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Carmichael Times

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AUGUST 30, 2019

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Summer Music Season Nears Swan Song



Famed Americana band Mumbo Gumbo drew huge crowds to Carmichael Park last weekend. Leader Tracy Walton (center with guitar) graduated from Mira Loma High. This weekend will feature the Dave Russell Band on Saturday and the Kiwanis Swing Band on Sunday.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Co-leader of nationally-known zydeco band Mumbo Gumbo, Tracy Walton trod familiar turf in Carmichael Park Saturday night. The singer grew up in Carmichael and graduated from Mira Loma High School. More than 40 years later, she and the seven-piece group delighted a 2500-strong crowd during the penultimate weekend of Carmichael Park's summer concert season.

Walton, who learned music from her pianist father Bill, first encountered Mumbo Gumbo bandmates at a California State Fair performance. "They called themselves Spydell in those days," she recalls. "I saw Chris Webster on stage and asked if

I could sing with her. I've been singing and writing songs with Chris ever since." Mumbo Gumbo morphed from Spydell's seven musician friends. Their "genre-blending" stew of Creole and blues blazed trails. "We all came from different experiences," explains Walton. "That's how we created such a crazy mix-up of rhythms and styles. We didn't copy anyone; Mumbo Gumbo just created itself. We were soon enjoying an enormous wave of popularity."

Over 30 years, the Sacramento musicians have recorded nine albums of original music (mainly penned by Walton and Webster). Sacramento Area Music Awards (SAMMIES) paper their walls; they perform 40 or more gigs per year. Familiarity can breed romance: Walton's husband is Ric Lotter, the group's co-founder

and long-serving drummer. The couple's 19-year-old year daughter Emma is a classical violinist and the Walton/Lotter family now inhabits East Sacramento's Curtis Park.

"I love to come back to Carmichael," says Walton. "It's like old-home week for our bass player Mickey Palmer and me. We knew each other at Mira Loma. It's wonderful that our old high school friends come out to see us."

Carmichael Park's 43rd season ends this weekend. The Dave Russell Band will offer country music on Saturday (August 31); the Kiwanis Swing Band plays on Sunday (September 1). Downbeat for both shows is 6:30 pm.

Admission is free. For more information, visit www.carmichaelpark.com ★

County Offers Alcohol, Drug Treatment Expansion

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Health Services received approval from the Centers for Medicare and Medicaid Services on their submission for the Drug Medi-Cal Organized Delivery System Waiver. This accomplishment is a massive overhaul that will expand treatment of substance use disorders for Sacramento County residents. The waiver is effective June 28, 2019, through June 30, 2021.

The Drug Medi-Cal Organized Delivery System Waiver is part of a statewide initiative that offers counties the opportunity to expand access to high-quality care and increase alcohol and drug treatment services. Before the waiver, Medi-Cal patients suffering from substance use/abuse had a small selection of addiction treatment services and did not have an organized system to help them find quality care.

Under the approved waiver, Sacramento County Alcohol and Drug Services can provide a broader range of services, while also having additional resources to coordinate and manage those services, monitor the quality of care and provide more affordable rates. Services will be offered to Sacramento County Medi-Cal beneficiaries, both adults and youth.

"The approval of this waiver is huge for Sacramento County, with the new services, we can treat more patients than ever before," said Sacramento County Alcohol and Drug Services Division Manager, Lori Miller. "Implementation will give the County greater administrative oversight to support patients. The County will also have the ability to improve care, be more efficient with our resources, implement evidence-based practices in substance abuse treatment, and coordinate with other systems of care to help residents get treatment."

"Sacramento County is excited to expand local networks of high-quality providers, as well as improve substance use disorder services and coordination with other hospitals, health and behavioral health systems," said Behavioral Health Director, Ryan Quist. "The waiver will create alignment with new cross-system initiatives with law enforcement, criminal justice and child welfare."

To learn more about the Drug Medi-Cal Organized Delivery System, visit the California Department of Health Care Services website, email dmcod-swaiver@dhs.ca.gov or contact Sacramento County Alcohol and Drug Services at 916-875-2050. ★

Six-State Effort for Labor Day Fights Impaired Driving

By Sven Miller, California Highway Patrol

SACRAMENTO, CA (MPG) - Labor Day weekend is one of the busiest on the highways, which makes impaired driving even more dangerous. To help keep the roadways safe, the California Highway Patrol (CHP) is joining forces with five other Western states with the slogan "No safe place for impaired drivers" to crack down on drunk and drugged driving for the coming holiday weekend.

In partnership with the National Highway Transportation Safety Administration, the state patrols of Arizona, California, Idaho, Nevada, Oregon, and Washington will work as a Western States Traffic Safety Coalition to place special emphasis on the enforcement of drug-impaired driving. The states will jointly stress that driving under the influence (DUI) means drugs as well as alcohol in their educational efforts.

"Whatever causes impairment makes you an unsafe driver," CHP Commissioner Warren Stanley said. "High visibility enforcement in these six states will help create a general deterrence and promote safer driving."

In California, roads will be patrolled by all available CHP officers for the Maximum Enforcement Period (MEP), from 6:01 p.m. Friday, August 30, to 11:59 p.m. Monday, September 2. During the 2018 Labor Day weekend MEP, 36 people were killed on California roads and 1,084 were arrested for DUI.

Since the legalization of recreational cannabis, the CHP has increased training efforts to detect impaired drivers. All CHP officers and sergeants have received additional impaired driving enforcement training. California also has the highest number of drug recognition expert (DRE) trained personnel in the nation. For the Labor Day MEP, DREs will be on duty throughout the state.

