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Carmichael Times

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JULY 5, 2019

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Chamber Fetes 300th Member



Carmichael Chamber of Commerce's 300th member Laura Hutchison is congratulated by Vice President Joe Green and Board member Sheryl Kennedy.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - When Laura Hutchison applied to join the Carmichael Chamber of Commerce, she little guessed she'd be queen for a day. Fellow members recently surprised the business woman - their 300th member -- with proclamations and flowers. "It's a wonderful

accomplishment for the Chamber," Hutchison responded. "I'm glad to have helped."

The business organization has experienced plentiful and lean years in its 71-year history. With revitalized leadership and growth, its membership hovered close to the three-century mark during the first quarter of 2019. Ten new merchants

joined in May. Hutchison unknowingly filed the jackpot application.

She had previously worked as a membership director for the California Restaurant Association and ran her own event decorating business. At the age of 45, the mom of two decided on a real estate career; Lyon Real Estate's

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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 follow 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

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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



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

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 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, 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 ★

Chamber Fetes 300th Member

Continued from page 1
Sacramento office is her base. Hutchison multi-tasks as a counsellor for youth programs at her Church of Jesus Christ of Latter-day Saints, and is also Carmichael Soccer

Club president. She joined the Chamber of Commerce at the invitation of fellow soccer parent Joe Green. "The Chamber is thrilled to welcome Laura in her new career," said Chamber Vice-President Green.

"Increased membership means more networking opportunities for local businesses. A strong financial footing also enables us – as a non-profit – to give back to the community as we've always hoped." ★

CSLB Catches Offenders in Sacramento County Sting

Continued from page 1
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.

Additionally, 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 at the Sacramento County

Superior Court, 720 9th Street, Sacramento, CA 95814.

NOTE: All suspects are presumed innocent until their case is resolved.

DAY 1 – JUNE 12, 2019

The following are suspects' names, city of residence, license classification, and alleged violations:

Jorge Maradiegue Ramos, Sacramento; C-33 Painting and Decorating Contractor; Contracting without a license, Illegal Advertising & Excessive down payment

Joganés Manukyan, Sacramento; C-15 Flooring Contractor; Contracting without a license & Illegal advertising

Jacob Cobb, Elk Grove; C-29 Masonry Contractor; Contracting without a license

DAY 2 – JUNE 13, 2019

Ruben Diaz Duarte, Sacramento; C-33 Painting and Decorating Contractor; Contracting without a license & Illegal advertising

Sione Maafu, Sacramento; C-8 Concrete Contractor; Contracting without a license & Illegal advertising

Francisco Rodriguez Moralez, Woodland; C-8 Concrete Contractor;

Contracting without a license, No workers' compensation & Illegal advertisement

Denise Mallory, Sacramento; C-33 Painting and Decorating Contractor; Contracting without a license & Illegal advertisement

Gerald Kelly, Sacramento; C-15 Flooring and Floor Covering Contractor; Contracting without a license & Illegal advertisement

Milad Aria, Concord; C-33 Painting and Decorating Contractor; Contracting without a license & Illegal advertisement

Hassan Mohammadnejad, Stockton; C-33 Painting and Decorating Contractor; Contracting without a license & Illegal advertisement

Olman Enrique, Sacramento; C-33 Painting and Decorating; Contracting without a license & Illegal advertisement

Dean Montgomery, Sacramento; C-33 Painting and Decorating Contractor; Contracting without a license & illegal advertisement

Armando Martinez Mendoza, Sacramento; C-15 Flooring and Floor Covering Contractor; Contracting without a license & illegal advertisement ★

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 sick-est, 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 ★

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705 La Leita Circle, Sacramento | \$1,089,000

This timeless 4 bedroom and 3 bath single-story home is tucked away in one of Willhaggin Estate's premier neighborhoods on a cul-de-sac street. Step inside where you will find an open-concept floor plan with an elegant entry way and formal dining room, both of which feature gorgeous refinished hardwood flooring. 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.

5514 Tierra Gardens Lane, Carmichael | \$745,000

Tucked away in a private Carmichael community, this beautiful 5 bedroom 3 bath home has it all! Enjoy a well designed floor plan that acts as a single-story home with a large private downstairs bedroom and full bath. The Gourmet Chef's kitchen has cherry cabinets, granite counter-tops and high-end stainless steel appliances. This home is an entertainer's dream with spacious living areas including a separate living room and dining room, and a kitchen/family great room featuring 22 foot ceilings. The sumptuous master bedroom has a soaking tub with a gas fireplace insert, oversized shower and 2 huge walk-in closets. The backyard has a flagstone patio, hot tub, garden planter areas and plenty of natural shade. Additional highlights include a large bonus room and 3-car garage.

