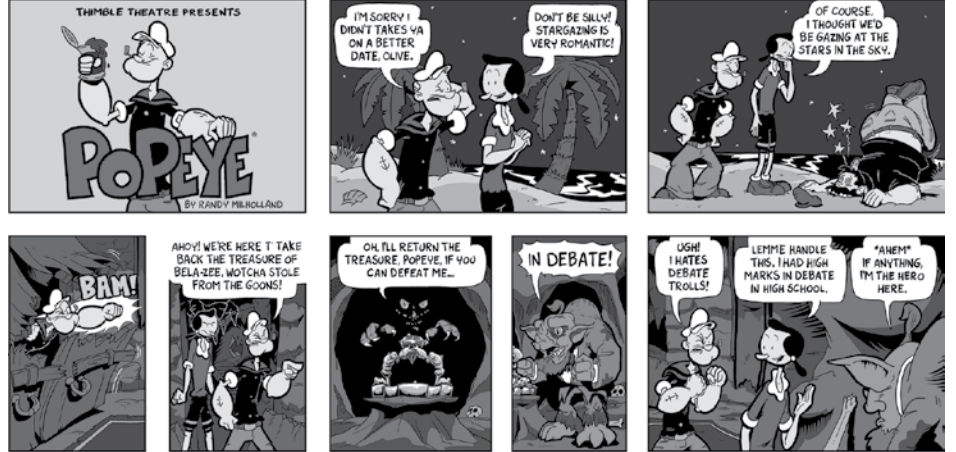
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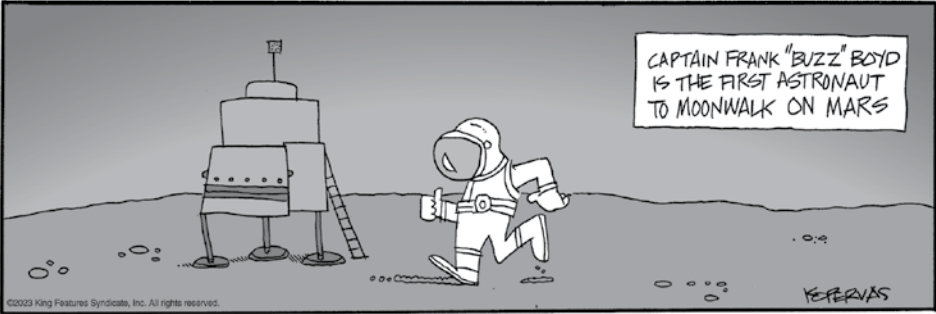
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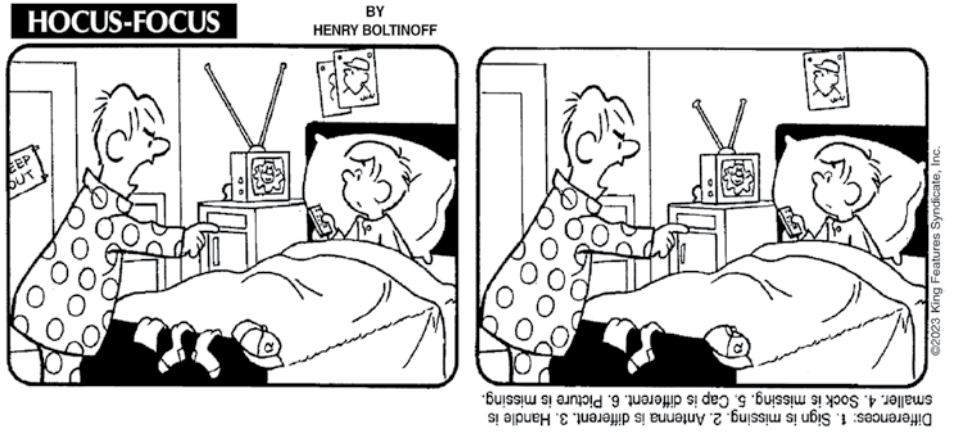
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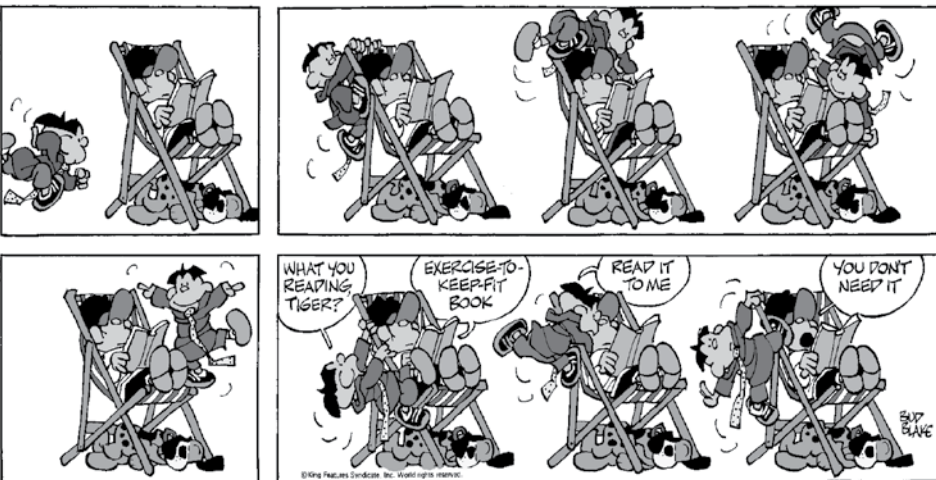
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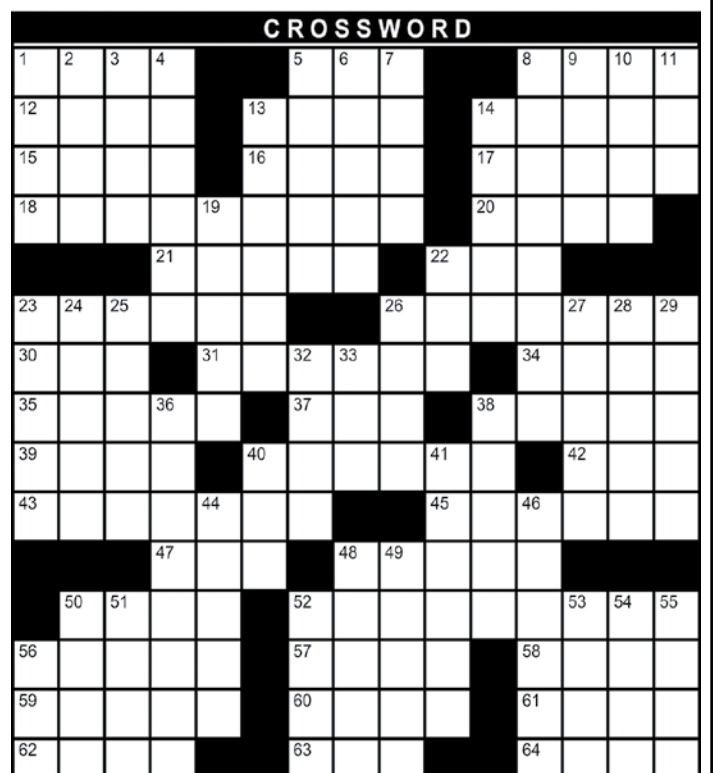
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CLUES

