



**Korea and World
War III - Almost**
PAGE 2

**Lean Up –
The New Season**
Free 8-Week Wellness
Program for Area Residents
PAGE 10



Carmichael Times

VOLUME 38 • ISSUE 27

Serving Carmichael & Sacramento County since 1981

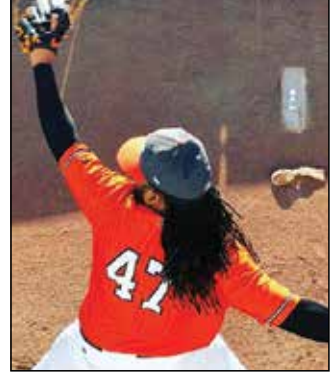
JULY 6, 2018

**\$10 MILLION IN REFUNDS
CLAIMED ACROSS REGION
THROUGH UNITED WAY**



PAGE 2

**JOHNNY CUETO
SHINES IN
REHAB START**



PAGE 5

**GAME PLOTS:
THE POPULAR
APOCALYPSE**



PAGE 5



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

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

Cool Band of Bearded Brothers Rock Park



Carmichael audiences – and many visitors – recently enjoyed a Fryed Brothers Band concert.

**Story and photo
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Beards, tattoos and solid American songs recently brought the multitudes – including scores of Harley Davidson riders – to Carmichael Park. The 2018 concert season revved to full throttle as veteran biker band, the Fryed Brothers, earned a warm reception on a hot June night.

The Sacramento musicians have recorded with Willie Nelson and played for the country legend's July 4 parties in Texas. Of founding brothers Harry and Tommy Fryed, only fiddler Harry (58) remains with the group. Younger brother Tommy died of heart failure at 49 years old. Youngest of a Carmichael family of seven siblings, the brothers grew up on Carter Road and attended Rio Americana High. "From childhood, they loved music and they loved motorcycles," says their sister/manager Barbara Fryed.

Harry and Tommy formed their band in memory of an older brother, Mark, who died in 1980 when a car hit his motorcycle near Carmichael Park. Together, Harry

and Tommy wrote more 40 songs and, over 36 years of pro-gigging, the Fryeds have shared stages with Waylon Jennings, Charlie Daniels, the Doobie Brothers, Jefferson Starship, Tower of Power, Eddie Money, Blood, Sweat & Tears and Billy Idol. "They have fans all over the world," says their manager. "My brother was joking that it only took 36 years to get on a Carmichael stage. But he was more than happy to play there. Our mom still lives in Carmichael; she's 86 and she's their biggest fan. Harry always dedicates 'Amarillo by Morning' to mom."

The Fryeds' park arrival was orchestrated by the roar of dozens of motorcycles; their ensuing performance was as much a concert as a Harley Davidson convention. In the bikers' midst, Carmichaelites enjoyed all-American blues/rock and many unaccustomed sights. "I've never seen so much facial hair, bare flesh and tattoos in one place before," observed a local concert-goer. "But everyone was well-behaved and respectful."

On duty, Park Police Officer John Mohamed had an easy evening with the local and imported crowd. "It was certainly a diverse group," he noted. "But they all got

along together and enjoyed the music."

Remaining Carmichael Park District summer concerts are scheduled as follows. Saturday performances begin at 6:30 pm; Sunday concerts have a 5 pm downbeat.

Saturday July 7: On Air (classic rock).

Sunday July 8: Carmichael Kiwanis Swing Band (swing).

Saturday, July 14: Lola Rose Band (folk rock).

Saturday, July 21: Latin Touch (Latin funk).

Saturday, July 28: Rogue: (classic rock).

Saturday August 4: Todd Morgan and the Emblems (rock).

Saturday, August 11: Alexander Nelson Band (rock).

Saturday, August 18: Hipper than Hip Band (funk, blues).

Saturday, August 25: Dave Russell Band (country).

Sunday, August 26: John Skinner Band (variety). ★

DA Schubert Talks Community Challenges at Carmichael Chamber Luncheon

By Rich Peters, MPG Editor

CARMICHAEL, CA (MPG) - "How much our community thrives is one hundred percent dependent on the people who are willing to participate in that," said Sacramento County District Attorney Anne Marie Schubert. "There is no question in my mind that Sacramento has been faced with extraordinary challenges in the last few months and there is no person probably more aware of that than me."



Sacramento District Attorney Anne Marie Schubert.
Photo by Susan Maxwell Skinner

District Attorney Schubert was June's Carmichael Chamber luncheon guest speaker, packing the room. Schubert addressed a lot of topics, including the East Area Rapist case, but mostly stuck to what she feels is most important right now – the challenges that face the community.

"My view as the DA, and I say this often, is what I call the blue-print to public safety: prosecution, prevention and innovation," said Schubert. "We're going to stand up for victims, we're going to hold people accountable – if you deserve to go to prison, buddy, you're going – that's what I say. But I also believe one hundred percent that if we can prevent crime on the front end, we are far better off on the other end."

Schubert is a firm believer in education being the answer to lowering the crime rate. "85 percent of our prison population is comprised of individuals that

Continued on page 3

The Power of Reading and Writing



School teacher and grammar enthusiast Elaine Swanson has touched the lives of many of her students through her kind efforts to keep the English language alive. Photo by Sue Anne Foster

By Elise Spleiss

CARMICHAEL, CA (MPG) - "You will be judged by the language you use and how well you use language." This conviction has been the driving force for over 50 years behind the work of retired English teacher Elaine Swanson of Carmichael.

Swanson's goal is to complete her book, "Color Coded Grammar," to be used as a companion for English textbooks in order to bring the subject of English back to its rightful place of honor in the education system. Swanson turned 90 years young on June 30 and is still actively working on her notes for the book.

Swanson has been developing this new system of teaching grammar to students since the 1970s when she and her friend, fellow teacher Juna Roy, developed the method while team teaching English to ninth graders at Albert Einstein Junior High in the Rosemont area.

The teachers had noticed at the

beginning of the year that many of their ninth graders lacked the ability to read or write well and were at risk of failing or not attending college and missing out at successful lives simply because they had never learned the basic rules of grammar.

She had believed the eighth grade exit exam would weed out those not ready for high school and students would be forced to repeat classes, giving them time to get better prepared for college. Instead, when many students could not pass the test, standards were simply lowered. Those not ready for high school would continue to fall behind. According to Swanson, students were sold out, no longer expected to achieve excellence.

