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JULY 12, 2019

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Girl Scouts Take STEM on the Road



(From left) Erica Ralston, GSHCC senior director of fund development; MaryJayne Zemer, GSHCC marketing director; Medha Aiyah; and Sacramento Mayor Darrell Steinberg tour the new Mobile STEM Center + MakerSpace. Photo courtesy Shauna Boyd. (Right) The Mobile STEM Center + MakerSpace will serve underserved girl scouts in the Heart of Central California council. Photo provided by Girl Scouts Heart of Central California.

Story by Shauna Boyd

SACRAMENTO REGION, CA (MPG) - Far too many girls in this country are unable to see themselves working in STEM (science, technology, engineering, and math) fields, but Girl Scouts is working to change that. "There's been a big investment nationally in STEM," explained Beth Peters, Girl Scouts Heart of Central California (GSHCC) STEM initiatives manager. "The national CEO [Sylvia Acevedo] is a rocket scientist, so she's very invested in computer science. She got into science because of Girl Scouts, so she wants other girls to have that opportunity."

The GSHCC council successfully opened two STEM Centers + MakerSpaces, one in Sacramento and another in Modesto. Peters said

the Sacramento space served 1,400 girls in the first year and 2,400 girls so far this year. "It's growing rapidly," said Peters, "and it's not just limited to STEM centers. Girls are doing projects with their troops, with their troop leaders, doing it on their own, they're taking more classes... girls are getting more involved, for sure, which is really exciting."

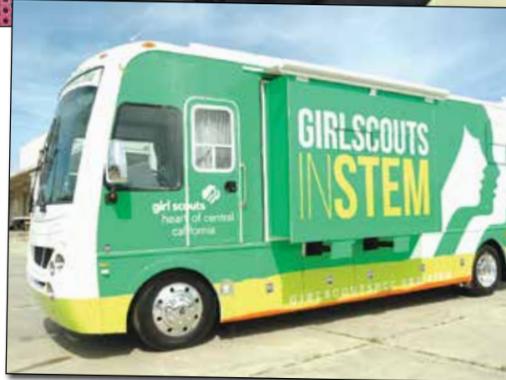
GSHCC has 18,000 girls in their council, which serves 18 counties. Everywhere "between Yuba City down to Merced, from Tracy to Truckee, so it's a very big section of the Central Valley," said Peters.

"It's just not feasible for people

to be able to get to the MakerSpaces on a regular basis." To expand on the success of the STEM Centers and reach more girls, GSHCC just launched a Mobile STEM Center + MakerSpace. "We decided to take everything good about these spaces and put it on wheels so we can take it to them," said Peters.

Medha Aiyah, a Gold Award girl scout, was part of the GIRL (G-getter, Innovator, Risk taker, and

Continued on page 9



\$1 Million in Grants Available to Area Nonprofits

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The County Board of Supervisors will provide \$1 million through the 2019 TOT Grant Program to support non-profit organizations located in Sacramento County that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, or health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning July 26 through the County's Office of Economic Development with a deadline of August 26, 2019.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels and other temporary lodging accommodations in the unincorporated area of the County.

2019 TOT Grant Program Application Dates & Details

Grant DEADLINE: August 26, 2019, 5 p.m.

Grant Application Period
July 26 – August 26, 2019

All applications and documentation requested in announcement must be submitted by 5:00 p.m. on August 26, 2019; Online Applications Only: all applications are only accepted electronically: Apply online beginning July 26; Duplicate and incomplete applications will be disqualified; Applicants will receive electronic receipt notification upon submission.

Grant Program and Application Workshops – 827 7th Street, Community Room

July 24, 2019 at 5:30 – 7 pm

July 26, 2019 at 11:30 am – 1 pm

General Overview of the Grant Program and Process; Application Writing - What the Evaluation Panel Looks For; Review of Timeline and Submission Information; Frequently Asked Questions.

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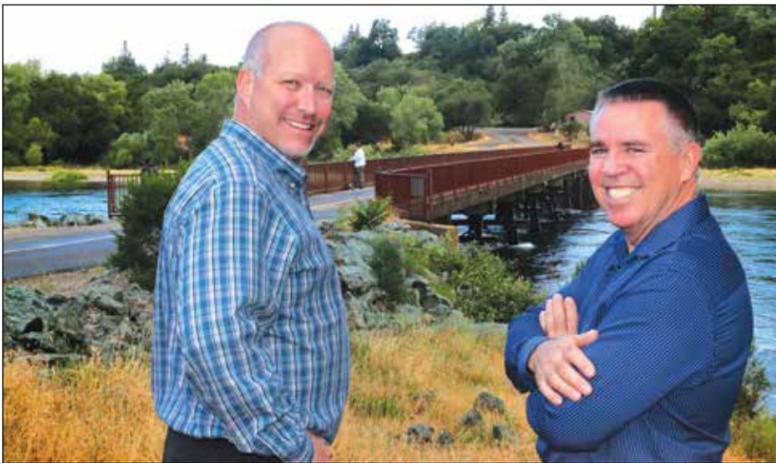
Eppie's Race is Back On

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Businessman Ken McGuire last year feared was the end of an era when the "final" Eppie's Great race was announced.

Co-founder of Innovations Health Systems – a network of health-centered services and facilities in the Bay Area – McGuire (52) never actually competed in the annual event.

"I felt it was too great a tradition to let die," he explains. "People came here from all over the USA to compete. Eppie's was a boost for our national profile. We Sacramentans talked about the great race in the same conversation as Kings Basketball games and the California International Marathon.



Ken McGuire (left) and Dan Niccum view the final Eppie's race stage from Sunrise walking bridge.

It helped charities. For all sorts of good reasons, keeping Eppie's alive seemed critical."

Now, thanks to McGuire, the world's oldest triathlon has not quite ended, after all. Steered by the

Sacramento businessman, the contest that the late Eppie Johnston began in 1974 has new branding. From the starting gun July 20, and for future summers, it will be run as The Great American Triathlon. The

endurance epic will again follow the American River Parkway in foot, bicycle and kayak stages. While benefiting charities, it will endure as one of our area's great summer events.