- ACROSS**
- Deli side
 - **"Breakfast at Tiffany's" animal
 - Songs for one
 - What formica and biochemical have in common
 - Prefix for partly
 - Dark
 - Crew equipment, pl.
 - Steinbeck's "East of ..."
 - Golf shirt
 - **"Marmaduke" animal
 - **"Away & Back" animal
 - Game "field"
 - Slightly insane
 - Casual top
 - Vending machine
 - Rocks, to a bartender
 - Bowling prop
 - Lush
 - Trots and canters
 - Broadcasting medium
 - Inflammatory swelling
 - Highland tongue
 - Sock pattern
 - Bring into play
 - Go back over
 - Theater passages
 - Part of a cheer
 - Lump of anything
 - Mio and Otis, e.g.
 - **"Dunston Checks In" animal
 - Wheel on a spur
 - CISC alternative
 - Private theater box
 - Resembling wings
 - MacFarlane or Rogen
 - Go-___
 - **"Bullseye, Hamm and Lotso Bear, e.g.
 - Lyric poem
 - Immediately, doctor's jargon
- DOWN**
- Air quality concern
 - Fibber
 - Farm measure
 - Sushi condiment
 - Natural moth repellent
 - To change, as in the U.S. Constitution
 - Fork prong
 - **"Harry Potter" animal (2 words)
 - Earthenware pot
 - **"Born Free" animal
 - I in T.G.I.F.
 - Administer diazepam
 - When Cinderella wins
 - Civil wrongs
 - "Some Nights" band
 - **"Life of Pi" animal
 - Close call
 - Bank job
 - Gossamer
 - Cry like #5 Across
 - Liquorice flavored herb
 - Hues
 - Backgammon predecessor
 - **"Babe" animal
 - **"Anchorman" and "The Wizard of Oz" animals
 - Kundera's "Unbearable Lightness of ___"
 - "That feels good!"