1012 Eastern Avenue, Sacramento | \$499,000

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 | \$419,000

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.

5608 Vall Court, Carmichael

PRICING IN THREE DAYS!

Meticulously remodeled, this well maintained 2 bedroom 2 bath single-family home is what you have been looking for! This home features a remodeled kitchen with Quartz counter tops and new stainless steel appliances, tasteful vinyl wide plank floors, new baseboards, fresh interior paint and an updated master bath. Remodel includes 50 year Hardie board concrete siding, all-new energy efficient windows and slider and a private low-maintenance backyard with a covered patio. Additional features include an alarm and camera system as well as all new blinds throughout. Just move in and enjoy!

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Sacramento County DA Reports



Defendant Convicted for House Party Drive-By Shooting

DATE: June 18, 2019

CASE: Keyshawn Strickland (Case #17FE018604)

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

Keyshawn Strickland was convicted by a jury of attempted murder with premeditation and deliberation, shooting at an inhabited house and assault with a semi-automatic firearm. The jury also found that Strickland personally used a firearm causing great bodily injury on all three counts.

On July 5, 2017, the victim and his friends were at a house party in Elk Grove. The homeowner shut the party down and everyone left the house. The victim was walking toward his friend's car to leave when Keyshawn Strickland fired a gun at least nine times from a car that was driving by the house. Strickland shot the victim and several rounds penetrated into the home. The victim was transported to a hospital, where it was determined the bullet had fractured his pelvis. When he was discharged from the hospital, the victim had to use a walker and re-learn how to walk. Surveillance videos from surrounding homes led officers to identify Strickland as the shooter. Six days after the shooting, Strickland was arrested for possessing a firearm. That firearm was matched to the spent 9mm cartridge casings left behind at the crime scene.

Strickland faces a maximum sentence of 32 years to life in prison. Sentencing is set for July 24, 2019, at 10:00 a.m. in Department 35 before the Honorable Alan Perkins.

Defendant Sentenced for Committing Sex Acts on a Child

DATE: June 13, 2019

CASE: Darius Wells (Case #16FE004603)

PROSECUTOR: Deputy District Attorney Catrina Ranum, Special Assault & Child Abuse Unit

The Honorable Gerrit Wood sentenced Darius Wells to 25 years to life in prison. On May 9, 2019, a jury convicted Wells of committing a sex act with a child under 10 years of age and lewd act upon a child.

Wells would watch the victim when the victim's mother was working. The night of the incident, the victim's mother came home from work at 4:00 a.m. and found the three-and-a-half-year-old victim was awake and terrified. The victim told her mother how Wells had hurt her. The victim's mother immediately took the victim to the hospital. Law enforcement responded, and the victim underwent a sexual assault exam. DNA evidence collected during the exam was a match to Wells.

Defendant Convicted of Stabbing Wife to Death

DATE: June 12, 2019

CASE: Michael Williams (Case #14F04470)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit
Michael Williams was convicted by a jury of the first-degree murder of Tanganyika Williams. The jury also found true that Williams personally used a deadly weapon during the murder.

Michael Williams' wife, Tanganyika Williams, was planning on ending their marriage. On July 8, 2014, the two were in Michael Williams' van on 24th Street near Meadowview Road when Williams stabbed his wife twice in the neck and then fled the scene. Mrs. Williams was able to exit the van and identify Michael Williams as her killer to bystanders and police officers. She was pronounced dead 30 minutes later due to massive blood loss. Williams was captured three weeks later when a citizen spotted him and called 911. When Williams was captured, he was planning to take a bus to Oklahoma.

An allegation that Williams suffered a prior strike conviction for shooting with intent to kill will be determined at the sentencing hearing.

Williams faces a maximum sentence of 56 years to life in prison. Sentencing is set for August 16, 2019, at 10:30 a.m. in Department 40 before the Honorable Raoul Thorbourne. ★

Don't Let Liberty Die Because of Your Ignorance



Commentary by Harold Pease, Ph. D

A week before the 4th of July everyone dons patriotic symbols. A week later few do. The event comes and goes: colors red, white, and blue are popular for a day. One might be viewed as "super patriotic" (as though this were bad) were one to display the symbols too long.

The evening is filled with fireworks (the bigger the better) but few know why. When asked, the most common response is freedom. "Freedom from what or whom?" I ask. If a stare could kill, I'd be dead. But there is no real understanding behind the expression. It is rare when anyone answers correctly, "Freedom from excessive government."