Swanson knew that previous teachers had been giving them writing assignments without teaching them to write, often resulting in cheating and low self-esteem.

Reading is power in every country and language – sometimes too much power. In an

interview, Swanson pointed out the length many governments and church bodies in history have gone to in order to keep the 'common' people from learning to read, even today.

At the same time, other forward-thinking countries such as India and Japan, which recognize the place of English in world commerce, take teaching English in their own country much more seriously than we do.

For two years the teachers combined two full English classes of ninth graders - one person teaching and the other helping students who were confused about what was being taught but did not know how to ask for help. The system worked well and parents were pleased with the outcome, considering what tools the team had to work with.

Understanding the importance of the English language, Swanson and Roy knew something had to be done in the future. Their students needed

Continued on page 3

Korea and World War III - Almost

By Jerald Drobesh, US AIR FORCE

SACRAMENTO REGION, CA (MPG) - Recently there has been high tension and talks of a possible confrontation and even a nuclear war with North Korea. But this is not the first time we have been in this position with them.

In the early 1970s, as a Captain in the US Air Force, I was assigned to Kunsan Air Force Base on the west coast of South Korea. This was an old US Air Force Base from the Korean War days, in the 1950s. At that time, I was the Air Force Chief of Aircraft Maintenance at the base, and part of my job was to prepare our assigned F-4 Fighter/Bombers for emergency launch with nuclear weapons, if the situation required it.

The F-4 twin jet Fighter/Bomber was, at the time, was one of the fastest and best aircraft ever built. My job required that I have a Top Secret Security Clearance, because I was required to brief the Wing Commander on the status of all our assigned aircraft, and sit in on all Top Secret briefings about the status of the North Korean armed forces and their preparations for war. I remember well, as if it was yesterday. It was one of the most important briefings I had ever attended. It was the early 1970s, and by the time the briefing was over, I knew that we could be at war at any minute.

The North Korean forces, according to the briefing, were moving their fighters, bombers, tanks, military equipment, and soldiers up close to the border between North and South Korea. This would put them just minutes flying time from our aircraft at Kunsan AFB. This had never happened before and I remember thinking, at the time, that our base may not exist after the next few days, or sooner.

That night I walked down to the flight line where our F-4 Fighter/Bombers were stationed and ready for war. My job was to check with the airmen assigned



Former Captain Jerald Drobesh US AIR FORCE was stationed at Mather Air Force Base in the 1970s before retirement. He is now living in Rancho Cordova. Shown above is the McDonnell Douglas F-4 Phantom II.

to repair and prepare the aircraft, and to have them all ready for launch if the orders were given by Headquarters. We were an inch away from World War III and I could feel it in the air.

That night, I talked to my maintenance airmen assigned to the aircraft. They didn't know, at the time, how close we were to war and I couldn't tell them. There wasn't a need at that time for them to know, but they were ready. All the F-4 aircraft that were flyable were loaded with bombs and ready for immediate takeoff to their assigned targets. I remember thinking that night on the flightline that this could be it.

I enjoyed my job and all the assigned men were great to work with. Being that I once flew jets myself in the Air Force, I knew how the pilots must have felt - that they may never see their families again - if we went to war. This was the real world and possibly the end of our beautiful planet as we knew it. I had a difficult time sleeping that night. It's hard to tell someone who hasn't been stationed on the front lines with nuclear weapons involved what it feels like. But that's what we were trained for - and we all knew what was at stake.

Fortunately, we all survived

or I wouldn't be writing this article. For some reason the North Koreans began to remove their jets, tanks, equipment, and troops back from the border, and I never heard why. At that time, Chinese and Russian troops were supporting the North Korean communist troops and maybe their leaders realized that once a nuclear war started in Korea that it could speed to their countries and it wouldn't stop until everything was gone.

We may never know what happened, but events in today's news are a reminder to me of that time when I was there, and I saw how close we came. I believe that cooler heads in China, Russia, and North Korea prevailed. They knew we had a very large number of nuclear weapons and would use them if threatened, but China and Russia had them as well.

I believe the fact that we did have nuclear weapons and advanced aircraft to deliver them was possibly the reason why we didn't go to war. What's interesting to me is that at that time, and even now, the world didn't know how close we came to World War III, but I was there!

May GOD continue to bless this beautiful planet and let's do everything we can to keep it special and alive!

\$10 Million in Refunds Claimed Across Region Through United Way's Help

Tax Help for Late Filing to Continue Through Summer

SACRAMENTO REGION, CA (MPG) - Nearly 8,500 households in the Sacramento area took advantage of United Way-led free tax help programs for the 2017 tax year, resulting in more than \$10 million in money claimed through the Earned Income Tax Credit (EITC), other credits and refunds. The in-person Volunteer Income Tax Assistance (VITA) program, led by United Way California Capital Region with support from Citi Community Development, helped 7,422 local households, and United Way's MyFreeTaxes.com helped 1,066 users file taxes. Thanks to two-year funding from Citi Community Development, free tax help was significantly expanded across the region in Amador, El Dorado, Placer, Sacramento and Yolo counties this year, increasing the number of households helped by more than 2,500 and resulting in more than a \$3 million increase in refunds for the region compared to last year.

A limited number of appointments are still available this summer for households looking for help with late filing and which earned \$54,000 or less in 2017. IRS-certified volunteers will provide free basic tax return preparation with electronic filing and will help local households claim tax credits, including federal and state EITC, Child Tax Credit, and Credit for the Elderly or the Disabled. This year, more households are eligible to earn up to \$6,500 in federal and state EITC, including those who are self-employed. To make an appointment, call 2-1-1 in Sacramento, or (916) 498-1000 if living outside the city, Monday-Friday from 8 a.m.-5 p.m.

"This free tax help is crucial to ensuring our local families are financially healthy, and we are grateful to our funders and partners and 433 volunteers who have already served more than 16,000 hours to help local families," said Stephanie Bray, president and CEO, United Way California Capital Region.

Funding support from Citi Community Development is enabling United Way California Capital Region to increase the capacity and reach of the local VITA program to meet additional need and demand this year and next. The funding is helping to expand the number of sites offering free tax preparation and to increase the number of volunteer tax preparers.

"Nearly 20 percent of households in the Sacramento region are living on low incomes, and nearly half lack the savings to sustain an unexpected shock to income," said Vicki Joseph, Northern California market manager for Citi Community Development. "By expanding access to free tax preparation services, United Way is enabling more families in need to benefit from this vital tax credit and helping to build their financial resiliency."