Continued on page 3

Proposed Rent Control Initiative Enters Circulation

Office of California Secretary of State

SACRAMENTO, CA (MPG) - Secretary of State Alex Padilla announced the proponents of a new initiative were cleared to begin collecting petition signatures today.

The Attorney General prepares the legal title and summary that is required to appear on initiative petitions. When the official language is complete, the Attorney General forwards it to the proponents and to the Secretary of State, and the initiative may be circulated for signatures. The Secretary of State then provides calendar deadlines to the proponents and to county elections officials. The Attorney General's official title and summary for the measure is as follows:

EXPANDS LOCAL GOVERNMENTS' AUTHORITY TO ENACT RENT CONTROL ON RESIDENTIAL PROPERTY. INITIATIVE STATUTE. Amends state law to allow local governments to establish rent control on residential properties over 15 years old. Allows rent increases on rent-controlled properties of up to 15 percent over three years from previous tenant's rent above any increase allowed by local ordinance. Exempts individuals who own no more than two homes from new rent-control policies. In accordance with California law, provides that rent-control

policies may not violate landlords' right to a fair financial return on their property. Summary of estimate by Legislative Analyst and Director of Finance of fiscal impact on state and local governments: Potential reduction in state and local revenues of tens of millions of dollars per year in the long term. Depending on actions by local communities, revenue losses could be less or more. (19-0001.)

The Secretary of State's tracking number for this measure is 1862 and the Attorney General's tracking number is 19-0001.

The proponents of the measure, Michael Weinstein, Cynthia Davis, Jesse Brooks, Rene Christian Moya, & Susan Hunter, must collect signatures of 623,212 registered voters (five percent of the total votes cast for Governor in the November 2018 general election) in order to qualify it for the ballot. The proponents have 180 days to circulate petitions for the measure, meaning the signatures must be submitted to county elections officials no later than December 23, 2019. The proponents can be reached c/o Fredric D. Woocher, Esq. and Beverly Grossman Palmer, Esq., of Strumwasser & Woocher LLP, at fwoocher@strumwooch.com and bpalmer@strumwooch.com respectively. The address for Strumwasser & Woocher LLP is 10940 Wilshire Boulevard, Suite 2000, Los Angeles, CA 90024. ★

Shriners Ranked as Top 10 Provider of Pediatric Orthopedics



Frontal view of the Sacramento Shriners Hospitals for Children. Northern California. Courtesy of Shriners

By Catherine Curran, Shriners Hospitals for Children - Northern California

SACRAMENTO, CA (MPG) - For the eighth year in a row, Shriners Hospitals for Children - Northern California is ranked as one of the nation's elite providers of pediatric orthopedic care by U.S. News & World Report.

In its annual Best Children's Hospitals rankings, U.S. News & World Report ranks the Northern California Shriners Hospital as number eight in pediatric orthopedics in conjunction with the UC Davis Children's Hospital. The Northern California Shriners Hospital also achieved the ranking of 20th in Urology in conjunction with UC Davis.

Rankings are based on a combination of clinical data and reputation with pediatric specialists. According to the U.S. News & World Report web site, U.S. News generates hospital rankings by evaluating data on nearly 5,000 hospitals in 16 adult medical specialties, 9 adult medical procedures or conditions and 10 pediatric specialties. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients.

"We are extremely proud to be

recognized as one of the top 10 providers of pediatric orthopedic care in the entire United States. The ranking is a reflection of the reputation of our exceptional team of specialists and the quality of care they provide children with complex medical needs," says Margaret Bryan, administrator and CEO at the Northern California Shriners Hospital.

"As a regional pediatric medical center, our hospital stands ready to serve families throughout Northern California who want the very best for their children," she adds.

Among the thousands of children treated by the orthopedic team each year are children with scoliosis, limb deficiencies, sports injuries, hand, wrist, elbow, and shoulder malformations, brachial plexus birth palsy, spinal cord injury, spina bifida, and cerebral palsy. The hospital also is engaged in clinical trials and scientific research to advance orthopedic care.

U.S. News introduced the Best Children's Hospitals rankings in 2007 to help families of sick children find the best medical care available. The rankings open the door to an array of detailed information about each hospital's performance. The full rankings and methodology are available at www.usnews.com/childrenshospitals ★

CBRT Responds to New Rent Control Initiative

By Brooke Armour, California Business Roundtable

SACRAMENTO, CA (MPG) - California Business Roundtable President Rob Lapsley issued the following statement in response to the submission of a new rent control ballot initiative that, if qualified, would appear on the November 2020 ballot:

"Voters in this state overwhelmingly defeated a rent control measure just five months ago. Study after study has shown

that rent control hurts the housing market, will stop investment of new development and will only make the housing crisis worse. CBRT strongly opposes this newly proposed ballot measure and will once again work to defeat it should it qualify. It is time to come together on solutions to meet the governor's ambitious goal of 3.5 million new housing units by 2025, the only true long-term solution to the housing crisis. Statewide rent control as proposed by this new measure will only make this goal harder to achieve." ★

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Travel Advisors Caught in the Crosshairs of California Senate

Proposed Legislation Would Set Back Decades-Old Business Model, Disrupting Thousands of Small Businesses

Submitted by American Society of Travel Advisors

Sacramento, CA (MPG) - If California Assembly Bill 5, currently making its way through the California Senate, is enacted without amendment, thousands of travel advisors in California and across the country will no longer have the option of rendering their services as independent business owners to the agencies that currently engage them, according to a survey conducted by the American Society of Travel Advisors (ASTA).

Like numerous other industries, travel agencies have come to rely heavily on the services of independent contractors, and this arrangement provides substantial benefits to both independent advisors and the agencies engaging them. Specifically, agencies gain a measure of flexibility where traditional employment relationships are either impractical or uneconomical, while advisors have the freedom to set their own hours and schedules, establish their own rates, select the customers with whom they will work and market their own brands.