The cause of the American Revolution was excessive government. Some say, "taxation without representation" but this is but a part of excessive government. Every U.S. History text has a chapter dealing with the causes. It is filled with the rules and regulations that were most oppressive to the colonists: the Stamp Act, Tea Act, Currency Act, Iron Act, Molasses Act, Sugar Act, even the Hat Act. Such acts were viewed by the colonist as restrictions on their freedom to act independent of governmental permission. When they descended like rain, as they did prior to the Revolution, the colonists demanded to know why, when not satisfied, they resisted the rulings without success, then, "Where is my rifle?"

For one day of the year there is peace between liberals and conservatives. Each wear the emblems of the Revolution and demonstrate their patriotism by raising bigger flags, exploding bigger fireworks, eating bigger steaks and guzzling more alcohol. Parades too are non-partisan and show

patriotism, but for what? The next day we ask the federal government to place more restrictions on our neighbor and give us more free stuff at his expense, totally ignoring the Constitution and the reason for the Revolution.

Few share with their children the reasons behind these symbols and still fewer tie the Declaration of Independence to the Constitution which essentially ended the need for a future revolution by restricting the federal government to a handful of areas in which they can constitutionally restrict our behavior (Article I, Sec. 8), freezing forever, if we adhere to the Constitution as designed, our legislative branch doing the same thing to us as had parliament to the colonists. If the two are not tied together then the American Revolution was just a revolution, rightly commemorated by having a longer weekend and an excuse to get drunk.

Lost in the translation and replaced by the blank stare previously mentioned, is your right to do most everything you wish without permission from a government, more especially one located hundreds, often thousands, of miles away. Outside the short list in Article I, Section 8, which, incidentally, has no restrictions on the individual himself, the Constitution left the individual to manage himself. When his behavior offended the right of others to also self-manage, his community, starting at the lowest level (cities, counties, and finally his state government), may regulate his behavior protecting the right of self-management for others as well. Please review this list with family and friends.

This is called freedom. And this is the end result of a 13-year transformative period from the Declaration of Independence through the Articles of Federation to the Constitution, which included the Bill of Rights. The federal government constitutionally could only increase its power through Article V, which required the permission of the states. Today it does so at will because legislators openly oppose these documents or do not care.

The collective view of the Founders was to

never elevate to a higher level that which could be resolved at a lesser level. Resolving problems at the lowest level of government, the city for example, allows the individual access to his elected representatives for redress and the offended to those he has most directly offended. A more just outcome is likely.

The 4th of July and Constitution Week in September are our best opportunities to share the message of why the Revolution and the Constitution interconnect and are among the more important events in U.S., even world, history. These two events are our best opportunities to remember and convey to friends and family what liberty is and how and why it must be preserved. Do they know that at least 85% of all inventions on earth came from within the United States under this Constitution, from the clipper ship to moon landing technology? Liberty incentivizes creativity? Do they know that it was purchased by blood and if lost will remain lost until purchased by blood again? Have you told them that if just one generation fails to convey to the next these precious ideas, it will be lost to their posterity. Freedom is not free and never will be.

We are grateful to those who know the real meaning and significance of this event in history and are willing to share it with others. We are forever indebted to those who gave their lives for our freedom in the Revolutionary War and thereafter. We remain grateful for fireworks and parades as long as we do not forget that excessive government is the enemy of liberty, then and now, whether it is taken from us by a parliament, as then, or a Congress, as today.

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★



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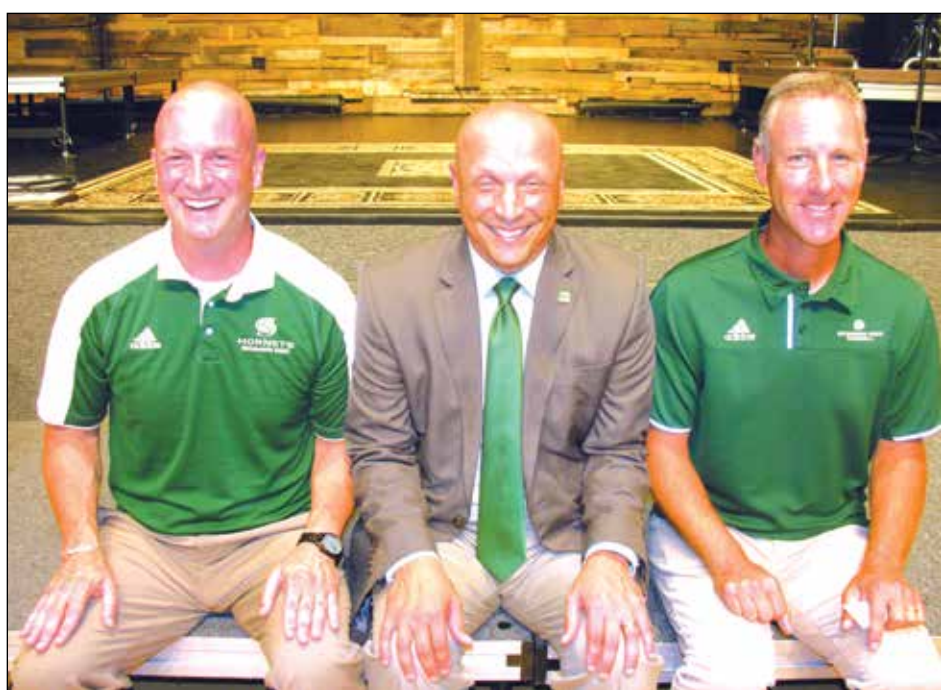
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California State University, Sacramento coaches: Bunky Harkleroad, Head Coach of Women's Basketball; Mark Orr, Athletics Director; Reggie Christiansen, Baseball Coach. Photo by Patrick Larenas