Thanks to two-year funding from Citi Community Development, free tax help was significantly expanded across the region, increasing the number of households helped by more than 2,500 and resulting in more than a \$3 million increase in refunds for the region compared to last year.

Local households that made \$66,000 or less in 2017 were eligible to file state and federal taxes online for free at MyFreeTaxes.com, sponsored by United Way Worldwide. The site provided households with free tax help so they could maximize refunds and credits and save an average of \$200 in preparer fees, guiding users through federal and state filing with software powered by H&R Block.

Other sponsors of United Way's 2018 free tax preparation programs include the U.S. Internal Revenue Service, SAFE Credit Union and SMUD. For a list of collaborating partners, visit YourLocalUnitedWay.org/VITA.

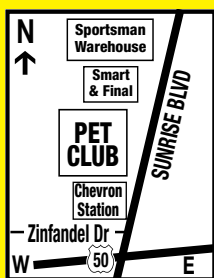
United Way California Capital Region is leading these free tax help programs as part of its Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Household financial well-being is a key factor in student success. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer, visit YourLocalUnitedWay.org.

Citi Community Development leads Citi's commitment to financial inclusion and economic empowerment for underserved individuals, families and communities across the U.S. Through innovative collaborations with municipalities, community groups and leading nonprofit organizations, the group harnesses Citi's expertise, products and services to help expand opportunity for all. For more information: CitiCommunityDevelopment.com, @Citi on Twitter, YouTube.com/Citi, http://Blog.Citi.com, Facebook.com/Citi and LinkedIn.com/company/citi.

Source: Kristin Thébaud Communications ★

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

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors
(No Membership Fees)



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 7/4/18 - 7/10/18



PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
AS MARKED \$8 OFF
Our Regular Low Prices!
Effective 7/4/18 - 7/10/18

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 7/4/18 - 7/10/18

MERRICK'S GRAIN FREE DRY DOG FOOD
•Chicken/Sweet Potato •Duck/Sweet Potato
•Buffalo/Sweet Potato •Salmon/Sweet Potato
•Venison/Sweet Potato
25 Lb Bag
Limit 2 Bags
\$10 OFF
OUR REGULAR LOW PRICE!
Effective 7/4/18 - 7/10/18

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$8.99
Effective 7/4/18 - 7/10/18

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz
All Varieties
Limit 2 Cases Per Family
4/\$1.89
Effective 7/4/18 - 7/10/18

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
Gold Label 2.8 Oz. 20/\$14.00
Limit 2 Cases Per Family
20/\$13.00
Effective 7/4/18 - 7/10/18

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Unscented
Limit 2 Jugs Per Family
\$6.99
Effective 7/4/18 - 7/10/18

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 7/4/18 - 7/10/18

CANIDAE DRY DOG FOOD \$10 OFF
FOR ALL LIFE STAGES
•Multi Protein (30 Lb & 44 Lb) •Chicken Meal & Rice
•Lamb Meal & Rice •Less Active 30 Lb Bag Limit 2 Bags
OUR REGULAR LOW PRICES

EARTHBORN HOLISTIC DRY DOG FOOD \$39.99
Natural Grain-Free
•Primitive Feast •Great Plains Feast •Meadow Feast
•Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)

KAL KAN CESAR SELECT DINNERS DOG FOOD 69¢
All Varieties 3.5 Oz Limit 2 Cases

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

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

WELLNESS CANNED CAT FOOD \$1.69
Signature Select \$1.79
Limit 1 •Selected Varieties Case
•Grain Free 5.3oz. Core

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

CORE GRAIN FREE DRY DOG FOOD \$57.99
3 FREE Core Dog Food 12 Oz Can With Each purchase
Original

Ocean Reduced Fat \$61.99
22-24 Lb Bag

EVERCLEAN PREMIUM CAT LITTER \$11.99
•ES Unscented •US Ever Fresh •Multiple Cat
25 Lb. Box Limit 2 Boxes

WHISKAS DRY CAT FOOD \$9.99
With Savory Nuggets 15 Lb Bag Limit 2 Bags Per Family

WELLNESS DRY DOG FOOD \$51.99
30 Lb Bag Limit 2 Bags (Lrg Breed Adult \$57.99)
•Chicken Healthy Weight 26lbs
•Grain Free Adult
(3 Free Wellness 12.5 Oz Can Dog Food W/ Each Purchase)
•Grain Free Lamb
•Grain Free White Fish

FRESH STEP CAT LITTER \$5.99
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags

PREVUE PET PRODUCTS 20% OFF
Also: •CRS •Alpine Trees All Varieties
Lots of Selections Asst. Styles **OUR SUPER LOW PRICES**

TRUE CHEWS PREMIUM JERKY CUTS \$7.99
All Varieties
100% Natural Dog Treats 12 oz pkg

FLEXI RETRACTABLE LEASHES 20% OFF
All Sizes
•Classic •Comfort •Vario **OUR SUPER LOW PRICES**

SENTRY PETROMALT & PETRODEX PRODUCTS 20% OFF
All Varieties **OUR SUPER LOW PRICES**
•Tooth Care •Hairball Relief

VAN NESS PURE NESS AUTO-FEEDERS & AUTO-WATERERS 20% OFF
All Sizes **OUR SUPER LOW PRICES**

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$17.99
CASCADE 150	35 Gal.	\$21.99
CASCADE 200	50 Gal.	\$25.99
CASCADE 300	100 Gal.	\$35.99

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

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

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$12.49

BONUS COUPON JONNY CAT PREMIUM CAT LITTER \$1.59
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/4/18 - 7/10/18
CT PLU 365

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS \$1.19
•All Varieties Except Natural - 3 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/4/18 - 7/10/18
CT PLU 569

BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 55¢
All Varieties except Elegant Medleys - 3 Oz
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 7/4/18 - 7/10/18
CT PLU 361

DA Schubert Talks Community Challenges at Carmichael Chamber Luncheon

Continued from page 1
 were either chronically truant or absent from school," she stated. "You cannot expect police and prosecutors to solve the problems that we face in the community alone."

Other issues that Schubert touched on were homelessness and mental health – especially in the Carmichael area. "Aside from the East Area Rapist, which is probably now the hottest topic, the hottest topic was always two things: 'What are you going to do about homelessness? What are you going to do about mental health?'"