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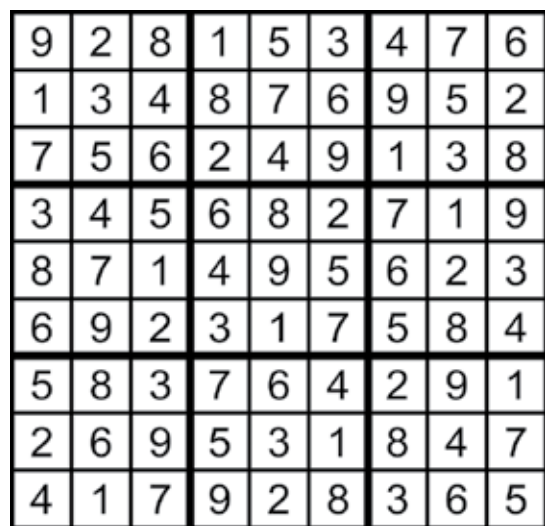
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Fraud Hits California's Food Stamp Program

By Jon Coupal, HJTA

And you thought California's \$32 billion in Employment Development Department (EDD) fraud was bad.

A small group of criminals in Detroit has managed to pilfer the SNAP (Supplemental Nutrition Assistance Program) benefits of nearly 8,000 impoverished California families who were shocked when they discovered their EBT cards had been drained. The criminals stealing access to EBT cards run the gamut from low-level organized criminal gangs in Michigan to criminal syndicates as far-flung as Romania journeying to California, specifically to exploit the gaping security flaws in the SNAP program.

So how is it that they managed to siphon off EBT card numbers and pins with alarming ease? First, the United States Department of Agriculture, which implements the SNAP program, has no incentive to prevent fraud. Like the EDD debacle, these bureaucrats seem completely content to just shovel money out the door with no regard for consequences.

Even worse, in recent federal litigation, it was revealed that retailers who accept SNAP/EBT benefits are not obligated to employ advanced point-of-sale systems, the type that generates transaction records in standard grocery stores. In fact, a fraudster could become an EBT retailer by purchasing a point-of-sale terminal on the dark web that's linked to an "approved" retailer. This system has so few guardrails and fraud-detection tools in place that thousands of EBT cards from California were used in a single Michigan city with no "red flags" alerting anyone as to what was happening.

Consider the magnitude of these losses. SNAP boasts an annual budget of a staggering \$127 billion. If estimates suggesting that 20% of this amount is lost to fraud are anywhere close to being accurate, it means \$33.4 billion vanishing into thin air every year. Rather than deploying those billions toward helping America's most needy families, SNAP is in fact one of the largest funders of organized criminal groups in the world.