By Patrick Larenas

CARMICHAEL, CA (MPG) -

The Carmichael Chamber of Commerce hosted Mark Orr, the Athletics Director at California State University, Sacramento, for its luncheon on June 25. Prior to Mark's arrival, Hornet Sports had been outsourcing its community outreach task, but now he has taken on the effort for the Department.

"It all starts with great coaches," said Orr speaking about the state of the region's sports panorama. "Ambitious, great, young people at their peak of performance are coming from all our local schools and playing sports at Sac State at a 60 percent rate," he said making a case for a local ethos of sports vitality.

Like all great coaches, he exudes that positive ethos having had an

energetic athletic career during his more youthful years. Born and raised in Sacramento, Orr studied and played football at Christian Brothers High School, even winning "the Holy Bowl against Jesuit High School," he chuckled. After that he entered the College Football circuit playing at Cal Berkeley, where he graduated with a Bachelor in Social Welfare and a Master's degree in Education.

With all the economic and social problems in young people's lives, "I really believe college sports can make a difference," he said. Sac State students enrolled in sports programs have an 86 percent rate of graduation, "that's better than the student body, and our Women's Basketball has the highest GPA in the nation," he said.

Prior to accepting the offer at Sacramento State, Orr was the Director of Athletics and Recreational Sports in the East Bay's Saint Mary's College. During his time at the college, Orr was the Senior Associate Director of Athletics for Finance which added significantly to the institution's infrastructure and Saint Mary's success in sports in the last decade.

With Sac State's well developed infrastructure, Orr's task is now to bring the relevance of the university's sports to the community. For those who can't attend, "KQVR will televise all our Football games, and Radio 1320AM will air our games," he said. "You're going to see good sports; our baseball, for instance, is Number 1 beating UCLA," he added with confidence. ★

Partnership Nurtures Young Scientists to Care for the American River

By Bruce Hartzell, Original Communications

CARMICHAEL, CA (MPG) - Elana, a first grader at Elder Creek Elementary School in Sacramento, dipped the litmus paper into the river as her classmate, Jason, held a thermometer in the water. The other children watching closely along the water's edge, the young scientists learned how to test the river's pH and temperature, both of which are critical to supporting salmon and steelhead that rely on the lower American River.

The lesson is part of a new partnership between the Sacramento Water Forum and Effie Yeaw Nature Center in Carmichael to enhance environmental education for underserved elementary schools in the Sacramento region.

A favorite location for teachers throughout the greater Sacramento area, the Nature Center provides education programs to kids from kindergarten through 8th grade and takes care of the 77-acre nature preserve located in Ancil Hoffman Park. The Water Forum represents a diverse group of water providers, local governments and environmentalists focused on safeguarding the lower American River for both drinking water and wildlife.

"Many students may not realize how important water is in our ecosystem and that it sustains all forms of life," said Effie Yeaw Nature Center Executive Director Torey Byington. "Our partnership with the Water Forum allows students to receive a one-of-a-kind nature experience that exposes them to the scientific principles and understanding that are keys to forming a relationship with our natural community—both to protect it and share it with others."

With support from the Water Forum and a Sacramento County grant, the center's Urban Nature Program was enriched to include more hands-on discussions about where water comes from, where it goes and why rivers are important; water quality and its effects on salmon; and ways to protect the lower American River

from pollution.

The ultimate goal is to help students understand the importance of water to our community and environment, nurture a deeper connection to the river and inspire budding young scientists, said Water Forum Executive Director Tom Gohring. "Part of the Water Forum mission is to care for the lower American River and the American River Parkway," Gohring said. "This partnership is helping us instill the value of the natural world, and specifically the American River, into our next generation of citizens, educators and civic leaders."