Many people think of Labor Day as the last weekend of summer and plan special trips. The CHP reminds all drivers: Do not drive if you are going to drink or use any other impairing substance. Always wear your seat belt. Avoid distractions behind the wheel. Be patient, especially when it comes to road congestion or construction.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

Solo Vehicle Fatality Kills Two Near Watt Ave

By Officer Amy Walker, California Highway Patrol

SACRAMENTO, CA (MPG) - On August 27, 2019 at approximately 1:31 am, the California Highway Patrol (CHP) received reports of a traffic collision in the area of Watt Avenue and Longview Drive. Upon arrival

responding units located a 2006 Chevrolet Monte Carlo within the dry creek bed of Arcade Creek, east of northbound SR-51, and north of Watt Avenue. Both the male driver and male passenger were still seat belted inside the vehicle and required extrication. Sacramento County Fire arrived on scene

and pronounced both parties in the vehicle deceased. Preliminary on scene investigation suggests this was a solo vehicle traffic collision. Drugs or alcohol do not appear to be a factor in this collision.

Any additional information about this news release should be directed to Officer

Amy Walker who will be available at the CHP North Sacramento Area business phone number: (916) 348-2317, Monday through Friday 8 a.m. to 5 p.m. Or you can reach her on her cell phone at (916) 798-0975. Follow us on Twitter @chpnsac or like us on Facebook.com/chpnorthsac★

California Veterans Board Appoints New Advocates for Veterans

By Jeff Jardine, California Department of Veterans Affairs

SACRAMENTO COUNTY, CA (MPG) - With the appointments of Zoe Dunning, Ed Campbell, and Robin Umberg, the California Veterans Board has added three new members in 2019. Dunning and Campbell were appointed by Governor Gavin Newsom. Governor Jerry Brown appointed Umberg in December 2018. She was sworn in on January 2.

The seven-member board hears appeals by veterans who were denied services, including for a home loan, student waiver, or admission into one of CalVet's eight veterans homes.

Zoe Dunning joined the board on August 2. A retired commander in the U.S. Naval Supply Corps, the 56-year-old was on active duty from 1985 until 1991. After leaving the military, she worked as a manager for the Deloitte Consulting and A.T. Kearney firms. She then worked in operations leadership positions at Webvan and Chestnut Company before serving as a change management consultant with various firms.

She currently serves on the U.S. World War I Centennial Commission, the San Francisco Library Commission, and is on the advisory board for the nonprofit Vets in Tech. Dunning holds a Master of Business Administration in strategy and operations from the Stanford

University Graduate School of Business.

Ed Campbell, American Institute of Architects Emeritus, has designed projects nationwide during his illustrious career. A native of Santa Barbara, he joined the Naval Reserve at 17, then enlisted in the Air Force at 19, serving in drafting or logistics duties at Travis Air Force Base, in the Azores, and at the Air Force Flight Test Center at Edwards Air Force base.

He was an architect at USA Architects and Engineers from 1974 to 2014.

Campbell, 80, helped found a home for girls in Connecticut. He also helped create the Ventura Music Festival, where he is a resident at the Veterans Home of California-Ventura. It is one of the eight veterans homes owned by CalVet. His list of professional honors includes a citation from the president of the American Institute of Architects for his work in response to the collapse of high-rise buildings in Bridgeport, Connecticut in 1987.

Robin Umberg brings the experience of her 36-year Army career to the board. She commanded the 6253rd and 4211th Army Hospitals and deployed twice overseas. She earned her Bachelors of Science in Nursing from the Walter Reed Army Institute of Nursing and a Master of Business Administration from the University of Northern Colorado. She was

appointed by President Clinton to the West Point Board of Visitors in 2005 – the same year she was promoted to Brigadier General – and ended her military career as the Chief, Professional Services, for the 3rd Medical Command at Ft. Gillem, GA. She focused on battlefield readiness for the more than 27,000 medical personnel. Umberg was inducted into the Order of Military Medical Merit in 2006 and she retired from the Army in 2010.

A year later, Governor Brown appointed her deputy secretary for Veteran Homes at CalVet, and later upgraded her position to undersecretary. She left two years later to beat a battle with cancer. Umberg serves on the Public Private Partnership for Justice Reform in Afghanistan, and is a member of the Veterans Alliance of Orange County. She and her husband, retired Army colonel and current State Senator Tom Umberg, live in Orange County.

Campbell, Dunning, and Umberg join Board Chair Hugh E. Crooks, Jr., who was appointed in 2014; Charlene Taylor, appointed in 2012; Todd Trotter, appointed in 2015; and John Busterud, appointed in 2017.

Contact the California Veterans Board at CalVetBoard@calvet.ca.gov

For more information, please visit CalVetConnect Follow CalVet on Facebook and Twitter ★

New County Director of General Services Appointed

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors authorized the County Executive to appoint Jeffrey Gasaway as the Sacramento County Director of General Services, effective Aug. 18. Through a national recruitment search of highly qualified candidates, Gasaway was shown to be the top qualifier based on experience, education and overall qualifications for the position.

"We are fortunate to be able to promote Jeff Gasaway to the Director of the Department of General Services," said David Villanueva, Deputy County Executive of Administrative Services. "Jeff has a proven track record of excellent leadership and commitment to providing effective

support services to each of our County Departments."

Gasaway currently serves as the Deputy Director of General Services and has been Acting Director since September 2018. As the director, Gasaway will lead operations in providing facility and fleet maintenance services for the County, as well as central purchasing and contract management, printing and scan services, interoffice mail, surplus property management, warehousing, facility planning and design services, real estate management, and construction inspection and management.

"I have worked in the Department of General Services for almost 30 years," said Gasaway. "I am extremely honored to have been entrusted by the Board of

Supervisors to direct General Services and I'm looking forward to leading a team of dedicated employees within the department, and working closely with the other county departments to deliver high quality and innovative services that assist residents and visitors alike."