She touched on the negative affect that the homeless population has on the community's economy and the complexity of solving that problem. "Public safety, education, healthcare – everything is interrelated," said Schubert. "If we do not have a vibrant community, if we are not safe as a community, if you have people, transients, using drugs, doing everything on the doorsteps of your business – that's going to affect your economic vibrancy."



At the Carmichael Chamber of Commerce luncheon, DA Anne Marie Schubert was joined by Sacramento Sheriff Officer Bill Roberts, CHP Officer Brian Lewis and Sacramento Fire Department Officer Christopher Dargan. Photo by Susan Maxwell Skinner

Schubert continued, "We have seen in Sacramento County and across this country an increase of homelessness of 30 percent (in the last two years). That's a very significant issue – very challenging, very complex – but it's not something that police and prosecutors can solve on their own. It takes a community."

Schubert was raised in Sacramento, went to local schools and is raising her

children in the region. She was elected as Sacramento County's District Attorney in 2014. She has 28 years of law enforcement experience, fighting for victims, and putting dangerous career criminal behind bars. As District Attorney and a local prosecutor, Schubert has sent some of the area's most notorious and dangerous criminals – murderers, rapists and child molesters – to state prison. ★

The Power of Reading and Writing



More than 20 of Swanson's former students gathered at her home in April to honor and thank her for all that she has done over the course of several decades. Photo by Sue Anne Foster

Continued from page 1
 to learn the rules in order to be understand how to write and speak correctly and to get the most out of what they read.

Seeing their success with the combined classes, in 1974 the school asked the team to teach social studies and English to a class of students entering the seventh grade. Swanson and Roy needed to prove that lowering the standards so students would pass tests was not the answer.

"If kids are held at held to a higher standard, they will meet it," said Swanson. "They will do more than they think they want to if it is expected of them." Swanson did not make it easy. If you earned an A you got an A. If you earned a C you got a C. If you cheated you got an F on that assignment. She believed that any student was capable of earning a C.

Students would remember much more than their grades in her class. Besides the basics of

color coding each part of speech to help remember its function, such as nouns being red, and verbs being green, Swanson replaced the sentence diagram with eight sentence patterns to help students analyze their own writing.

Learning English and social studies together gave students the opportunity to be immersed in these subjects by writing and putting on plays and skits, and going on field trips. They were able to learn from real world examples in the news about the importance of English on the world stage.

Going into eighth grade as friends added to the trust and success of these 50 students in the 1970s. Now in their fifties, many still stay in touch with Swanson.

On April 28, 2018, more than 20 of these students gathered at Swanson's home in Carmichael to honor her and thank her personally for changing their lives.

One student, Austin McAdam, arranged for the reunion party to show Swanson how her teaching and care for them had affected them on many levels. Three of the students who attended had become English teachers.

"Back then I felt like a nobody, but with the class interactions and her insistence on our doing our best, I came out feeling like a somebody," said one former student.

"When I told my parents all the different ways we approached learning in class, they said, 'If all children had this kind of educational experience, all children could be bright.'" Many remarks echoed the common theme of comfort and confidence. "Her class was the only place I felt safe at school," said one former student in attendance. "She changed the direction in my life.

Swanson said of the gathering, "It was the most wonderful day for me." ★



CRAIG DIEZ TEAM
 BRINGING YOU HOME

FEATURED LISTING! | 4015 Hillcrest Way, Sacramento | \$545,000

From its picture-perfect exterior to its luxurious interior, this lovely home has it all! A semi-private street location, beautifully landscaped front yard and charming porch all add to the home's great curb appeal. Inside awaits a spacious floor plan with three bedrooms, three bathrooms, and an attached workshop/guest quarters with an additional full bath. The oversized kitchen is an entertainer's dream with top-of-the-line stainless steel appliances, solid wood cherry cabinets, a breakfast bar and plenty of storage space. The sumptuous master is complete with a Jet tub for soaking, shower and a large walk-in closet. Additional highlights include spacious living and dining areas, a low-maintenance backyard with pet turf and covered patio. There is also an oversized two-car garage with a very large concrete driveway allowing for guest parking or RV parking. Enjoy a fantastic location just steps away from Mira Loma High School!



3600 Kiebusch Court, Carmichael | \$1,999,500

The American River views at this timeless home are simply magical! Custom designed by Carter Sparks, nearly every room in this 5 bedroom, 2.5 bath home opens up to front row river views. The remodeled Chef's kitchen features granite counter tops and stainless steel appliances. The exquisite master has its own sauna and balcony. Enjoy seamless outdoor entertaining with a 2,400 square foot wrap around deck, lagoon-style pool, hot tub, fire pit and river access. Desirable cul-de-sac location and two-car garage.



5244 Fair Oaks Boulevard, Carmichael | \$1,299,500

This custom estate has it all! Enter through a private gate entrance to the secluded grounds. Step inside the home and enjoy a welcoming foyer, huge family room with soaring ceilings and clerestory windows, and an open-concept kitchen. 5+ bedrooms with 3 master suites, 4.5 baths, and a large game/media room allow everyone their own space. An adjacent .42 acre parcels also available and can be sold separately. Centrally located to Highways 50/80, great schools, Raley's, and the American River!



8480 S Shingle Road, Shingle Springs | \$849,000

This one-of-a-kind 40-acre property with 2 homes is located just 10 minutes from El Dorado Hills! Enjoy a private park-like setting with 4 ponds, 3 wells and mesmerizing views of rolling pastures. The land is ideal for animals and has existing fencing for horses. The main Victorian-style home is a 3 bedroom, 2 bath with a gorgeous wrap-around porch and an updated kitchen. The manufactured home also offers 3 bedrooms and 2 baths with highlights including a sunroom and a large patio deck.