Unfortunately, however, recent developments have put this mutually advantageous system at great risk. Last year, the California Supreme Court issued its decision in the case of *Dynamex Operations West, Inc. v. Superior Court of Los Angeles County*, 4 Cal. 5th 903 (2018), in which the Court adopted the so-called "ABC Test" to determine a worker's status as either an employee or an independent contractor for purposes of wage order claims. In doing so, the Court overturned the common law "right of control" test established in the *Borello* decision upon which travel agencies and businesses in hundreds of other industries in California had relied upon for nearly three decades.

Recently, the American Society of Travel Advisors conducted an industry survey in order to assess the likely impact of this harmful legislation on the independent contractor community. The preliminary results paint a clear picture.

First, this is an established industry that is about to be thrown into upheaval by Assembly Bill 5. More than half of independent contractors (ICs) have been in their role for more than seven years.

The vast majority of respondents to our

survey (85%) are very satisfied with their status as an IC and 93% of independent advisors reported that the freedom to set their own hours and work schedules was an important factor in choosing the IC business model.

If required by law to become agency employees, 41% of independent advisors responded that they would choose to leave the industry or leave the state for one that allows them the flexibility they currently have.

Now Assembly Bill 5, currently pending before the Senate Labor, Public Employment and Retirement Committee, aims to codify the holding in the *Dynamex* decision, making the ABC Test applicable to nearly everyone in every industry in the state. Because in most cases traditional travel agencies engaging workers to sell travel will be unable to satisfy the ABC Test, passage of the bill would mean that thousands of independent advisors will no longer have the option of rendering their services as independent business owners to the agencies that currently engage them.

As the bill has moved through the legislature, exemptions have already been added for insurance agents, physicians, dentists, direct salespersons, real estate agents, barbers, architects, and others.

While the Senate considers Assembly Bill 5, it is critical that it be amended to clearly state that workers engaged to sell travel in the travel agency industry will be evaluated under the standard in place in California for nearly 30 years prior to the *Dynamex* decision.

Rebranded in 2018 as the American Society of Travel Advisors, ASTA is the leading global advocate for travel advisors, the travel industry and the traveling public. Its members represent 80 percent of all travel sold in the United States through the travel agency distribution channel. Together with hundreds of internationally-based members, ASTA's history of industry advocacy traces back to its founding in 1931 when it launched with the mission to facilitate the business of selling travel through effective representation, shared knowledge and the enhancement of professionalism. For more information about the Society, visit ASTA.org. Consumers can connect with an ASTA travel advisor at TravelSense.org ★

Road Construction Season Underway

By Matt Robinson, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - It's that time of the year on Sacramento County roads. Construction season. The Sacramento County Department of Transportation (SacDOT) crews are busy with projects to improve area roads through new construction and maintenance efforts to beat back the wear and tear on the streets.

Some projects will be big efforts like the replacement of two bridges on Ione Road, and the construction of streetscape and completion of street improvements on Florin Road between Power Inn Road and Florin-Perkins Road (Old Florin Town). Others are designed to improve safety and mobility for all users including pedestrians, bicyclists and motorists, like the Garfield Avenue Improvement Project which will add bike lanes, sidewalk and street lights from Whitney Avenue to Gibbons Drive while modifying the traffic signal at Winding Way.

SacDOT has compiled a Project Master List (PML), which is posted on the department website. It highlights the planned projects the department is working to complete. In the list, you can see: Which projects are in your area; A description of the planned work; When the Board of Supervisors approved/expects to approve the project; When construction is expected to start and end.

The PML also shows how much the project will cost, and how it is being funded. The PML includes all projects in the County that are currently under construction

or will begin construction shortly. It also shows projects that are in earlier stages of development (environmental review, design, right-of-way acquisition) and are scheduled to be constructed in future years. This list is updated quarterly to include the latest project schedules and information.

Keeping the roadways safe means SacDOT crews will be out and about throughout the County in various ways taking care of much-needed maintenance. Crews will be busy filling potholes every day.

There are 5,200 lane miles of paved roads in the unincorporated areas of the County. In 2018, crews fixed nearly 59,000 potholes, but the weather coupled with the amount of traffic on our roads means potholes will show up as fast as crews fix them. Repairing a pothole is labor intensive work; due to the small size of a pothole, it requires crews to fix them by hand by shoveling asphalt into the holes. The patches offer a temporary solution, and eventually, roads with multiple patches will need a more expensive solution.

SacDOT is rolling out a \$22 million street improvement plan that includes Elkhorn Boulevard. Work like this, known as an AC (Asphalt Concrete) Overlay will repair the base of the road. An overlay project is more than pothole repair. This involves grinding and removing the surface materials and replacing with rubberized asphalt concrete. These projects are time-consuming, traffic disrupting, and expensive. The Elkhorn project will cost around \$3.4 million.

Construction season isn't solely focused on roadways. The spring and summer season means trees are in full bloom, the grass is growing, and weeds need to be abated. That bloom can also mean excess growth that needs to be trimmed before they cause a driving hazard. SacDOT maintains the right-of-ways in the unincorporated areas. Public safety and healthy landscapes are the focus of the department's Trees and Landscape section.

During the warm weather season, tree crews are out daily clearing the roads and sidewalks of hazards. Last year, crews trimmed 4,000 trees and removed another 257 diseased trees. This maintenance responsibility covers County owned roadway frontages, medians, pedestrian walkways, soundwalls, bike lanes, and overpasses. Along with the trees, you can find crews mowing more than 4,000 miles of roadside grass and performing nearly 2,000 miles of weed control.

To inform the department of areas that need maintenance, the public is encouraged to call 3-1-1 or report it online. Public input can also help stop problems before they grow, and that can help save money by stopping small issues before they become worse.

SacDOT appreciates the public's patience as County crews and contractors work to improve the roads, sidewalks, and landscape in the unincorporated areas. You can stay up-to-date with emails on road closures by subscribing to the SacDOT Road and Lanes Closure List. You can also follow SacDOT on Facebook and Twitter. ★

Eppie's Race is Back On

Continued from page 1

Via many meetings and phone calls, McGuire persuaded major Eppie's supporters to keep paddling. In January, Sacramento County gave approval for the new parkway event.