The lack of fraud detection and prevention technology within the USDA's SNAP



A small group of criminals in Detroit has managed to pilfer the SNAP (Supplemental Nutrition Assistance Program) benefits of nearly 8,000 impoverished California families who were shocked when they discovered their EBT cards had been drained. Image by Gerd Altmann from Pixabay

program places an enormous burden on law enforcement as well—as they need to divert significant resources at the federal, state and local level to investigate and hold these groups accountable.

To restore integrity to our public assistance programs taxpayers should demand the immediate implementation of front-end identity verification, advanced point-of-sale systems that generate transaction records, mandating the collection of transaction-specific geolocation information, and enforcing rigorous security standards for EBT transactions. To make this happen, we must upgrade the technology of EBT cards to include chips, similar to that on credit cards. This will make it much harder for criminals to skim data. Secondly, merchants should be required to collect data during transactions. The lack of a paper trail makes it nearly impossible to trace fraudulent activity. Thirdly, we must institute identity verification and eligibility determination requirements. SNAP must be easy to access for those who need it, but impossible to access by criminals.

This issue is more than just a financial matter; it's a moral one. It's time to demand that our political leaders and agency heads not only take notice but take decisive action. They must initiate and enforce measures to secure the SNAP program and to ensure that public funds fulfill their intended purpose: to assist those who need them most.

Jon Coupal is the president of Howard Jarvis Taxpayer Association. ★

SAFE Credit Union Awards \$24,000 in Scholarships

SAFE Credit Union News Release

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union is awarding \$24,000 in scholarships to 12 Amador, El Dorado, Placer and Sacramento area 2023 high school graduates.

Doubling its annual award from previous years, SAFE gave each recipient a \$2,000 scholarship.

"Congratulations to this year's remarkable group of scholarship award winners," says SAFE Credit Union President and CEO Faye Nabhani. "We are proud to support you in your educational journey toward rewarding and fulfilling careers."

SAFE offers 10 high school scholarships to its members and to two SAFE employee family members each year.

This year's winners are Dulce Terrazas Villa, (Bella Vista High School), John Hayes (Whitney High School), Grace Gonzales (Roseville High School), Analaura Gasca, (Center High School) Derek Larson (Christian Brothers High School), Shamar Knox, (C.K. McClatchy High School), Rosalinda Sanchez-Gonzales, (Union Mine



Dulce Terrazas Villa, Bella Vista High School. Photo courtesy of SAFE Credit Union



Abigail Rose, Mesa Verde High School. Photo courtesy of SAFE Credit Union

High School), Sofia Perez-Lanza, (St. Francis High School); Abigail Rose, (Mesa Verde High School), Emma Lee, (Amador High School), Olivia Moniz, (Rocklin High School), and Tait de Boer (C.K. McClatchy High School).

The scholarships – offered to high school seniors with membership ties to SAFE and who plan to continue their education at college, community college, trade school or university – were awarded based on grade point average, personal statements, and letters of recommendation.

"Congratulations to this year's scholarship recipients – you rocked it," says SAFE Community Impact Specialist Brit Kelleher. "Our scholarship committee was very impressed with your award

submissions, and we are so happy to be able to support you as you further pursue your education."

Since first offering the scholarships more than 20 years ago, SAFE has awarded over \$200,000 to students living in the 13 Northern California counties the credit union serves.

To be eligible, high school applicants must attend schools in Alameda, Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yolo and Yuba counties and be members of SAFE, or their parents or guardians are members of SAFE.

SAFE annually gives the awards as part of its commitment to the credit union principle to share its success with communities, as well as its three pillars of philanthropy: education, health and veterans. ★

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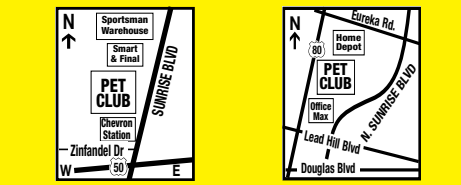
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ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
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Effective 7/5/23 - 7/11/23