8308 Zenith Drive, Citrus Heights | \$334,900

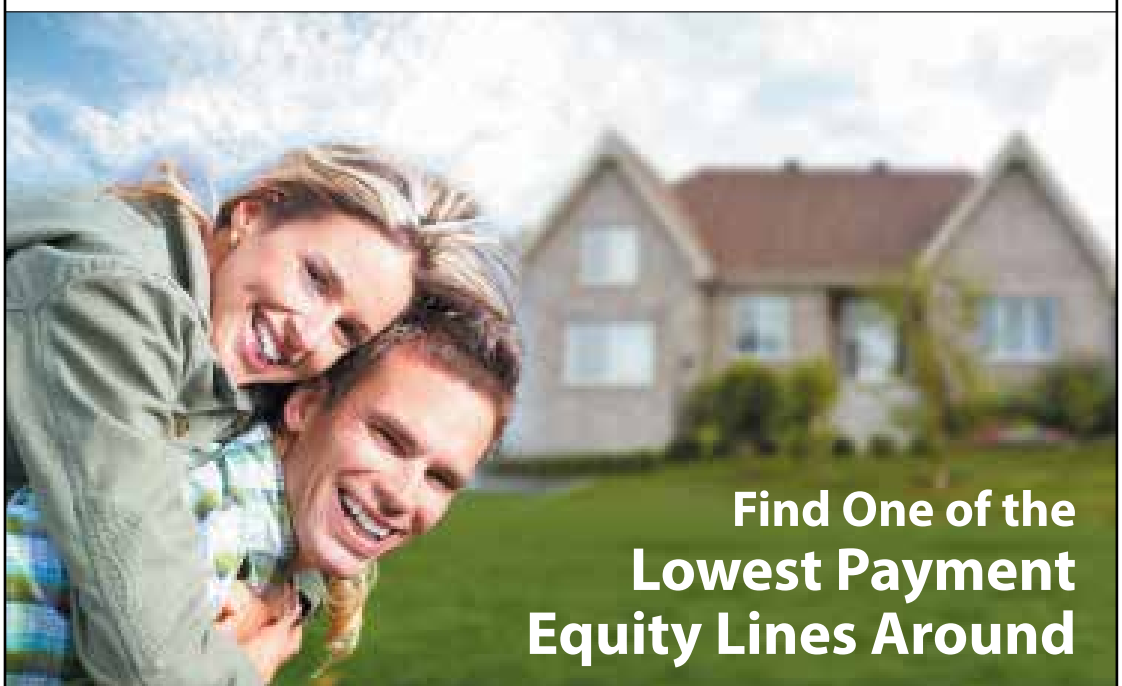
This beautifully updated home rests on a premium lot and is move-in ready! The completely remodeled kitchen is an entertainer's dream with granite countertops, stainless steel appliances and beautiful flooring. Both bathrooms are totally redone with intricate tile work and gorgeous finishes. The roomy 3 acre backyard is a gardener's delight! Newer central heat and air, dual pane windows and a sunroom, which is not included in the square footage. Convenient access to freeways, shopping and more!

For exceptional representation of your real estate needs, contact The Craig Diez Team today!

COLDWELL BANKER RESIDENTIAL BROKERAGE | 7144 Fair Oaks Blvd., Suite #7 Carmichael, CA 95608 | craigdiezteam.com | 916.425.5884

FIRST US Community Credit Union

Big enough to serve, small enough to care.



Find One of the Lowest Payment Equity Lines Around

Trust First U.S. to offer one of the lowest payment and best value Home Equity Lines of Credit available. With a HELOC, you can borrow money against the value of your home and use it for anything you need, whenever you need it.

- Save with a 2.99% APR for 3 months, then rates as low as Prime + 0%
- With certain home improvements, the interest may still be tax deductible*
- Save even more with NO Application Fees and NO Annual Fees
- With the flexibility of our generous 20-year Draw Period, you can keep your payments low and access your line when you need it

Talk with one of our Real Estate consultants today.

2150 Watt Avenue in Sacramento
 firstus.org | (800) 556-6768



Annual Percentage Rate (APR) and offer is effective 06/30/18 and subject to change without notice. APR is variable and based on Prime Rate as published in The Wall Street Journal (currently 4.75%). After introductory rate period, minimum APR 3.99%; maximum APR 15%. \$499 opening fee for 2nd trust deeds or \$799 for 1st trust deeds (waived if \$5,000 initial advance is taken and account remains open for 3 years), plus recording fees. Certain restrictions apply. Appraisal fee may be required. Owner-occupied, CA properties only. \$200,000 maximum loan amount. Not available for purchases as a first mortgage. Payment example: 3 monthly payments of \$5.54 for each \$1,000 borrowed during intro period, then 237 monthly payments of approximately \$6.04 for each \$1,000 borrowed. Consult your tax advisor about deductibility.

Bauer's
Full Service
Car Wash

**Only full Service
Car Wash in Fair Oaks
& Citrus Heights**

- Friendly
- Gift Shop
- Clean Waiting Area
- Family Owned & Operated
- In Business for 20 Years

**5927 San Juan Ave
Citrus Heights, ca
(916) 967 3083
www.bauerscarwash.com**

Call ahead or come by for valuable offers & special discounts!

Life Time Rent Freeze!



Just a few advantages of living at **Summerset:**

- All-day restaurant style dining
- Special meal plans for gluten-free, vegetarian, diabetic & low-sodium diets
- Independent, Assisted, and Memory Care
- Professionally staffed 24 hours a day
- Shared accommodations available to reduce cost
- Small pets welcome
- Exercise studio, massage therapist by appointment, Hair Salon, 50's Diner, Sports Bar, Daily activities

Call to Join Us For a **FREE Lunch With Tour**



Limited Time Offer!
This Special Offer good only through July, 2018



SUMMERSET
SENIOR LIVING

916.562.1036

2341 Vehicle Dr., Gold River/Rancho Cordova
www.summersetseniorliving.com
RCFE Lic#347005361

CONCERTS

in the Park

July

Saturdays • 6:30-8:30pm

- 7.7.18 **On Air**
Classic Rock, Power Horns
- 7.14.18 **Lola Rose Band**
Folk, Rock, Blues & Hawaiian Originals
- 7.21.18 **Latin Touch**
80's Funk, R&B, Old School, Cumbia
- 7.28.18 **Rogue**
Great, Classic Rock & Roll

Sundays • 5-7pm

- 7.8.18 **Carmichael Kiwanis Swing Band**
30's, 40's & 50's



ON-AIR-BAND

carmichaelpark.com • 916.483.7826

CARMICHAEL CHAMBER JULY MIXER

It's a MARGARITA Party!

Wednesday, July 11
4:30 to 6:30pm

Join us at Atria Carmichael Oaks for beverages, tacos and networking
Don't miss the fun!



OLÉ!



ATRIA CARMICHAEL OAKS
8350 Fair Oaks boulevard
Carmichael, California (916)944.2323
AtriaCarmichaelOaks.com



Share your heart
Share your home
Become a Mentor today

California **MENTOR**
Family Home Agency

Everyone Deserves a Home Like Yours! Make a real difference in the life of someone who needs you! Become a Mentor!