To learn more about the Urban Nature Partnership Program or other educational programs offered at the Effie Yeaw Nature Center, visit sacnaturecenter.net.

The Sacramento Water Forum is a diverse group of business and agricultural leaders, citizen groups, environmentalists, water managers and local governments working together to balance two co-equal objectives: to provide a reliable and safe water supply for the Sacramento region's long-term growth and economic health; and to preserve the fishery, wildlife, recreational, and aesthetic values of the lower American River. Learn more at waterforum.org.

The Effie Yeaw Nature Center (a community service of the American River Natural History Association) provides nature education programs to kids from kindergarten through 8th grade, as well as evening classes for adults, and takes care of the 77-acre nature preserve located in Ancil Hoffman Park in Carmichael. Built in 1976, the Nature Center honors the work done by Effie Yeaw (1900-1970) who connected thousands of children with nature at the location now protected as a nature preserve. Each year nearly 100,000 residents, including many families with young children, walk the nature center trails and enjoy the quiet natural area, which extends from the oak woodland to the lower American River. Learn more at sacnaturecenter.net. ★

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-04756 Chemical Technologies International Inc, 2747 Mercantile Drive Suite 200 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "California Clean Pools" 2747 Mercantile Drive Suite 200 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County June 4, 2019. Publish: June 14, 21, 28, and July 5, 2019. CALIFORNIA 180201 7-5-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05020 Alhambra Building Associates, LTD, 185 Cadillac Drive Sacramento, CA 95825, Mark and Scott Lasher, 8575 Laguna Grove Drive Elk Grove, CA 95757 are doing business under the Fictitious Business Name(s) "6555 Coyle Avenue Joint Venture" 185 Cadillac Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 10, 2019. Publish: June 21, 28, July 5, and 12, 2019. COYLE 180201 7-12-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05281 Wen Fang Liu, 3530 Auburn Boulevard #3 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Watt Spa" 3530 Auburn Boulevard #3 Sacramento, CA 95821. Filed with the Clerk of Sacramento County June 19, 2019. Publish: June 28, July 5, 12, and 19, 2019. WATT 180201 7-19-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05221 Katherine Rudan, 8836 Venkov Place Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Cypress Events" 8836 Venkov Place Orangevale, CA 95662. Filed with the Clerk of Sacramento County June 18, 2019. Publish: June 28, July 5, 12, and 19, 2019. CYPRESS 180201 7-19-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-04669 Concierge Medical Aesthetics, 2330 E. Bidwell Street #100 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Concierge Medical Aesthetics" 2330 E. Bidwell Street Suite 100 Folsom, CA 95630. Filed with the Clerk of Sacramento County May 31, 2019. Publish: July 5, 12, 19, and 26 2019. CONCIERGE 180201 7-26-19

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05359 Eduardo Gutierrez, 6024 Windlass Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "911 Plumbing, Inedito Norten" 6024 Windlass Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County June 21, 2019. Publish: July 5, 12, 19, and 26 2019. 911 180201 7-26-19

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2019-00689 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Crystal Tree Road" located at 4410 Mulford Avenue Sacramento, CA 95821. Bethany Auriel-Hagan, 4410 Mulford Avenue Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on January 22, 2019 in the County of Sacramento. Publish: July 5, 12, 19, and 26 2019. CRYSTAL 170707 7-26-19

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257624 Abdul Hassan Khanjari has filed a petition with this court for a decree changing the name(s) of Abdul Hassan Khanjari to Ahmadshah Khanjari. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 19, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 4, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. KHANJARI 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257827 Darnell Lee Brown Jr has filed a petition with this court for a decree changing the name(s) of Darnell Lee Brown Jr to Yeeshia Theamus Mixon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 22, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 6, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. KHANJARI 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257823 No Given Name Moses has filed a petition with this court for a decree changing the name(s) of No Given Name Moses to Moses Lahtaw. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 22, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 6, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. LAHTOW 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257649 Shogik Zokanch Grigoryan has filed a petition with this court for a decree changing the name(s) of Shogik Zokanch Grigoryan to Shogik Grigoryan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 19, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 4, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. GRIGORYAN 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257584 Chisom Uzoukwu and Justina Onumajuru has filed a petition with this court for a decree changing the name(s) of Ikechukwu Jidenna Uzoukwu to Ikechukwu Jidenna Chisomaga. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 17, 2019, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 3, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. ONUMAJURU 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257641 Charlene Gage has filed a petition with this court for a decree changing the name(s) of Charlene Gage to Charlene Ashley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 19, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 3, 2019. Christopher E. Krueger, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. GAGE 180101 7-5-19