Capital City Road Management will continue to manage the race. Former volunteers have rallied, and more than 20 companies have agreed to co-sponsor. McGuire's business partner, Carmichael resident Dan Niccum, is onboard for brand development.

The new race will continue restauranteur Eppie Johnston's philanthropic drive that raised more than a million dollars for non-profits over 48 years. "Our fundraising for the

American River Parkway Foundation and children's health charities is important," confirms McGuire. "We hope to write big checks for good causes. But above all, we want to maintain a community event that defines summer in Sacramento."

The world's oldest triathlon will set a cracking pace through the accustomed river stretches of Arcade, Carmichael, Fair Oaks and Rancho Cordova. Starting line is at William Pond Park. Athletes will follow a six-mile route to the Guy West Bridge near CSUS, and then grab bikes to pedal 12 miles to the beach below Sunrise Boulevard (Fair Oaks). There is no swimming stage; contestants

will board kayaks, brave the San Juan Rapids and follow the river downstream to Rancho Cordova. Thousands of supporters, onlookers and volunteers traditionally cheer athletes through all stages. Après-race celebrations will include live music, food trucks and a beer garden beside the River Bend Park finish line.

Entry in the Great American Triathlon costs \$40 for athletes 18 and under; \$150 for adult competitors; junior relay is \$110; adult relay is \$225. Tandem water craft admission is \$300. Contestants may use rented kayaks. For information, go to www.greatamericatriathlon.com ★

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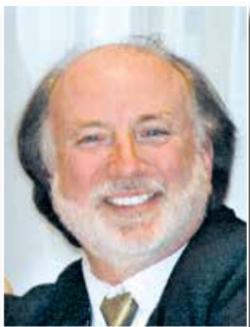
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CHEERS & JEERS

By Damian Holbrook

Jeers to The Handmaid's Tale

for telling the same old story. As great as the show's performers are – and they are amazing – with June (Elisabeth Moss, pictured) stuck in another male - dominated house while trying to save her child, Season 3 feels like it's spinning the wheels more than moving the characters forward.

Cheers to Younger

for getting even better with age. With Liza and Charles (Sutton Foster and Peter Hermann) going public as a couple, Kelsey (Hilary Duff) rising in the corporate ranks and Josh (Nico Tortorella) facing potential fatherhood, this once frothy TV Land

rom-com has grown into a sophisticated treat you should give yourself regularly.

Cheers to When They see Us

for being must-see. Ava DuVernay's miniseries about the Central Park Five is not just a harrowing portrait of a broken legal system and ruined, innocent lives, it also showcases a phenomenal cast – including Niecy Nash, Mr. Mercedes' Jharrel Jerome and Gotham's Chris Chalk – at the top of their game.

Jeers to A Baby Shark Series.

Nickelodeon is planning a cartoon based on the YouTube video that's captivated kids with its repetitive ditty about a



Elisabeth Moss, stuck in another male - dominated house while trying to save her child. Season 3 feels like it's spinning the wheels more than moving the characters forward.

finned family tree while simultaneously driving their parents insane. Doo-doo-doo do not do this to us...we just got the Barney theme out of our heads! ★

(especially in its unedited form), this seems to me more like a stunt to get the show some added exposure this year during the time when TV Academy members are making their Emmy nomination picks. It's also possible the network is dangling the first season of *The Good Fight* to its mainstream viewers as an enticement and advertisement for the streaming service, but its exclusivity to CBS All Access is why the series exists at all. So while it's always possible CBS could roll out the other seasons in future summers, their real goal with the series is to get more people inside the All Access tent.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will CBS Show All Seasons of The Good Fight?

Question: Now that CBS has debuted *The Good Fight*'s first season on the mothership, do you think they'll re-air all the seasons on CBS, since CBS All Access is at least 3 seasons or years ahead? We have enough streaming options and adding another for just one show is not in the cards.

– Ryan

from the only one who's aggravated by CBS putting its best and most promotable properties (*The Good Fight*, *Star Trek: Discovery*, *the Twilight Zone* reboot) behind a paywall while delivering weak reboots or worse to its loyal broadcast audience. But that's the direction things are going throughout the industry, and while I'd like to promise that CBS will treat its viewers to future seasons of *The Good Fight*, which is terrific

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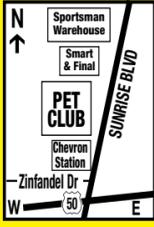
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Watch for West Nile Virus Mosquito Bites

By Corey Egel, CDPH

SACRAMENTO REGION, CA (MPG) - The California Department of Public Health (CDPH) urges all Californians to protect themselves from mosquito bites during West Nile virus (WNV) season, which extends from summer through early fall.

"West Nile virus activity in the state is increasing, so it is important to take every possible precaution to protect against mosquito bites," said State Public Health Officer and CDPH Director Dr. Karen Smith.

West Nile virus spreads to humans and animals through the bite of an infected mosquito. Late-spring rains have contributed to standing water, which serves as a breeding source for mosquitoes that can spread WNV. Hot temperatures also contribute to increasing numbers of breeding mosquitoes and an increased risk of virus transmission to humans.

Currently, WNV activity is within expected levels and is similar to activity at this time last year. The risk of disease due to WNV increases as the summer progresses, and declines in early fall as the weather cools. In 2018, there were 217 reported WNV cases in California, including 11 deaths. Since WNV was first introduced into California in 2003, there have been more than 6,000 human WNV cases and 303 WNV-related deaths across the state.

West Nile virus is influenced by many factors, including climate, the number and types of birds and



West Nile virus activity in the state is increasing, so it is important to take every possible precaution to protect against mosquito bites. File photo MPG

mosquitoes in an area, and the level of WNV immunity in birds. For most people, the risk of developing serious illness is low. However, some individuals – less than one percent – can develop serious neurologic illnesses such as encephalitis or meningitis. People 50 years of age and older, and individuals with diabetes or hypertension, have a higher chance of getting sick and are more likely to develop complications from WNV infection.