For over 30 years California **MENTOR** has been the leading host home provider for adults with Developmental Disabilities. Today we serve over 750 individuals throughout California.

California **MENTOR** is seeking individuals/ Families with a spare bedroom to support adults with Developmental Disabilities who might not have the opportunity to live with a loving home like yours.

Receive ongoing support and a generous monthly stipend \$1,100 - \$3,900 per month

Call a California **MENTOR** recruiter today to learn more about this special program.
(916) 383-9785 x 28

And join us for one of our info sessions:

Monday – Friday at 11am
Wednesday at 4pm
7801 Folsom Blvd, Ste 375,
Sacramento CA 95826

Visit our website at www.mentorswanted.com



MISSION OAKS COMMUNITY CENTER

MISSION OAKS RECREATION & PARK DISTRICT PRESENTS:

Camp Season 2018

CAMP HAVE A LOT OF FUN

Times: Weekdays, 9am-Noon
Dates: June 18-August 10
Ages: Camp is divided into two age groups - 3-5 and grades K-4
Fee: \$60 per child per session
Where: Mission North Park - 3344 Mission Ave, Carmichael 95608

PROJECT HYPE

Times: Weekdays, 8am-12:30pm
Dates: June 11-August 3
Ages: All youth aged 8-13
Fee: \$50 per child per session
Where: Valley Oak Park - 1150 Eastern Ave. Sacramento, CA 95864

CAMP KIDS

Times: Weekdays, 8:00 am -12:30 pm and/or 12:30-5:00 pm
Dates: June 11 - August 10
Ages: All youth aged 6-12
Fee: Full Day option - \$96, Half Day option - \$48, per child per session
Where: 3 sites at Ashton, Gibbons and Swanston Parks

SWANSTON COMMUNITY CENTER

MISSION OAKS RECREATION & PARK DISTRICT

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

MORPD.com

DISTRICT OFFICE
(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608
MISSION OAKS COMMUNITY CENTER
(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608
SWANSTON COMMUNITY CENTER
(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

Game Plots

The Popular Apocalypse

By Noah Howard

SACRAMENTO REGION, CA (MPG) - The video game industry is rarely labeled as “original,” and this year’s Electronics Entertainment Expo (E3) illustrated exactly why. Video games’ largest publishers showcased *Metro: Exodus*, *Dying Light 2*, *Days Gone*, *The Last of Us Part 2*, *Rage 2*, *Gears 5* and *Fallout 76*. Their common thread? Every one of these flagship, multi-million dollar titles is a post-apocalyptic action game, usually with some sort of zombie or zombie-like enemy. 2018’s store shelves will be utterly saturated with games in the vein of *Mad Max* and *28 Days Later*, and yet despite the saturation, every one of them will likely sell exceptionally well.

Video games have an utter obsession with the post-apocalypse going back decades, to an extent not reflected in any other popular media. The two seem to be a match made in heaven; a primary allure of video games is the ability to escape one’s own life and do anything they desire. When a developer is tasked with contextualizing utter freedom in terms of a logically coherent, immersive game world, where better to turn than an anarchic wasteland? Without the binding ties of society and rule of law, the player can believably

do whatever they want without the logical necessity of some in-game police coming down on their heads. Even linear, cinematic experiences with little real player freedom benefit from the narrative shortcuts a post-apocalypse allows. Why are we killing thousands and thousands of zombies/people? Easy, this world is kill or be killed in a battle for survival, so further moral justification for Mass violence seems, from the writer’s perspective, otherwise unnecessary.

Such justification feeds into why the trend is stronger now than it’s ever been. Developers leveraged the computing power of the new generation of consoles not to create photorealism, but to create massive, living worlds in which players can roam free. Open worlds became “stylish” as franchises that were once linear began to expand with huge environments to explore. And as video games began to lean more and more into their most unique artistic asset, the ability to create a sense of player freedom, the need for justifications for such complete freedom spiked upwards. As a result, we have E3 2018, where game after game resorts to the post-apocalypse as its narrative shortcut.

This is hardly a criticism; because video games aren’t primarily a narrative medium, narrative shortcuts are easily



Developers leveraged the computing power of the new generation of consoles not to create photorealism, but to create massive, living worlds in which players can roam free.

excused if they accommodate exciting gameplay and interesting worlds, both of which post-apocalypse games often excel at. And even then, video games have occasionally used post-apocalyptic settings not as writing crutches but as tools to explore the complex moral questions of survival and freedom; 2013’s *The Last of Us* did exactly that, and is widely considered the best-written game ever made (though its incredible-looking sequel may be looking to snatch that title from its predecessor). There’s a reason why, despite the saturation, the industry is showing few signs of fatigue. The post-apocalypse both literally and figuratively, remains extensively unexplored, and video games are uniquely positioned to trek into the lawless wilderness.

To respond to Noah’s articles email him at digitalartsnoah@yahoo.com ★

Johnny Cueto Shines in Rehab Start

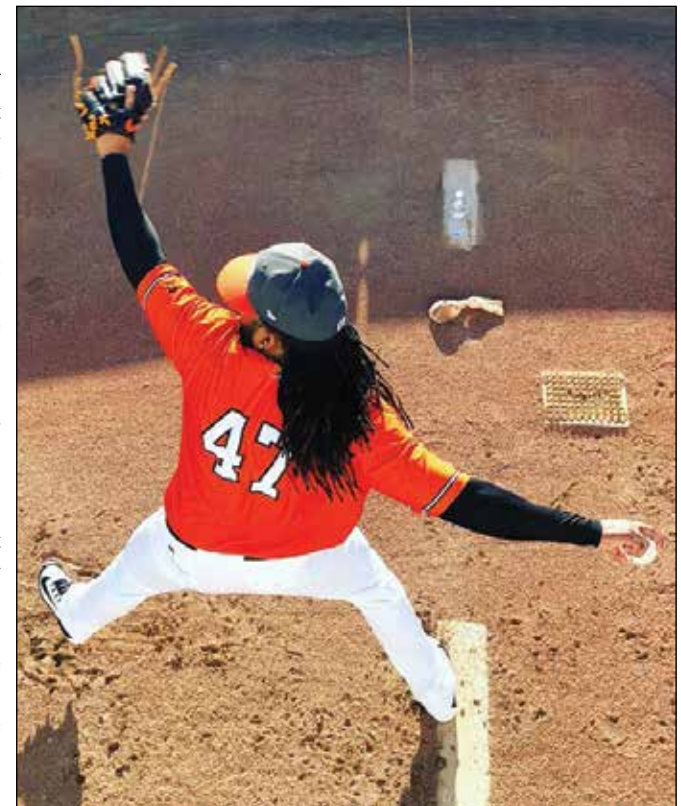
Story and photo by Rich Peters, MPG Editor

WEST SACRAMENTO, CA (MPG) - On a hot Friday evening, fans filed into Raley Field to catch a glimpse of a big league fan favorite.