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2019-00257637 Chee Cassandra Yang has filed a petition with this court for a decree changing the name(s) of Chee Cassandra Yang to Cassandra Yang. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 19, 2019, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 4, 2019. David I. Brown, Judge of the Superior Court. Publish: June 14, 21, 28, and July 5, 2019. YANG 180101 7-5-19

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05020 Alhambra Building Associates, LTD, 185 Cadillac Drive Sacramento, CA 95825, Mark and Scott Lasher, 8575 Laguna Grove Drive Elk Grove, CA 95757 are doing business under the Fictitious Business Name(s) "6555 Coyle Avenue Joint Venture" 185 Cadillac Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 10, 2019. Publish: June 21, 28, July 5, and 12, 2019. COYLE 180201 7-12-19

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FICTITIOUS BUSINESS NAME STATEMENTS

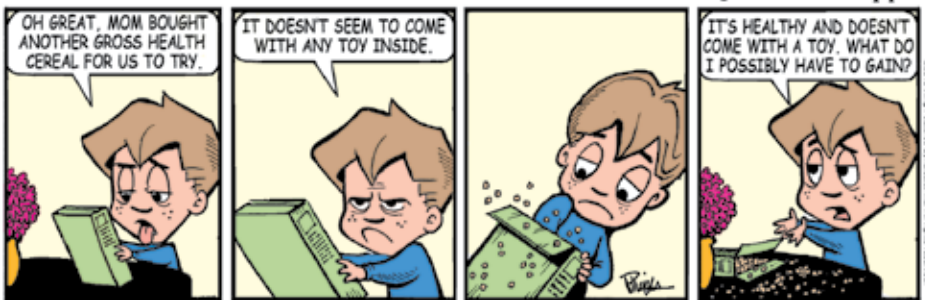
FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-05221 Katherine Rudan, 8836 Venkov Place Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Cypress Events" 8836 Venkov Place Orangevale, CA 95662. Filed with the Clerk of Sacramento County June 18, 2019. Publish: June 28, July 5, 12, and 19, 2019. CYPRESS 180201 7-19-19

FICTITIOUS BUSINESS NAME STATEMENTS

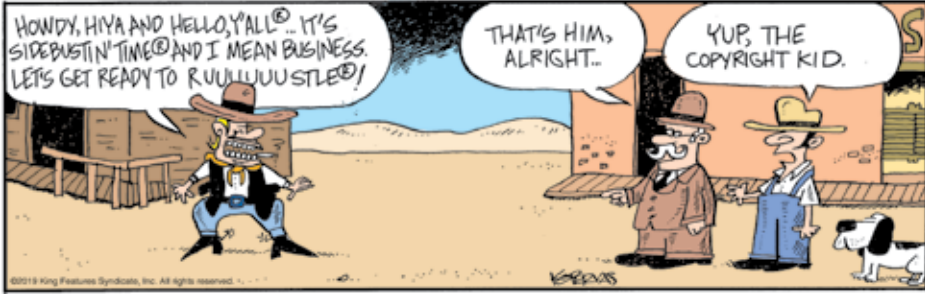
FICTITIOUS BUSINESS NAME STATEMENT FBNF2019-04669 Concierge Medical Aesthetics, 2330 E. Bidwell Street #100 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Concierge Medical Aesthetics" 2330 E. Bidwell Street Suite 100 Folsom, CA 95630. Filed with the Clerk of Sacramento County May 31, 2019. Publish: July 5, 12, 19, and 26 2019. CONCIERGE 180201 7-26-19

WEEKLY COMICS

Amber Waves by Dave T. Phipps



Out on a Limb by Gary Kopervas



R.F.D. by Mike Marland



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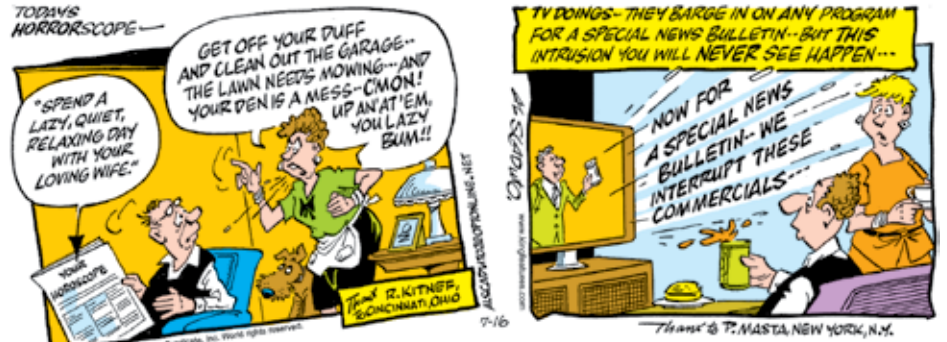


"I'm going to run away—soon as I learn how to dress myself!"