CDPH recommends that people protect against mosquito bites and WNV by practicing the "Three Ds":

DEET – Apply U.S. Environmental Protection Agency (EPA)-registered insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535 according to label instructions. EPA-registered repellents are recommended for use because they have been tested for safety and efficacy in preventing mosquito bites. Insect repellents should not be used on children under two months of age. For more information,

visit CDPH's insect repellent toolkit.

DAWN AND DUSK – Mosquitoes that transmit WNV usually bite in the early morning and evening, so it is important to wear proper clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens that have tears or holes.

DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property by emptying flower pots, old car tires, buckets, and other containers. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

California's West Nile virus website includes the latest information on WNV activity in the state. Californians are encouraged to report dead birds on the website or by calling toll-free 1-877-WNV-BIRD (968-2473). www.cdph.ca.gov ★

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- Compliance with new and existing regulatory and permit procedures?

The Business Environmental Resource Center (BERC) is a free and confidential non-regulatory consultation service designed to help start-up, new and existing businesses navigate and comply with environmental and regulatory permit requirements. BERC Consultants clearly help guide you through the process, which **saves you time and money!**

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"We consider BERC a critical member of our team. BERC demystifies the industrial permitting process in a confidential, business supportive manner. The BERC staff are experts on the overwhelming industrial permitting process, making permitting a business a simple process" -Senior Vice President, Corporate Community

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POPPOFF!

with Mary Jane Popp

Ultimate Non-Diet

Does losing weight sound frustrating? I suspect it does for everyone whether it's a few pounds or a lot. The question is this. Is your diet burning fat or making you FATTER? Now I have your attention, don't I? According to Dr. Jamie Fettig, he told me he has "The Ultimate Non-Diet" and it will give you the full picture. He asked me and my listeners to suspend our skepticism on my POPPOFF Radio Show. He told me his research is based totally on science. He argued that the infomercials and mega-corporations tell you losing weight is quick and easy. Dr. Fettig says it's not as easy as they claim. He added that our bodies aren't designed to lose that much weight rapidly in a healthy fashion. They call him "The Nitty Gritty Guy" producing major results with minimal effort. So Dr. Fettig

encourages us to put aside those videos that make you sweat out your brains with intense workouts, hoping to see those unwanted pounds and inches melt away. But it doesn't turn out that way. So I jumped at the chance to get a brief look at the 12 secrets of being slim, sexy, slender and healthy from his book **The Ultimate Non-Diet.**"

According to the good Doc, the body wants to store fat or burn fat. Fat storage is usually in all the wrong places.

There are twelve things that the body does to go into fat storage mode and we want to burn fat. So here goes. **1) DIET:** Food intake. **2) EXERCISE:** Activity. **3) ALCOHOL:** Produces insulin. **4) SLEEP:** Without sleep the body can't go and can't rid itself of the fat burning hormones. **5) TOXINS:** The toxins in our body preserve stored fat cells. **6) FOCUS:** Focusing on your "ideal" weight instead of "losing" weight. **7) SKIPPING MEALS:** When skipping meals, the brain will make the body react as if a famine is taking place and begin to store fat. **8) REFINED**

CARBOHYDRATES (SUGAR): Produces insulin and stores fat. **9) STRESS:** How we perceive stress determines how we produce fat producing hormones. **10) NERVOUS SYSTEM:** Certain things we do makes our nervous system produce fat storing hormones. **11) PAIN:** When in pain, the brain automatically begins to control fat storing hormones. **12) WEIGHT-O-STAT:** Acts as a thermostat for your body. If not reset, the body will go back to the fat storage mode that is was in before.

Dr. Fettig added fat storage is usually in all the wrong places. There are these twelve things that the body does to go into fat storage mode and usually only two are focused on...diet and exercise. If you don't use the other ten components, your body will tip to the overweight side. It's all you need to know in **The Ultimate Non-Diet...12 secrets of Being Slim, Sexy, Slender and Healthy for Life.** So check out what you need to know so that you can say... **LOOKIN' GOOD!** And do it the healthy way! ★

CSLB Catches Offenders in Sacramento County Sting

Contractors State License Board Press Release

SACRAMENTO, CA (MPG) - Breaking state contracting laws has once again caught-up with a Sacramento area offender who has a history of unlicensed contracting activity - he was caught for illegal contracting in a sting last year. The repeat offender was one of 13 cited in a sting last week in Gold River.

CSLB's Statewide Investigative Fraud Team (SWIFT) coordinated the undercover operation in a single family home near Mather Airport on June 12-13. The Sacramento County District Attorney's Office and Rancho Cordova Police Department were partners in the sting.

CSLB investigators contacted alleged unlicensed contractors to bid on home improvement projects like painting the exterior of the home, masonry, electrical, and pouring concrete.

A total of 13 showed-up at the sting house to give estimates. They offered bids between \$930 for electrical and \$12,000 for pouring concrete - well over the legal threshold for contracting without a license.

In California, it's illegal to bid over \$500 on contracting

jobs for both labor and materials combined (Business and Professions Code (BPC) §7028(a)). A first conviction penalty could result in fines of up to \$5,000 and/or by imprisonment in county jail for up to six months.

One of those cited is a repeat offender. Jacob Daniel Cobb was caught in a Roseville sting March 2018. He pled no contest and was sentenced to three years of probation. If charged, second offences include a fine of \$5,000, twenty percent of the contract price, or twenty percent of the aggregated payments (whichever is greater) and up to 90 days in county jail (BPC §7028(c)).

"Our goal is for any suspect who qualifies for a contractor's license to get one," said CSLB Registrar David Fogt. "When they get caught a second time, they're showing they'd rather put homeowners at risk than following the law. That's why it's critical for consumers to check for a contractor's license before hiring anyone to work in or around their homes."