With extensive knowledge and expertise in all divisions within the department, Gasaway has directed daily operations for skilled technicians and administrative staff; overseen architectural design and project management services; managed County-owned property, surplus real estate sales, and property management services; overseen development of County-wide energy policies and projects; and managed the development of contracts and purchasing of goods. ★

Deputy County Executive for Public Works Appointed

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, at its Aug. 20 meeting, concurred with the County Executive's appointment of Steven L. Hartwig as Deputy County Executive – Public Works and Infrastructure, effective Sep. 29.

"Mr. Hartwig has extensive public works experience and has developed public works projects and capital improvement programs for large, medium and small public entities," said Nav Gill, County Executive. "His expertise in public works will serve the people of Sacramento County well, and we look forward to welcoming him in his new role."

With more than 34 years in the public works/engineering profession, Hartwig began his professional civil engineering career with the County of Sacramento

in 1985 and ultimately became a Chief in the Transportation Division (currently the Department of Transportation) until 1997.

From 1997 through 2009, Hartwig served in various leadership roles in cities and special districts, as well as private engineering firms, in Washington State. In 2010, he became the Assistant Director of Public Works/City Engineer for the City of Fairfield, California. He went on to become the Public Works Director/City Engineer for the City of Vacaville, California in 2013. He is currently the Public Works Director for the City of American Canyon, California, and has been in that position since 2016.

Hartwig has a Bachelor of Science degree in Civil Engineering from California State University, Sacramento. He is also a registered professional engineer and a registered professional traffic engineer in the State of California. ★

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/ea

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2 lb • 31-40

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BBQ and Boogie Night Supports Alzheimer's



Fan club. Carmichael heart throb singer Todd Morgan (center) mingles with guests at the Barbecue, Beer and Boogie event at Oakmont of Carmichael. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Ribs and rock were on the menu for the Barbecue, Beer and Boogie event last week. Held at Oakmont of Carmichael, the fundraiser supports the nation-wide Alzheimer's Association Walk to End Alzheimer's event.

More than 150 guests sipped beer and margaritas, nibbled from lavish barbecued buffets and were serenaded by Todd Morgan and the Emblems. Carmichael's B. B. tradition was begun 13 years ago by former honorary Mayor Virginia Stone, whose mother died from Alzheimer's. Stone's fundraiser was taken over by the Oakmont facility in 2015. Over the years, the social has raised almost \$100,000 in the cause of medical research and to assist those suffering from the disease. Sacramento's annual Walk to End Alzheimer's will be held at Raley Field on September 28. The walk will be echoed by



Heart of Gold Medical Transport Owners Cecilia Hodges (left) and Megan Pagan were drawn to the music of Todd Morgan and the Emblems (background). Photo by Patrick Larenas

in 600 cities all over the nation. Carmichael Barbecue Beer and Boogie sponsors included: Oakmont of Carmichael; Bristol Hospice and Dr. Lou Nishimura.

For more information on Walk to End Alzheimer's, visit www.Alz.org ★

Henry's Great Adventures

By Patrick Larenas

CARMICHAEL, CA (MPG) - "Working as a nurse, I saw therapy dogs serving at Mercy San Juan Hospital and thought what a wonderful, touching gesture for our patients," said Carmichael resident, Janet Fulton. In 2015, Fulton, who worked for Dignity Health for over 40 years, retired as a nurse and later adopted Henry, an 8 week old golden retriever puppy, to train him for a life of volunteer work.

Being only 2 years old, Henry has just recently begun his hospital vocation as a Registered Therapy Dog. Fulton and Henry received their training together from Homeward Bound Golden Retriever Rescue & Sanctuary in Elverta, CA. Fulton is impressed with Henry's ability to bring soothing attention to the sick and suffering: "You can just feel the stress level go down as he tends to patients, comforting them with his compassionate eyes and responsive eyebrows."

Sporting a dog work jacket with a badge, "Henry just walks down the hospital corridor and leads me to another patient, and then I always get that feeling like this is why we are



When not at work, Janet Fulton and Henry mingle with Carmichael neighbors and their dogs, providing another service-complimentary dog treats-which is really gaining popularity on Facebook. Photo provided by Janet Fulton

here," said Fulton. "It's an amazing experience and privilege."

Henry descends from a long line of therapy dogs from Sutter Bay Retrievers in Portland, Oregon. Fulton credits the dog breeder with much of the dog's success: "The breeder herself is a nurse and picks which ones she thinks are going to be good therapy dogs. He's even the right height for a hospital bed," said Fulton.

"He just slides his muzzle into patient's hands and they instantly feel the unconditional affection that only a dog can give."

Janet Fulton volunteers at Kaiser Permanente in the Roseville Medical Center, and if you want to see Henry at work with children you can also see him at North Sacramento Hagginwood Library. Or, visit Henry on Facebook at Henry's Great Adventures. ★

The Sacramento Symphonic Winds Moves to a New Venue!!



Sacramento SymphonicWinds' mallet percussion. Courtesy SSW

By Marjorie Lehr, Sacramento Symphonic Winds

SACRAMENTO REGION, CA (MPG) - The Sacramento Symphonic Winds, a 65-piece adult community symphonic wind ensemble conducted by Mr. Tim Smith, will be presenting their concerts starting this fall on October 13, at 2:30 pm at the new El Camino High School Center for the

Arts, 2340 Eastern Ave., Sacramento 95821. This is a beautiful concert hall, and a facility that is friendly to all ages and physical abilities. Members of the ensemble are thrilled that this stunning venue will be our permanent new home and excited to have a new theater in which to perform our music.

Bring the entire family to this extraordinary concert season entitled "One for All. The

season will include *Fantasies on a Theme of Haydn* by Dello Joio, *Blithe Bells* by J.S. Bach/Percy Grainger, *Sheltering Sky* by John Mackey, *Suite from "Star Wars: The Force Awakens"* by John Williams, *Movement for Rosa* by Mark Camphouse, *The Ash Grove* by Julie Giroux, and more!