Johnny Cueto threw 69 pitches, allowing just four hits and a walk while striking out six over four dominate innings in his latest rehab stint for the River Cats. The bullpen would do the rest as Sacramento would shutout the Fresno Grizzlies 4-0.

Cueto, who has been rehabbing a sprained elbow since early May, is inching closer to a return to San Francisco – and just in time as the Giants are starting to play up to their potential now that their once injury riddled roster is finally healing up.

Cueto threw 48 pitches over 3.2 innings in his first rehab start on June 23 against the El Paso Chihuahuas. He was 3-0 with a 0.84 ERA before he landed on the disabled list. Both Cueto and Jeff Samardzija are expected to return to the Giants starting rotation soon.



★ Giants ace Johnny Cueto is nearing a return to the big league staff after being sidelined with an elbow sprain since early May.

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-483-2299**
 All Legal Ads Published by Messenger Publishing **MPG**

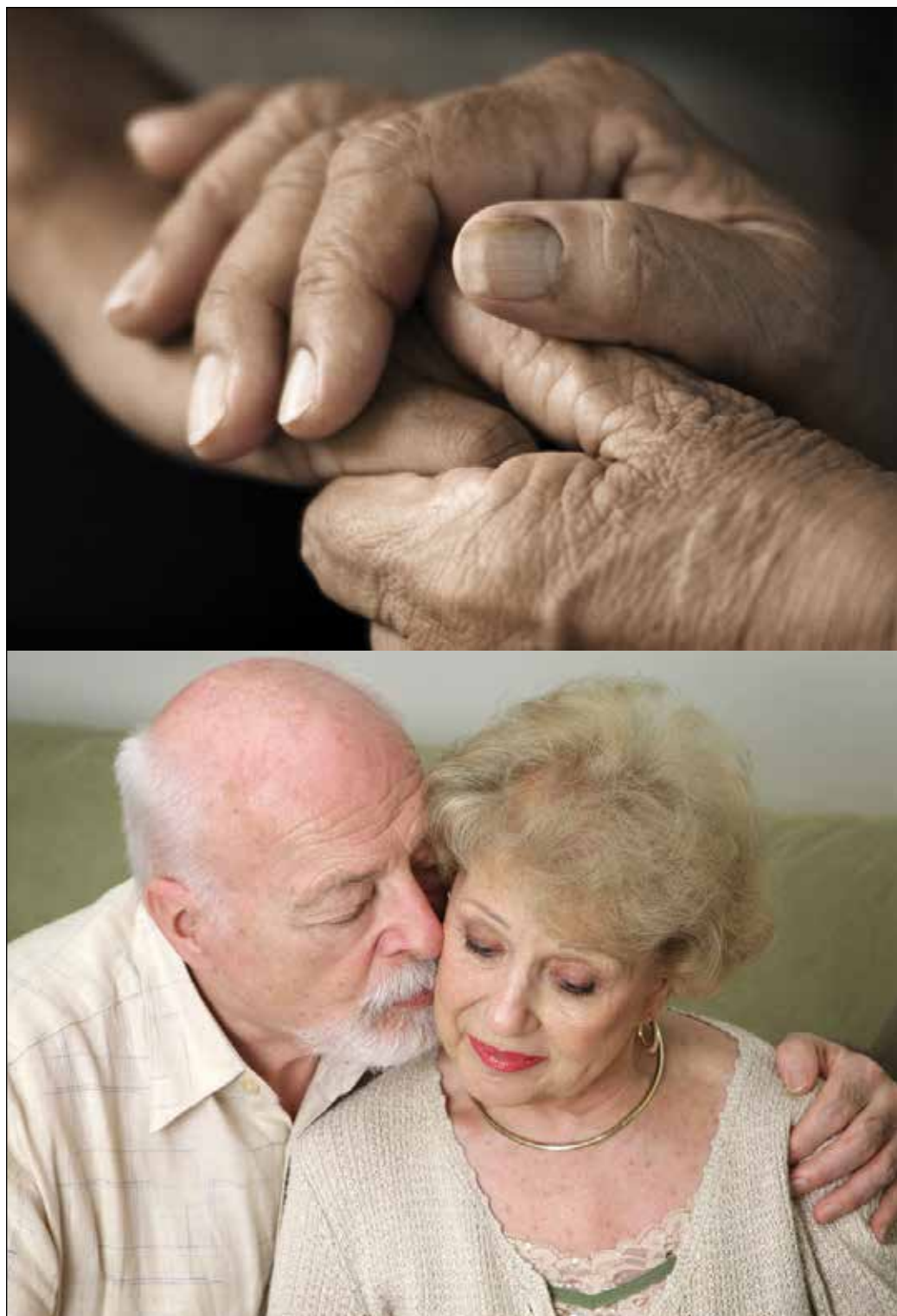
DIGNITY HOME SERVICES
It's in the details.
 *3 Hour Minimum Licensed & Bonded

FULL SERVICE DETAILED HOME CLEANING & RESALE PREPARATION

Senior downsizing is as simple as can be when you turn to Dignity Home Services. A quick & convenient one-stop shop, DHS specializes in home sales preparation to ensure that your property is ready for the market. From home staging and cleaning to liquidation of unwanted belongings, we take care of every step.

★ ELITE SERVICE ★
 CALL US TODAY! 916-242-0144

*Ask about our Bereavement and Assisted Living relocation Services.
www.dignityhomeservices.com



Compassion, Care, Dignity and Respect

In this time of loss, we promise honest, upfront pricing and will never overcharge or mislead you. We encourage you to compare our services, facilities and fees with others and offer pre-planning and pre-payment services.

We have proudly served the families of Northern California for over 64 years.

Dignified Cremation

From \$695 with this ad

Traditional Funeral Service

From \$2,895 with this ad

6201 Fair Oaks Blvd.,
 Carmichael, CA. 95608
 (Between Marconi Ave. and El Camino Blvd.)

(916) 481-1515

Call 24 hours • License FD-924



Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising P.O. Box 14 Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2018-04799 Mama Caris LLC, 6620 Salvaterra Circle Elk Grove, CA 95757...