Consumers can get license info by running an "Instant License Check" on CSLB's website. They can also get a list of licensed contractors in their area by using the "Find My Licensed Contractor"

feature to search for licensed contractors by city or ZIP code.

Twelve suspects may face a second misdemeanor charge for illegal advertising. Licensed contractors must display their license number in all advertisements and unlicensed contractors must state in all ads that they do not have a license (BPC § 7027.1). The penalty for violating the advertising rules for unlicensed contractors is a fine of \$700 to \$1,000.

One of the suspects did not carry workers' compensation insurance policies to cover those working for them (Labor Code § 3700.5). This case resulted in a "stop order" (a legal demand to cease all employee labor at a jobsite), as the unlicensed individual brought his hired help with him to the home.

One suspect may also be charged with asking for an excessive down payment. (BPC §7159.5 (a)(3)(b)). The legal limit for a down payment is 10 percent of the contract price or \$1,000, whichever is less.

All suspects were ordered to appear on a future date. All suspects are presumed innocent until their case is resolved.

For more see www.cslb.ca.gov or www.CheckTheLicenseFirst.com★

Local Woman Arrested for Alleged Sexual Assault

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - In May 2019, the Citrus Heights Police Department (CHPD) issued an arrest warrant for 22-year-old Kasea Cirincione, who is accused of engaging in a sexual relationship with a juvenile. Cirincione is a

former Taekwondo instructor at Family Taekwondo Plus, where the victim was a student.

The investigation began last December, when the suspect was 21 and the juvenile victim was 14 years old. CHPD community service officer Larissa Wasilevsky said,

"The allegations were confirmed" through a five-month investigation: "In the course of the investigation, we obviously found enough evidence to bring charges" and the district attorney and judge approved the arrest. Cirincione turned herself in on May 10.

Cirincione was arraigned in Sacramento County Superior Court on May 20 and was charged with 12 felony counts, including sexual intercourse with a minor under the age of 16.

Officer Wasilevsky said that the investigation did not find any other victims, so they believe this

to be "an isolated incident." She also said that the investigation "found no evidence of criminal culpability by the owners of the establishment."

One of the owners of Family Taekwondo Plus, Teena Cirincione, said that Kasea Cirincione stopped working at the school last

December. She said, "There are no allegations that anything occurred here, and I don't believe we should be brought into the middle of this."

Court documents in Cirincione's case show that a settlement conference on June 25 was continued to July 31. ★

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CLUES

- ACROSS**
 1. House of Winterfell
 6. Sugar Ray Robinson's punch
 9. Concert units
 13. Water-resistant wool cloth
 14. ___ Baba
 15. Bay window
 16. Watting pleasantness
 17. Between Big and Wolf
 18. Halle or Chuck
 19. *Face-to-face
 21. *Feeling of familiarity
 23. A pop
 24. Cremation pile
 25. *Geographic cape in French
 28. Indira Gandhi's dress
 30. Like an echo
 35. Away from wind
 37. Threads
 39. Small drum
 40. Do like buffaloes
 41. "Peter, Peter Pumpkin"
 43. Kind of pool
 44. Monotonous sound
 46. Facts and figures
 47. Eminem, a.k.a. ___ Shady
 48. Dines at home
 50. a.k.a. The Islamic State
 52. Rocks in "on the rocks"
 53. Perfect houseplant spot
 55. "T" in Greek
 57. *Overused idea
 60. ___-faire
 64. Southern chicken stew
 65. Tire measurement
 67. Branch of Islam
 68. Discombobulate
 69. Summer color
 70. Worry or cause anxiety
 71. Back talk
 72. Be in a cast
 73. Arm cast holder

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
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- DOWN**
 1. Serb or Croat
 2. Famous Amos
 3. Tumults
 4. Chart anew
 5. Butcher, baker and candlestick maker
 6. #6 Across, pl.
 7. *Pie ___ Mode
 8. Fussy old woman
 9. ___ code
 10. Type of nuclear missile
 11. Paddington Bear's homeland
 12. "Rocky" star
 15. Express disapproval
 20. Extremely angry
 22. Poetic "before"
 24. Cindy Brady's do, sing.
 25. * ___ blanche
 26. Luau greeting
 27. Lively
 29. Yellow brick one
 31. Ugly old witches
 32. Obelus, pl.
 33. Not Doric nor Corinthian
 34. *Crème de la ___
 36. Flightless birds
 38. Series of reps, pl.
 42. Yogurt-based dip
 45. Slip-up in pool

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Solutions on Page 7

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By Marlys Johnsen Norris, Christian Author

I know so little about heaven, yet, one day God gave me a glimpse of its beauty. The transition from this life to the next will be in a twinkling of an eye. The beauty of this world will be but a shadow compared to what we will see when we arrive in our eternal home. Not only will be in the very presence of our Master-Creator (Father, Son and Holy Spirit) but because of the work, life, death and resurrection of His Beloved Son, we will be like Him. (1 John 3:2)

Once we saw through a darkened mirror, but now we will see and know all things clearly. (1 Cor. 13:12) The mystery of life and death will no longer exist, we will just know all things. We will see God (Father, Son and Holy Spirit) as He IS. We will instantly understand the Trinity and how three could be one! No longer do we have preconceived ideas of our own making about God and what the Holy Bible teaches and instructs. We know, we actually will know! A Spiritual experience beyond measure!

No longer will we have unanswered questions. Because we no longer try to compromise truth or sit on fences wondering what is right and what is wrong.

My Glimpse Of Heaven!

We just know! We know the true value of what we have believed because now all our beliefs were transformed by the infinite power of our Creator and we have become unified in spirit about all things.

In heaven an indescribable peace fills the atmosphere and enters our being. We rest, we trust and we worship, praise and glorify the Master Creator. A love beyond any earthly love penetrates deep within our soul. There are no words to express the emotion within our being.

He knows our thoughts and we communicate with silent unspoken words of love and affection to one another and understand completely every word.

When we entered God's workshop called "heaven" we saw "prayer warriors" in one corner listening to the prayers of the saints below. They stop periodically in worship and are silent, then we hear them lifting the names of the saints in prayer.