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

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28 Lb Limit 2 Bags per Family
\$43.99
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CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES
•Multi-Protein •Chicken Meal & Rice •Large Breed 40 Lb & 44 Lb Bag
As Marked
(Multi Protein •Chicken & Rice •Lamb & Rice 27 Lb & 30 Lb Bag)
\$15 OFF
Our Regular Prices!
Effective 7/5/23 - 7/11/23

SCIENCE DIET DRY DOG FOOD
Limit 2 Bags
•Lite 30 Lb
•Active Mature 33 Lb
•Sensitive Stomach 30 Lb
\$65.99
\$71.99
•Perfect Weight 25 Lb
Effective 7/5/23 - 7/11/23

VICTOR SUPER PREMIUM DRY DOG FOOD
Big Bag 50 Lb Limit 2 Bags
•Multi-Pro **\$49.99**
•Professional **\$59.99**
•Hi-Pro Plus **\$64.99**
Effective 7/5/23 - 7/11/23

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
59¢
Effective 7/5/23 - 7/11/23

FANCY FEAST GOURMET CANNED CAT FOOD
Selected Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family
ON SALE
Everyday
Effective 7/5/23 - 7/11/23

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags Per Family
\$5.39
Effective 7/5/23 - 7/11/23

FRISKIES DRY CAT FOOD
16 Lb Bag
•Seafood •Surfing & Turfing •Tender Crunchy Combo
Limit 2 Bags per Family
\$15.99
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BLUE BUFFALO CANNED CAT FOOD
Tasteful •Pate •Flaked Limit 1 Case
3 oz. **\$1.19** 5.5 Oz **\$1.45**

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24 Lb Bag Limit 2 Bags
•Chicken •Weight Control •Duck •Salmon •Large Breed
\$6 OFF OUR REGULAR PRICES

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13.2 Oz Limit 1 Case
•Selected Varieties
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Market Fresh Recipe
2 Lb, 4 Lb, 10 Lb bag
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20 Lb Bag Limit 2 Bags
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15.5-16 Lb Bag
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28 Lb Bag
Limit 2 Bags
•Adult •Mature •Lrg Breed •Weight Care **\$49.99** •Puppy Reg & Lrg Bld **\$51.99** •Grain Free **\$53.99**

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Selected Varieties •Pate •Cuts in Gravy Perfect Portion 2.6 Oz Limit 1 Case
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207 ... 40 GAL. **\$119.99**
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AQUEON PRE-PRICED AQUARIUM KITS
PET CLUB SALE
10 GALLON (Pre-Priced \$79.99) **\$59.99**
20 GALLON (Pre-Priced \$124.99) **\$99.99**
29 GALLON (Pre-Priced \$139.99) **\$129.99**
55 GALLON (Pre-Priced \$229.99) **\$169.99**

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TetraFin Goldfish 7.06 oz. **\$9.99**
TetraFin Staple 7.06 oz. **\$13.99**
TetraFin Color 7.06 oz. **\$13.99**

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL
\$14.99

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ON SALE **Everyday**
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BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
•Selected Varieties - 3 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 7/5/23 - 7/11/23
\$2.19
CHM PLU 569

BONUS COUPON
JONNY CAT CAT LINERS
Jumbo Drawstring - 5 Ct
Limit 1 Box with Coupon
Limit One Coupon Per Family
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\$2.39
CHM PLU 449

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ASIAN GROCERY

Excellent Pancit Canton Flour stick 16 oz \$3.99	Coppo Durian White Coffee 456 g \$4.99	Kaori Chicken Broth Mix 2.2 lbs \$9.99	Ghee - O Cheese Block 500 g \$9.99	Chaohai Coconut Milk Powder 2 oz 99¢
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EUROPEAN GROCERY

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FROZEN & FISH DEPT

White Shrimp Head On 30/40 4 lbs REG. \$25.99/ea \$15.99 /ea	Skate Wing (frozen) 1 lb REG. \$8.99/lb \$4.99 /lb
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Columbus Pepper Turkey Breast \$11.49	Green Olives Stuffed with Almonds \$5.39

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