Visit our web site at <http://www.sacwinds.org>

For more information: 916-489-2576. ★

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CT

For a Good Time Join the Rotary



By Vicky Boatwright, Rotary Club of Carmichael

CARMICHAEL, CA (MPG) - The Rotary Club of Carmichael, like all local Rotary Clubs, is part of a much larger international organization. Our members come from across the professional spectrum and all have a heart for service to our community and our hope is to improve our world.

While we provide a place for business men and women to share their experiences and offer opportunities for networking, it's not the only reason we meet. We also focus on giving back to the families of Carmichael through forming partnerships with local organizations such

as the Carmichael Park District, local churches, and schools throughout our community.

Each year we hold events like our Crab Feed at the La Sierra Community Center and our Easter Seals golf tournament at the Ancil Hoffman Golf Course. These activities have allowed us to contribute nearly \$1.4 million to the Easter Seals organization, as well as providing dictionaries to local school children and holiday food baskets for needy families.

We also support a number of youth programs that provide Carmichael's young men and women with the leadership skills, playing a significant role in developing the next generation of leaders. Our Interact Clubs on local school campuses provide young people ages 12 – 18 with the opportunity to discover the power of "Service Above Self."

In addition, several years ago we formed the Carmichael Rotary Foundation for the purpose of expanding our ability

to support the projects we undertake. These projects range from scholarships for Carmichael students planning to pursue a college education, to providing support for our Effie Yeaw Nature Center.

Our focus isn't only on Carmichael, but we've also undertaken one of the largest projects ever considered by our Club. Club members, working with other clubs in the Greater Sacramento Area and Rotary International, spearheaded providing safe drinking water for schoolchildren and their families in Iyolwa, Uganda.

If you've been considering ways to give back to our community and also lend your professional talents to the Carmichael business landscape, I'd invite you to join us any Tuesday evening beginning at 6:30 P.M. at the Ancil Hoffman Golf Course. For more information about our Club, you can find us at www.carmichaelrotary.org and on Facebook at [@carmichaelrotaryclub](https://www.facebook.com/carmichaelrotaryclub). I'll look forward to seeing you soon! ★



COMING SOON!

Coming soon! This home is tucked away in one of the most desirable locations near Ancil Hoffman park. The private backyard is an entertainer's dream with a sparkling pool, spa, large outdoor patio, and oak trees that provide plenty of shade for those warm days. Inside, enjoy a spacious floor plan with 4 bedrooms and 3 baths, and great natural lighting throughout. Add your own touches to make this your forever home!



6628 Chiquita Way, Carmichael | Sold for \$1,325,000

Magnificent home and stunning resort-like backyard! Around the block from back entrance of Ancil Hoffman Park on a quiet Dead-End! 6 Bedrooms and 4.5 Baths! Master Suite has two walk-ins and another mini-master suite! A huge gourmet kitchen with quartz countertops, two ovens, six-burner gas cooktop, walk-in pantry, beverage center and two huge islands. Three French doors to entertainer's backyard with outdoor kitchen, massive stone gas fireplace, pool with waterfall and a very private, peaceful spa surrounded by trees. (Represented Buyer)



705 La Leita Circle, Sacramento | \$995,000

This timeless 4 bedroom and 3 bath single-story home is tucked away in one of Wilhaggin Estate's premier neighborhoods on a cul-de-sac street. The great room offers plenty of space for entertaining and has fantastic natural lighting. The large kitchen features granite counter tops, a dining bar, breakfast nook and plenty of storage space. The exquisite master invites total relaxation with a sitting area, soaking tub, walk-in shower and his-and-her sinks. Enjoy a private backyard with a shaded patio and low maintenance landscaping. Fantastic location near top-rated schools, Loehmann's Plaza and the Pavilions shopping center.



1012 Eastern Avenue, Sacramento | \$479,000

Great opportunity for young family or contractor to expand! Enjoy a spacious floor plan with three bedrooms and two full baths. Roomy backyard with outdoor kitchen area and low maintenance landscaping. There is in office/single detached garage in the back as well as a double attached garage, offering plenty of space for your toys or RV. Great neighborhood near wonderful shopping and restaurants. Must see!



4804 Berksford Street, Sacramento | \$409,000

This beautifully remodeled 4 bedroom and 2 bath home is lovingly maintained with thoughtful updates throughout! The Chef's kitchen features gorgeous all-white cabinetry, beautiful backsplash details and granite countertops. The cozy living room features a stone fireplace and opens up to the large family room/game room. The private master suite offers plenty of space to make your own and has a separate backyard entrance. Highlights include a bonus room that could be used as an office, a newer roof and all stucco exterior, making this a low maintenance home.



UNITED WE STAND

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Limit 1 Coupon per family
Effective 8/28/19 - 9/3/19

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Effective 8/28/19 - 9/3/19

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<p>FRISKIES BUFFET CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family ON SALE Everyday</p> <p>Effective 8/28/19 - 9/3/19</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD</p> <p>Black Label Gold Label 2.8 Oz.</p> <p>Limit 2 Cases Per Family ON SALE</p> <p>Effective 8/28/19 - 9/3/19</p>	<p>TIDY CATS SCOOPABLE CAT LITTER</p> <p>20 Lb Jug</p> <ul style="list-style-type: none"> •Regular •Unscented <p>Limit 2 Jugs Per Family ON SALE Everyday</p> <p>Effective 8/28/19 - 9/3/19</p>	<p>HI-COUNTRY WILD BIRD SEED</p> <p>20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99)</p> <p>Limit 2 Bags Per Family \$5.99</p> <p>Effective 8/28/19 - 9/3/19</p>