In another area we see more angels waiting anxiously for an earthly assignment to bring about a miracle in someone's life. Their arms are lifted in worship as they gently and softly sing praises to the Father.

Still in another area animals are grazing and there are farmers gathering beautiful flowers, seeds, bushes and various plants placing them in a cart with wheels. It appears they are the ones who tend to the natural beauty we saw as we crossed over the bridge where Jesus met us as we entered His eternal home.

Oh, I forgot to mention the beauty of what we called "nature" on earth is seen

more exquisite than we have ever seen before. The colors are so pure and perfect as we have never seen before. The sky is blue and as we walk or move through the air, brilliant colors form and dance around us. As we walk we are encircled by beautiful varied hues as through they are caressing us with their love and beauty.

Here, we never feel alone and the moment thoughts of someone comes to mind, they miraculously appear in front of us. They share in our "silent unspoken words"

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Oh, I forgot to mention the beauty of what we called "nature" on earth is seen



By Pastor Ray Dare

The Christian life isn't a 100-yard dash, it's a marathon. If you're going to be everything God wants you to be, you've got to keep going. But how?

Rely on God's mercy. "Therefore, since God in his mercy has given us this new way, we never give up" (2 Cor. 4:1 NLT). Paul knew the only reason he had a ministry was because of God's mercy. So often we hear Satan whispering in our ears that we're not good enough, not smart enough, and not "spiritual" enough to serve God. You need to remember that God does everything to you, through you, and for you is by His grace and mercy. It's all a gift.

Remember it's not about you. If you don't, you'll either get bitter or prideful. You'll take everything personally. Someone looks at you cross-eyed, and you're ready to quit. You have to check your motivation. The why

Pastor Ray's Encouraging Words

How to Keep Going

always determines the what and the how long. If you're serving the Lord, just for yourself or for the approval of others, you're not going to last. Twice in this passage Paul tells us why he does what he does – **for Jesus' sake.** How could he endure the whippings, imprisonments, and criticism? He didn't make it about himself.

Refocus on others. "For all this is because of you, so that grace, extended through more and more people, may cause thanksgiving to overflow to God's glory" (2 Cor. 4:15 NLT). Paul says everything he does is for the benefit of others. He doesn't do it for himself; he does it for others. He does it for love. You serve God by serving others, motivated by love. You've got to think of others before yourself.

Renew your heart daily. "Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day" (2 Cor. 4:16 NLT). We're all getting older and breaking down physically. But we don't have to break down internally. How do we

avoid that? Paul says we get renewed "day by day." You do that through daily Bible reading and prayer. It must be a daily practice.

Refocus on eternity. "For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen; for what is seen is temporary, but what is unseen is eternal" (2 Cor. 4:16-17 NLT).

Paul experienced all kinds of trials. He was beaten, shipwrecked, and criticized, but he called them just momentary afflictions. Why? He had an eternal perspective. When you have your eyes on eternity, temporary troubles shrink in comparison. You've been called to be on the front lines of what God wants to do in this world. But it won't happen today. And it won't happen tomorrow. You've got to be committed to ministry for the long haul. These principles will help you do just that.

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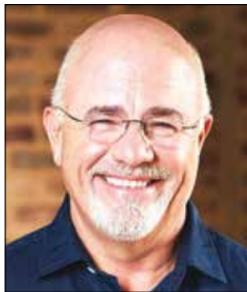
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Dave Ramsey Says

By this, I mean in the next few months I want you save up \$500, then open a separate checking account for reimbursable travel expenses only. Make sure a debit card is attached to the account, too.

If you put \$500 into this account one time, you'll never have to save for it again. You'll use some of that money for your travel expenses—on your debit card—and when they reimburse you, you'll put the reimbursement check directly into your travel account. After you get the initial \$500 in there, your travel account will run off your reimbursement checks.

Lots of people carry credit cards on the road for expenses, but often they'll end up buying things that aren't reimbursable. It happens to everyone who travels. Then, over time, you accidentally run up credit card debt. But when you use a

debit card with an account that's completely separate, and you're not using it for anything except reimbursable travel expenses, it'll help you become a lot more disciplined with your purchases on the road.

Everyone who travels a lot does some stress eating and stress spending. Why? Because being on the road often, or for long periods of time, is no fun. The only people who think travel for work is glamorous are those who don't do it for living!

—Dave
Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Travel Expenses

Dear Dave,
I'm an admissions counselor for a university, and I make \$37,000 a year. I spend a lot of time on the road, and I'm trying to get out of debt, but I have one credit card I'm still using for travel expenses. The university refunds me for these expenses, which always run \$300 to \$400 per trip, but usually it takes about three weeks for this to happen. Do you have any advice for someone in my situation?

—Roxanne
Dear Roxanne,
Let's set up an account, and prime the pump once.

Find Puzzles on Page 6

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7	6	3	4	5	9	8	2	1
5	9	2	1	6	8	3	4	7
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Girl Scouts Take STEM on the Road

Continued from page 1

Leader) Task Force, and she helped design and implement the STEM Center + MakerSpace. Aiyah just finished her freshman year at the University of Texas at Dallas where she is majoring in computer science. “I love coming back,” said Aiyah, “especially seeing the growth of what Girl Scouts here have done promoting girls in STEM. It’s amazing, and the Mobile STEM MakerSpace is so cool because you can take STEM on the road and bring it to so many girls.”

Aiyah said, “When I took my first computer science classes in high school, there weren’t as many girls as I expected. I thought, ‘We have the same mind and the same capability to do what guys can do, why are there less girls in this field?’ So it’s really important to encourage girls, to tell them, ‘You have power, and you can

shine bright in these fields.’”

The Mobile STEM Center will travel to troops and Title I schools throughout the region to reach underserved girl scouts, especially those living in outlying areas. GSHCC will rotate the curriculum to offer a variety of options including engineering, robotics, programming, virtual reality, energy and space science, cyber security, agricultural science, and forensics.