The Spats by Jeff Pickering



THEY'LL DO IT EVERY TIME BY AL SCADUTO



Just Like Cats & Dogs by Dave T. Phipps



HOCUS-FOCUS BY HENRY BOLTIFF



Differences: 1. Inner tube is different. 2. Fence is missing. 3. Bird has been added. 4. More bushes are on shore. 5. Tree has second limb. 6. Boy's nose is larger.

Crossword Puzzle on Page 8

S	T	A	R	K		J	A	B		A	M	P	S
L	O	D	E	N		A	L	I		O	R	I	E
A	R	O	M	A		B	A	D		B	E	R	R
V	I	S	A	V	I	S		D	E	J	A	V	U
					P	E	R		P	Y	R	E	
C	A	P		S	A	R	I		E	C	H	O	I
A	L	E		T	O	G	S		T	A	B	O	R
R	O	A	M		E	A	T	E	R		G	E	N
T	H	R	U	M		D	A	T	A		S	L	I
E	A	T	S	I	N		I	S	I	S		I	C
						S	I	L	L		T	A	U
		C	L	I	C	H	E		L	A	S	S	A
P	O	I	L	U		P	S	I		S	U	N	N
A	D	D	L	E		T	A	N		E	A	T	O
S	A	S	S			A	C	T		S	L	I	N

Sudoku Puzzle on Page 8

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

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Sudoku Puzzle on Page 8

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

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TV GUIDE MAGAZINE 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 doo doo doo 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 Season 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
Matt Roush: You're far

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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\$5.99
Effective 7/3/19 - 7/9/19

CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES Limit 2 Bags
•Multi Protein •Chicken Meal & Rice •Large Breed 44 Lb. •Multi Protein •Chicken Meal & Rice •Lamb & Rice •Less Active 30 Lb Bag
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OUR REGULAR LOW PRICES

MERRICK'S GOURMET CANNED DOG FOOD On Sale
13.2 Oz All Varieties Limit 2 cases

EVERE CLEAN PREMIUM CAT LITTER \$11.99
•ES Unscented •US Ever Fresh •Light Weight 22 Lb. 25 Lb. Box Limit 2 Boxes

IAMS DRY CAT FOOD \$17.99
•Healthy Adult •Chicken •Indoor/Weight Control/Hairball 16 Lb Bag (\$24.99) •Hairball 22 Lb - \$24.99 Limit 2 bags per family

PESTELL CLUMPING CAT LITTER \$8.99
40 Lb. Bag Limit 2 Bags

IAMS DRY DOG FOOD \$27.99
•Mini-Chunk •Lamb Meal & Rice •Large Breed •Weight Control

NUTRO MAX MAX CAT DRY CAT FOOD \$9.99
•Selected Varieties Only 6 Lb Bag Limit 2 Bags (Iams dry cat food 7 Lb \$11.99)

SCIENCE DIET CANNED CAT FOOD \$1.09
Selected Varieties 5.5 Oz Limit 1 Case

FRESH STEP CAT LITTER \$6.49
21 Lb Bag (14 Lb Bag - \$4.49) Limit 2 Bags

OKOCAT CLUMPING WOOD LITTER \$3.00 OFF 11-13 Lb \$4.00 OFF 16.7 Lb \$4.00 OFF
•Regular •Soft Step •Dust Free Natural Pepper 12.3 Lb \$4.00 OFF

KAL KAN CESAR SELECT DINNERS DOG FOOD 75¢
All Varieties 3.5 Oz Limit 2 Cases

CORE GRAIN FREE DRY DOG FOOD \$59.99
3 FREE Core Dog Food 2.5 Oz Can With Each Purchase
Original \$59.99
•Ocean •Reduced Fat

GREENIES DOG TREATS Value Pack \$11.99
12 Oz Pkg
•Chevy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct)
•Regular •Grain Free \$13.99 •Petite (20 Ct) •Large (8 Ct)
Limit 2 Packs Per Family

ROSY'S ORGANICALLY GROWN KITTY GRASS \$2.99
•Single Tub

SENTRY FLEA & TICK PRODUCTS 20% OFF
(Excluding Fipronidol & Advantage Guard 2)
•Sentry Home •Natural Defense •Squeeze-On •Collar •Shampoo •Sprays All Varieties
OUR SUPER LOW PRICES