<p>MERRICK'S GOURMET CANNED DOG FOOD</p> <p>13.2 Oz All Varieties Limit 2 cases On Sale</p>	<p>EVERCLEAN PREMIUM CAT LITTER</p> <p>•ES Unscented •US Ever Fresh •Light Weight (22 Lb.) 25 Lb. Box Limit 2 Boxes \$11.99</p>	<p>WELLNESS CANNED CAT FOOD</p> <p>Full Case 20% OFF REGULAR LOW PRICES</p>	<p>IAMS DRY CAT FOOD</p> <p>•Healthy Adult- Chicken •Indoor/Weight Control/Hairball 16 Lb Bag •Hairball 22 Lb - \$24.99) Limit 2 bags per family \$17.99</p>
<p>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES</p> <p>Limit 2 Bags \$5 OFF OUR REGULAR LOW PRICES</p>	<p>PESTELL CLUMPING CAT LITTER</p> <p>40 Lb. Bag Limit 2 Bags \$8.99</p>	<p>FRESH STEP CAT LITTER</p> <p>21 Lb Bag (14 Lb Bag - \$4.49) Limit 2 Bags \$6.49</p>	<p>CORE GRAIN FREE DRY DOG FOOD</p> <p>22-24 Lb Bag \$63.99</p> <p>•Ocean •Reduced Fat</p>
<p>SWHEAT SCOOP NATURAL WHEAT LITTER</p> <p>(12 Lb Bag - Original \$10.99 Multi Cat \$11.99) 36 Lb Bag Original \$29.99 Multi-Cat \$31.99</p>	<p>KAL KAN CESAR SELECT DINNERS DOG FOOD</p> <p>All Varieties, 3.5 Oz Limit 2 Cases 75¢</p>	<p>OKOCAT CLUMPING WOOD LITTER</p> <p>•Regular •Soft Step 11-13 Lb \$3.00 OFF 16.7 Lb \$4.00 OFF 19.8 Lb \$4.00 OFF</p>	

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<p>KORDON WATER CONDITIONERS</p> <p>Amquel 16 Oz \$6.49</p> <p>Amquel Plus 16 Oz \$6.49</p> <p>Novaqua Plus 16 Oz \$6.49</p>	<p>O.S.I. PREMIUM FISH FOOD</p> <p>ALL VARIETIES 20% OFF OUR SUPER LOW PRICES</p> <p>•Freshwater •Goldfish •Marine •Spirulina</p>

<p>BONUS COUPON</p> <p>JONNY CAT PREMIUM CAT LITTER</p> <p>10 Lb Bag Limit 2 Bags With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/28/19 - 9/3/19 \$1.79 CT PLU 365</p>	<p>BONUS COUPON</p> <p>WHISKAS TEMPTATIONS CAT TREATS</p> <p>•All Varieties 3 Oz. Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/28/19 - 9/3/19 \$1.25 CT PLU 569</p>	<p>BONUS COUPON</p> <p>FANCY FEAST GOURMET CANNED CAT FOOD</p> <p>3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/28/19 - 9/3/19 ON SALE Everyday CT PLU 361</p>
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Enough With Violent White Supremacists

At some point in the late 1960s, you could be forgiven for thinking that the FBI was in charge of the KKK.

It conducted an operation that infiltrated, manipulated and ran the group into the ground. With violent white hate again on the rise, we should take some inspiration -- even if the methods can't be replicated -- from the FBI's past grappling with racist extremists.

If there were any doubt that the country has a white nationalist problem, the shocking attack on an El Paso, Texas, Walmart should remove it. These self-radicalizing freaks, a subset of the broader mass-shooting phenomenon, take inspiration from prior acts of vicious mayhem and cheer high body counts on internet message boards. They are domestic subversives and terrorists, and deserve to be treated as such.

There is no doubt that if we had suffered a string of massacres on our soil carried out by Islamic radicals, we'd do everything in our power to

diminish and hopefully eradicate the danger -- indeed, we have. The national response to racist extremists should show the same alacrity and resolve, while acknowledging that they represent a different, more-difficult-to-counter threat than the old Klan.

In 1964, President Lyndon Johnson told FBI Director J. Edgar Hoover to go after the Klan as he had the Communists. Running until 1971 and involving 26 field offices, COINTELPRO-White Hate targeted groups and people deemed violent threats, not their ideology per se.

The effort was comprehensive and no-holds-barred. In his history of the FBI, Tim Weiner writes, "The FBI dangled small fortunes before potential KKK informers, offered outright bribes to Klansmen who could serve as double agents inside state and local police forces, planted bugs and wiretaps in Klaverns, carried out black-bag jobs to steal membership lists and (on at least one occasion) dynamite caches."

The FBI worked to preempt violent acts, and gained an enormous influence over Klan groups. The New Orleans office was so successful at degrading the Louisiana chapter of the UKA that the office's concern became propping the group up, lest its disintegration loosen the FBI's control.

Overall, Klan membership shrank from an estimated 14,000 members in 1964 to 4,300 in 1971. Per Shelton

himself, "the FBI's counter-intelligence program hit us in membership and weakened us for about 10 years."

Of course, the contemporary FBI obviously isn't going to take over the "alt-right," nor should we want it to. The abuses of the COINTELPRO programs -- the FBI also targeted civil-rights groups and the New Left, among others -- became notorious when they were exposed in the 1970s.

There are also practical obstacles to the FBI duplicating its anti-Klan work. The Klan was an organization, whereas today's white supremacists are free-floating haters posting anonymously on the internet.

Yet the FBI needs to be intensely focused on this threat. The bureau should take an intelligence-based approach. It should monitor sewer message boards like 8chan, the forum for white-supremacist propaganda. Posters who cross from First Amendment-protected speech to incitement should be prosecuted. The FBI should interview anyone expressing sympathy with terrorism -- just as it does with suspected Islamic extremists -- and surveil such persons as appropriate and permitted under the law.

El Paso was an outrage, and surely not the last. We need to react accordingly.

Rich Lowry is editor of the National Review.