Peters said that GSHCC also works with local partners in the region to help connect girls to STEM resources that already exist in their communities, and they “hope that the Mobile STEM Center will be a magnet for that.”

At a launch party for the Mobile STEM Center on June 18, attendees commended the initiative. Powerhouse Science Center deputy engineer Rita Hoffstadt and executive

board of directors’ member Judith Kielstrom admired the MakersSpace and said they look forward to partnering with GSHCC. Kielstrom said, “It takes a village to raise a young scientist.”

Sacramento Mayor Darrell Steinberg supports GSHCC’s STEM initiative, noting the importance of creating pathways for young girls into these fields as the area increases its technological impact: “Sacramento is booming... We’re building a modern economy.” Mayor Steinberg wants Sacramento to be a national leader in ensuring young women’s involvement in STEM, and he offered this advice to young women: “Live your dreams. Don’t let anyone tell you that you can’t do something.”

Girl Scouts serves girls in grades K – 12 and girls can join at any time. Visit www.girlscouts.org for more information. ★

\$1 Million in Grants Available to Area Nonprofits

Continued from page 1

Grant Application Review Period

August 27 – September 3, 2019

Budget & Debt Management staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals meet the minimum qualifications and moved to the evaluation process. Qualifying organizations will receive the Board of Supervisors Hearing schedule where final recommendations and approval

will be made in October 2019.

September/October 2019

Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying applications and may contact organizations with follow-up questions.

Grant Program Hearing Notification:

Applicants will receive a second electronic notification of schedule for the Board of Supervisors Hearing where recommended award selections will be made.

Grantee Award Approval

November 2019

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

Budget & Debt Management will notify applicants of funding selections within five business days of Board Hearing approval. All notifications will be made electronically.

Budget & Debt Management will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website. ★

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October 5: Paperback Writer | The Beatles Experience

Concert Under the Stars!

Hard Rock Hotel & Casino Sacramento at Fire Mountain Prepare for Fall Opening

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Opening this fall as Hard Rock's first Vegas-style casino in California, Hard Rock Hotel & Casino Sacramento at Fire Mountain recently announced its top-tier executives. "I'm very impressed with the caliber of experience of our executive team. They have over 200 years of combined gaming experience," said Mark Birtha, president of Hard Rock Hotel & Casino Sacramento at Fire Mountain. "We attracted very capable individuals from around the country."

"This is the best team I've ever been a part of in my entire career. They are all experts in their fields," said Birtha. "We're a beacon for the area. Wheatland might not have been on their radar, but now they are excited to build long-term interaction with the community." The executives will all be relocating to the Greater Sacramento Region and will be working on site in Wheatland every day.

Christopher Balaban, vice president of finance, has an MBA and over 20 years of gaming experience in Las Vegas, Florida, and the Bahamas. In addition to prior VP of finance roles, he led hotel and food and beverage operations, giving him a diverse operational background.

Ryan Flieger, vice president of human resources, has worked with Hard Rock since 2012. He held leadership roles



Chris Balaban

at hotels in San Diego and Las Vegas, and he worked on several Hard Rock expansions. Flieger has experience in talent



Ryan Flieger

acquisition and retention, training, and culture setting.

Anika Gaskins, vice president of marketing, has an MBA and was recently the VP of national marketing for MGM Resorts as they opened a new \$1 billion casino property. Gaskins has worked in various marketing roles in casinos from Canada to Las Vegas, developing marketing initiatives and increasing revenue.

Paul Mollo, vice president of table games, has almost 40 years of gaming experience and has been working with Hard Rock for more than a decade.



At the topping-off ceremony on February 13, the first rendering of the Hard Rock Hotel & Casino Sacramento at Fire Mountain was unveiled to the public. Image provided by Zimmerman Agency

Mollo used his expertise to help HBO Productions create authentic scenes of casino gaming on "The Sopranos".

Matthew Morgan, vice president of information technology, has more than 20 years of experience in gaming technology. He has an MBA, and he has worked in Las Vegas and in local casinos Red Hawk and Thunder Valley. Morgan focuses on bringing mobile products to the casino market.

Will Provance, vice president of slot operations, has more than 20 years of leadership experience in restaurants, entertainment, hotel operations, and casino gaming. He has an executive certificate in customer-driven marketing, an MBA in international hotel and

tourism management, and a Master of Science in hotel administration with a concentration on gaming.

Kaywan Samadani, vice president of hospitality, has worked at casinos in Lake Tahoe, Las Vegas, Missouri, and Ohio. Samadani has extensive restaurant and casino hospitality experience — working as a chef, director of food and beverages, director of hospitality, and VP of casino services.

Birtha said they will be taking occupancy of the administrative offices, kitchens, security offices, and surveillance and storage areas in early July. Then they'll start moving in the furniture, equipment, and gaming tables. "Everything is on schedule and on budget," said Birtha. "Our company

has had that vision to stay focused."

Hard Rock also just launched a social gaming app: Hard Rock Social Casino. "It's a way to engage loyal Hard Rock followers and allow them to interface with the casino before it opens," said Birtha. The free "social casino" will give people a taste of the gaming experience on their smart phones, tablets, or computers. Payment is not required to play, and winners earn virtual credits. Players can select Hard Rock Hotel & Casino Sacramento at Fire Mountain as their casino for the chance to win real-world prizes and promotions to use when the casino opens this fall.

The Hard Rock Hotel & Casino Sacramento

at Fire Mountain advertising campaign is also launching soon, with large outdoor billboards, social and digital marketing, and TV and radio ads. Birtha said, "This will be our formal introduction to the region, from Tahoe to San Francisco." Birtha was also proud to announce some of Hard Rock's local partners: Toyota Amphitheatre, Sacramento River Cats, Sac Republic FC, and Golden 1 Center.

Birtha said that Hard Rock has a "philanthropy of social engagement" and is committed to hiring local people and building partnerships with local vendors to bring in produce, wine, and art. For information about upcoming hiring and vendor fairs, visit www.hardrock-hotelsacramento.com. ★

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