CHUCK IT FETCH GAMES 20% OFF
•Ball Launchers •Flying Squirrel •Tennis Balls •Glow Balls •Ultra Balls •Fetch Toys All Varieties
OUR SUPER LOW PRICES

VAN NESS CAT PAN 20% OFF
All Varieties
•Liners •Scoops •Filters
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PRICE
PENGUIN 100B	20 Gal.	\$17.99
PENGUIN 150B	30 Gal.	\$24.99
PENGUIN 200B	50 Gal.	\$29.99
PENGUIN 350B	75 Gal.	\$39.99

AQUEON BOXED 10 GALLON TANK With Economy Kit
Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

KORDON WATER CONDITIONERS
Amquel 16 Oz \$6.49
Amquel Plus 16 Oz \$6.49
Novaqua Plus 16 Oz \$6.49

INSTANT OCEAN SEA SALT \$12.99
50 Gal. Salt Mix

BONUS COUPON JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/3/19 - 7/9/19
\$1.89 CT PLU 365

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS
•All Varieties 3 Oz.
Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/3/19 - 7/9/19
\$1.25 CT PLU 569

BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/3/19 - 7/9/19
ON SALE Everyday CT PLU 361



Carmichael RECREATION AND PARK DISTRICT
CONCERTS IN THE PARK
 6:30PM - 8:30PM

JULY

- 7.6.19 **OnAir**
Classic Rock, Power
- 7.13.19 **Wasted Space**
Classic Rock Band
- 7.20.19 **Ray "Catfish" Copeland Band**
Rock, Blues, Honkytonk & Psychedelia

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JULY MIXER with Kiwanis Club of Carmichael

Food & Drinks Networking
 Wednesday, July 10 • 4:30 - 6:30
Milagro Centre Courtyard
 6241 Fair Oaks Blvd., Carmichael

RSVP to carmichaelchamber.com



MISSION OAKS Summer Camps

CAMP-HAVE-A-LOT-OF-FUN
 Campers are lead in camp songs, games, crafts, drama, and hilarious adventures that stretch the imagination based on the weekly themes. Special activities are scheduled on Fridays to end each session.
Ages: 3-5 years and grades K-4
Times: 9am - Noon
Location: Mission North Park
Weekly Fee: \$62 per child per session
Dates: June 17 - August 9
Days: Mondays - Fridays

CAMP OAK WOOD
 Camp Oak Wood is a unique experience that evokes imagination, creativity, and fun! Each week has a new theme that will feature guest speakers, themed games, indoor activities, and time at the Splash Park.
Ages: 4 to 10 year olds
Times: 8am - 12:30pm and/or 12:30 - 5pm
Location: Swanston Park
Weekly Fee: \$45 per child per session half day / \$90 per child per session full day
Dates: June 17 - August 9
Days: Mondays - Fridays

CAMP KIDS
 Camp Kids offers a variety of activities including arts and crafts, sports, music, active and passive games and special events based on weekly themes.
Ages: 6 to 12 year olds
Times: 8am - 12:30pm and/or 12:30 - 5pm
Locations: Ashton Park & Gibbons Park
Weekly Fee: \$49 per child per session half day / \$98 per child per session full day
Dates: June 17 - August 9
Days: Mondays - Fridays

PROJECT HYPE
 Project HYPE (Healthy Youth for Physical Excellence) is an award-winning program developed for youth to learn and enjoy the many aspects of living a healthy, active and happy lifestyle.
Ages: 8 to 13 year olds
Times: 8am - 12:30pm
Location: Valley Oak Park
Weekly Fee: \$50 per child per session
Dates: June 17 - August 9
Days: Mondays - Fridays

FOR MORE INFORMATION AND CAMP DESCRIPTIONS VISIT MORPD.COM

MISSION OAKS RECREATION & PARK DISTRICT

DISTRICT OFFICE
 (916) 488-2810 • Fax (916) 488-4349
 3344 Mission Ave., Carmichael, CA 95608

MISSION OAKS COMMUNITY CENTER
 (916) 972-0336 • Fax (916) 972-7371
 4701 Gibbons Dr., Carmichael, CA 95608

SWANSTON COMMUNITY CENTER
 (916) 333-6464 • Fax (916) 488-4349
 2350 Northrop Ave., Sacramento, CA 95825

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

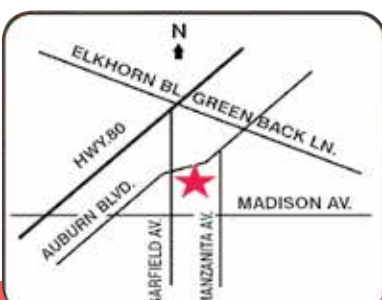
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