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Our next monthly meeting
September 12th, 2019
at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.
Start time is 1030 hrs. Our Speaker is Janice Sheffield who will discuss the new Medical, Vision and Dental plans
★ Cookies and Donuts will be available. ★
You don't want to miss this one. See you all on the 12th of September.
If you have any questions, call Volunteer staff at 916-640-8446 Monday through Thursday, 0900 to 1500 hrs.

La Sierra Classes of '59, '60, '61 and '62
LONGHORN SOCIAL
Date: Saturday, Sept. 14, 2019 Time: 1 - 4pm
Location: La Sierra High School Ticket Price: \$25
Location: School Cafeteria and Senior Lawn
Premium sandwich boxed lunches prepared by Hannibal's. Bottled water will be available. Bring your own sodas.* Table seating in the cafeteria or bring your own lawn chairs for the Senior Lawn. School colors (blue and white) and 1950s-60s attire are encouraged. We urge everyone in these classes to attend.
Classic Car Show-Off! Drive your classic car to the event. Registration Deadline: Sept. 4, 2019
QUESTIONS??? Janice Baker Richardson (62): jbfrcnch@aol.com or 916-689-3916
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**NOTICE OF PETITION
TO ADMINISTER ESTATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF LAWRENCE D. BARRUS
CASE No. 34-2019-00262039
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lawrence Barrus, Lawrence D. Barrus, deceased A Petition for Probate has been filed by Terry Zeilinger, in the Superior Court of California, County of Sacramento, requesting Terry Zeilinger, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 26, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Robert M. Logan 404 Natoma Street Folsom, CA 95630 916-351-0917
Publish: August 23, 30, and September 6, 2019
BARRUS 170622 9-6-19

may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Jeremy Vess 5680 24th Street Sacramento, CA 95822 916-968-7675
Publish: August 23, 30, and September 6, 2019
VESS 170622 9-6-19

NOTICE OF PETITION TO ADMINISTER ESTATE OF JEFFREY PAUL PUDLOW
CASE No. 34-2019-00262108
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Jeffrey Paul Pudlow, deceased A Petition for Probate has been filed by Teresa A. Noce, in the Superior Court of California, County of Sacramento, requesting Teresa A. Noce, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 26, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: 1120 Derrick Way Sacramento, CA 95822 916-496-0837
Publish: August 30, September 6, and 13, 2019
LATORRE 170622 9-13-19

NOTICE OF PETITION TO ADMINISTER ESTATE OF EUGENIA CABALONA LATORRE

CASE No. 34-2019-00262249
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Eugenia Cabalona LaTorre, deceased A Petition for Probate has been filed by Raymond LaTorre, in the Superior Court of California, County of Sacramento, requesting Raymond LaTorre, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 26, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: 1120 Derrick Way Sacramento, CA 95822 916-496-0837
Publish: August 30, September 6, and 13, 2019
LATORRE 170622 9-13-19

CITATION TO PARENT

SUPERIOR COURT OF ARIZONA
MARICOPA COUNTY
In the Matter of Guardianship of: Cameron De la Cruz 4/23/2006
Case Number: JG 511195
NOTICE OF HEARING
Read this Notice Carefully. An important court proceeding that affects your rights has been scheduled. If you do not understand this notice, contact a lawyer for help.

- NOTICE IS GIVEN** that the Petitioner has filed with the Court a Petition for Guardianship of Minor.
- HEARING INFORMATION.** A COURT HEARING HAS BEEN SCHEDULED TO CONSIDER THE Petition as follows: **HEARING DATE AND TIME:** September 20, 2019 at 9:30 AM
HEARING PLACE: 1810 S Lewis Street Mesa, AZ 85210
HEARING OFFICER: Commissioner Cynthia Gialketsis
- RESPONSE.** You can file a written response to the petition. File your original written response with the court, mail a copy of the original response to the petitioner(s), and provide a copy of your response to the Judge/Commissioner named above at least 5 business days before the hearing. Or, you can appear in person at the hearing. You must appear in person at the hearing. You must appear at the hearing only if you wish to object the petition.

NOTICE OF PETITION TO ADMINISTER ESTATE OF KENNETH JAMES VESS
CASE No. 34-2019-00253458
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kenneth James Vess, deceased A Petition for Probate has been filed by Jeremy Vess, in the Superior Court of California, County of Sacramento, requesting Jeremy Vess, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 26, 2019 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance

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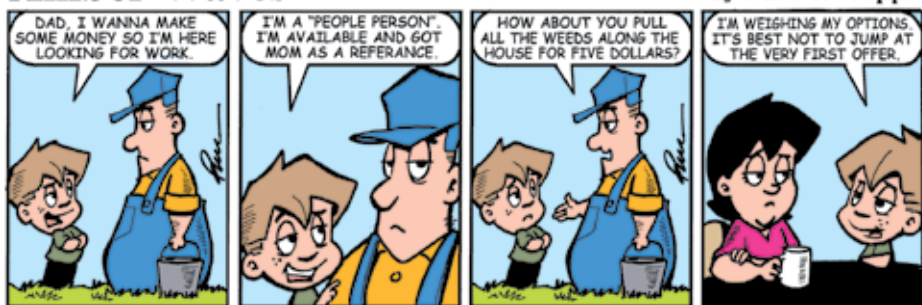
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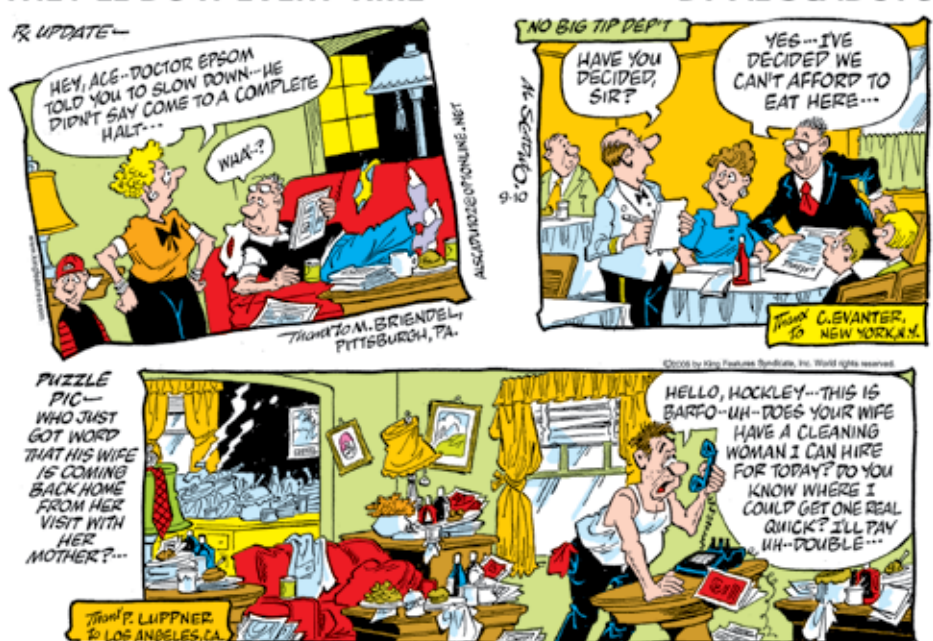
Out on a Limb

by Gary Kopervas



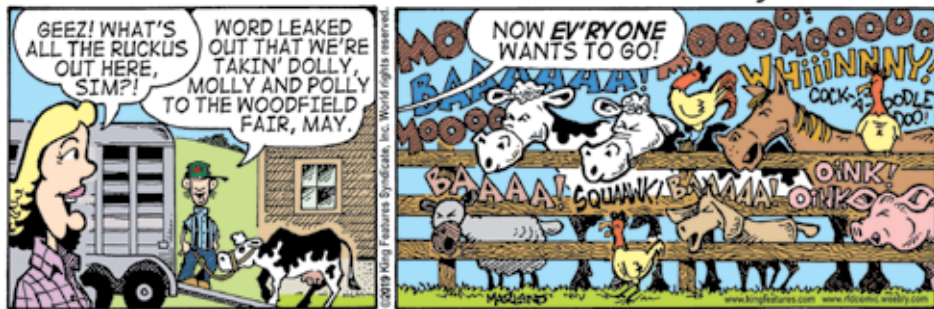
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



GRIN and BEAR IT

LAFF-A-DAY



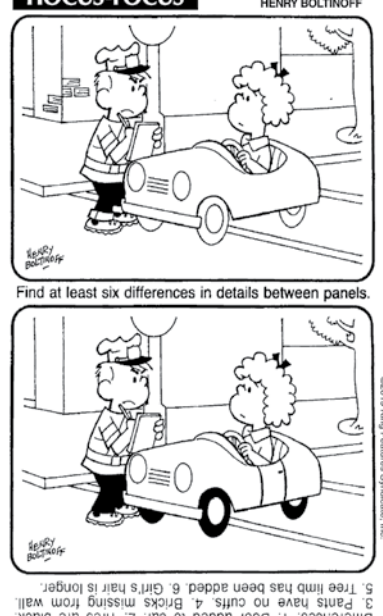
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTIHOFF



Crossword Puzzle on Page 9

C	L	I	N	E	C	F	C	G	A	P	S			
R	E	D	O	X	L	A	O	P	I	N	U	P		
O	V	E	R	T	A	B	A	I	R	O	N	Y		
C	O	M	M	A	N	D	T	O	P	L	A	Y		
	A	N	Y		F	I	V	E						
P	I	G		T	A	C	O	A	I	R	I	N	G	
A	R	E	S		L	A	R	K		N	A	D	I	R
T	A	E	L		A	R	E	N	A		P	I	S	A
E	Q	U	A	L	E	M	I	R		T	O	E	S	
L	I	P	P	E	D	A	T	O	M		T	I	S	
					N	O	U	N		M	U	G		
	B	E	T	T	E	R		D	A	R	L	I	N	G
R	A	D	I		B	R	O		A	U	R	A	E	
A	N	G	E	L		A	U	G		L	E	A	R	N
P	E	E			N	E			S	Y	N	C	S	

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Sudoku Puzzle on Page 9

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

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U.S. News Ranks UC Davis Medical Center #1 In Sacramento

By Charlie Casey, UC Davis Health

SACRAMENTO, CA (MPG) - U.S. News & World Report has again ranked UC Davis Medical Center among the nation's top hospitals for 2019-20. The annual rankings recognize hospitals that excel in treating patients with the most serious and complex injuries and illnesses.

U.S. News ranked the medical center #1 in Sacramento and #6 in California. It is also ranked among the nation's top 50 hospitals in 10 adult medical specialties. UC Davis Medical Center has been nationally ranked for nearly a quarter of a century.

"This is great news for our patients and for the communities we serve," said David Lubarsky, CEO of UC Davis Health. "It reflects our many ongoing partnerships with the community to deliver highly specialized, expert, and compassionate patient care. We partner with patients in order to reach the best solutions for each of their individual health needs."

Among the medical center's 10 nationally ranked adult medical specialties (see below), its gynecology program – ranked 16th in the nation – is an example of the expertise and excellent patient care that helped UC Davis achieve top-tier recognition.

The Department of Obstetrics and Gynecology includes some of the most highly skilled physicians in the nation, with surgeons, oncologists and entire care teams focusing on the treatment of gynecologic cancers and other conditions of the reproductive tract. The department also has specialists in maternal-fetal medicine who are leaders in handling high-risk pregnancies.

"We are proud to be able to provide care for women at every stage of their lives and for every condition, whether it's contraceptive and fertility advice, care during and after pregnancy, menopause, or any obstetrics or gynecology-related conditions," said department chair Gary Leiserowitz, a specialist in cancer care and minimally invasive surgery. "We take a team approach, one that's anchored by

the most current, evidence-based medicine and always centered on patients as individuals."

U.S. News bases its ranking on objective measures, including outcomes and volumes of high-risk patients, as well as key services and nurse staffing. For patients, that means access to highly skilled care, experienced clinical teams and state-of-the-art technologies such as robotic-assisted procedures.

Here are UC Davis Medical Center's 10 nationally ranked adult medical specialties: Cancer, Cardiology and heart surgery, Ear, nose & throat (Otolaryngology), Geriatrics, Gynecology, Nephrology, Neurology and neurosurgery, Orthopedics, Pulmonology and finally Urology.

U.S. News also named the medical center as a "high performing" hospital for diabetes and endocrinology, as well as gastroenterology and GI surgery. In addition, it earned "high performing" scores for a number of procedures and conditions, including colon cancer, heart bypass, knee replacement and lung cancer surgeries.

"Best Hospitals" is one of several metrics we use to evaluate the quality of our work and how it compares to others throughout the country," said Brad Simmons, interim CEO of UC Davis Medical Center. "It's a reflection of a dedicated team that works each and every day to advance health for all."

For its 2019-2020 rankings, U.S. News evaluated hospitals in 16 adult specialties and ranked the top 50 in most of the specialties. The hospital's rankings can be found on the U.S. News website.

The specialty rankings and data were produced for U.S. News by a leading research organization. Using the same data, the publication established its state and metro rankings, which is how UC Davis Medical Center again earned its "#1 hospital in Sacramento" designation.

The medical center isn't the only UC Davis entity to earn national recognition this year. In June, U.S. News ranked UC Davis Children's Hospital in five pediatric specialties for its 2019-20 Best Children's Hospitals rankings. ★

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Eskaton Ranked One of Top 50 Workplaces for Aging Services

By Miranda Raulinaitis, Elmet Communications

SACRAMENTO REGION, CA (MPG) - The global analytics firm Great Place to Work and FORTUNE magazine named Eskaton one of 2019's Fortune Best Workplaces for Aging Services, an honor that reflects the company's inclusive culture and dedication to employee satisfaction.

The announcement follows Eskaton's July certification by Great Place to Work, a leading people analytics and consulting firm that recognizes companies that create desirable workplaces where employees feel valued.

The ranking process is based on feedback from more than 223,000 employees working for Great Place to Work-certified organizations in the Senior Housing & Care and At-Home Care in the Aging Services industry.

Great Place to Work evaluated more than 60 elements of team members' experience on the job to determine its top 50 list of winners. These include the extent to which employees trust their leaders, the respect with which people are treated, employees' belief that their work makes a difference, the fairness of workplace decisions, and the level of camaraderie among team members.

Rankings are based on employee feedback and reward companies that most successfully include all employees, regardless



Eskaton Earns Rank #11 in National Top 50 "Best Workplaces for Aging Services" by Great Place to Work® and FORTUNE Magazine. Courtesy of Eskaton

of their status within the organization or what type of work they perform.

Eskaton President and Chief Executive Officer Todd Murch said the company's success is built upon its "dedicated, compassionate employees," and that Eskaton's leaders place an ongoing emphasis on engaging and listening to workers to improve the employee experience.

"One example is that we literally roll out the red carpet for every new employee, which has delighted and surprised incoming team members," Murch said. "More importantly, we have focused on enhancing wages, improving the onboarding and retention experience, and increasing the frequency of satisfaction surveys for employees, residents and families because we want their voices to be heard."

"The value of creating great workplaces for all is a clear competitive edge in the Aging Services sector," said Michael Bush, CEO of Great Place to Work. "When organizations like Eskaton treat their own people with care and respect, you can expect their staff to treat your loved ones with that

same care."

The Best Workplaces for Aging Services is one of a series of rankings by Great Place to Work and FORTUNE based on employee feedback from Great Place to Work-Certified™ organizations.

Eskaton has been serving older adults in Northern California since 1968. As a non-profit senior living provider, our mission is to enhance the lives of older adults through innovative health, housing and social services. With five decades of experience and a national reputation for innovation, Eskaton is transforming the aging experience. For more information, please call 1-866-ESKATON, or visit eskaton.org.

Great Place to Work based its ranking on a data-driven methodology applied to anonymous Trust Index™ survey responses representing more than 223,000 employees at Great Place to Work-Certified organizations. To learn more about Great Place to Work Certification and recognition on Best Workplaces lists published with FORTUNE, visit Greatplacetowork.com. ★

Sacramento Life Center Receives William G. Irwin Foundation Grant

By Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO, CA (MPG) - The William G. Irwin Foundation recently awarded \$50,000 to the Sacramento Life Center to help pay off the mortgage on the group's medical facility. The grant will allow Sacramento Life Center to free up funding for current programs, as well as future programs such as prenatal medical care and well-woman exams for low-income pregnant women and teen girls. Since moving to the expanded medical facility in 2016, the Sacramento Life Center has seen a 30 percent increase in women, teen girls and couples seeking services.

"We are incredibly grateful to the William G. Irwin Foundation for its generous investment in the health of low-income women and teens in our community," said Marie Leatherby, executive director, Sacramento Life Center. "This

capital grant will help the Sacramento Life Center fund current and new programs for the next two decades, helping thousands of mothers and their children receive free medical care – especially those who have nowhere to turn."

The Sacramento Life Center serves some of the most vulnerable women and children in Sacramento County. The majority of patients face serious financial challenges, and increasing numbers are battling unemployment, domestic violence, homelessness, drug and alcohol problems, mental illness, sexually transmitted infections and more. Fifty percent of the group's patients have no medical coverage.

For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org. ★

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