FICTITIOUS BUSINESS NAME STATEMENT FBNF2018-05220 James Beggs, 1727 38th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Global Private Label"...

FICTITIOUS BUSINESS NAME STATEMENT FBNF2018-04671 Sean Patrick Donohue and Danielle Marie Donohue, 7716 Olive Street Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Parenting Modern Teens"...

FICTITIOUS BUSINESS NAME STATEMENT FBNF2018-05368 John Pereira, 919 Bateman Court Galt, CA 95632 is doing business under the Fictitious Business Name(s) "L & S Refrigeration"...

FICTITIOUS BUSINESS NAME STATEMENT FBNF2018-05288 Ascent Realty Group, 7570 21st Street Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Ascent Realty Group"...

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2018-00234193 WHEREAS Michael Anthony Zechlin has filed a petition with this court for a decree changing the name(s) of Michael Anthony Zechlin to Michael Anthony Von Zechlin...

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2018-00234382 WHEREAS FNU Zahra has filed a petition with this court for a decree changing the name(s) of FNU Zahra to Sultani Zahra...

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2018-00234390 WHEREAS Rosalind Joanne Spencer has filed a petition with this court for a decree changing the name(s) of Rosalind Joanne Spencer to Abiyah Yochana Elyannah Spencer...

5 Year FIXED RATE Home Equity Line of Credit Loan

4.50%

Initial APR*

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958
www.eldoradosavingsbank.com

Member FDIC

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



*The initial Annual Percentage Rate (APR) is currently 4.50% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 6.375%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$150,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$475 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

DON'T SUFFER FROM PAIN, STRESS OR FATIGUE ANY LONGER

The Rewards: By removing undetected nerve damage, eliminating the harmful effects of stress and reducing chemical toxicity, we often get results from problems no one else has helped.

Stop Suffering From:

- Stress
- Neck or back pain
- Numbness/tingling
- Fatigue
- Sleep problems
- Joint pain
- Allergies/asthma
- Headache
- Dizziness
- Digestive problems
- Irritability
- Weight problems
- Hormonal imbalance

- Medicare provider
- Auto accidents covered 100% with your med-pay or attorney lien
- Cash plans

\$49 - Consultation, Chiropractic & Orthopedic Exam, Functional Medicine Testing, Spinal x-rays (if necessary) & Report of any findings (a \$128 value).



Blakely Health and Wellness

Dr. Beth Blakely, DC.

3928 California Ave.
Charmichael, CA 95608

Female Chiropractor, Owner/Practitioner

Call us today to schedule your appointment!

916-944-1444

www.drblakely.com

Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE? ARMOR MINI STORAGE

BEST of 2015
Citrus Heights Chamber

Since 1980

Office Hours:
Mon-Sat 9-6 • Sun 9-4

Computer Gate Access
6am-9pm 365 Days A Year

Award Winning Customer Service
Digital Video Camera System
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455
5714 Auburn Blvd., Sacto. 95841

www.armorministorage.com

A-TEK GLASS CENTER

Your One Stop Local Glass Shop

Serving Carmichael Community for 23 Years

AUTO ■ HOME ■ BUSINESS

Free Windshield Chip Repair with Insurance Coverage

- Auto Glass
- Windshields
- Power Windows
- Truck Slider
- Sunroofs
- Single & Dual Pane Glass
- Store Front Windows
- Mirror & Screen
- Glass Shelves
- Table Tops
- Shower Door

Fast, Professional Glass Repair ■ Direct Approved Insurance Billing

Factory Direct New Vinyl and Aluminum Windows

Call 7 Days a Week ■ **916-481-9966**

Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou

Grace Baptist Church



Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

- Sunday Schools (All Ages) 9:45am
- Sunday Worship 11:00 am
- Sunday Evening 6:00pm
- Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



- ★ Complete Collision Repair
- ★ Free Estimates
- ★ 24 Hour Towing
- ★ We Work with All Insurance Companies

"We Meet By Accident"

up to **\$500.00** Instant Rebate towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires 07/31/18.

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires 07/31/18.



6801 Fair Oaks Blvd • Carmichael, CA 95608

Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Saturday: By appointment • Sunday: Closed



Publisher, Paul V. Scholl

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.



Lean Up – The New Season

Free 8-Week Wellness Program for Area Residents



Spare Time Clubs owns and operates 12 multi-purpose sports clubs located in the Greater Sacramento Metropolitan Area, Lodi and Oakley. Founded in 1973 by William M. Campbell III and his wife Margie, Spare Time Clubs specializes in providing state-of-the-art fitness programming, sports facilities and individual services for every member of the family.

SACRAMENTO REGION, CA (MPG)

Applications are available for Lean Up beginning July 9, 2018. The FREE wellness program, now in its 10th season, is for area residents seeking to get healthier and fit. The program, which begins September 10, 2018, is open for all to apply, but limited to 225 participants. The program is offered locally at the following location:

Gold River Racquet Club
Gold River, CA

Johnson Ranch Racquet Club
Roseville, CA

Apply on-line at www.LeanUp.net.

Lean Up is designed by fitness professionals for people who have had a lifelong

struggle to be fit and healthy. This is a

life-changing program for those who need it most.

Those individuals selected for the 8-week fitness program will participate in a small group boot camp three days a week, meet with a personal trainer once a week, attend a nutrition and motivational group meeting, and enjoy other fitness activities at one of 10 participating sports clubs. In addition, Lean Up team members receive a membership at their host club. From September 10 through November 2, 2018 selected participants will enjoy free, unlimited access to the club and all its amenities.

All area residents are welcome to apply. Selected applicants will offer their most

compelling reasons for wanting to dedicate themselves to this life-changing commitment. Those deserving participants will receive the program absolutely free. Anyone 13 and over is welcome to apply, although individuals under 18 must obtain parental consent. All selected participants must receive medical clearance from their health care provider.

Applications are available July 9, 2018 online at www.LeanUp.net or at your participating club.

The deadline to apply is August 31, 2018. So come on people -- Let's get lean!

Also at www.LeanUp.net: Read first person accounts about how Lean Up has inspired past participants to change their lives. ★

Sacramento County DA Reports



Defendant Sentenced for Multiple Child Sexual Assaults

DATE: June 19, 2018
CASE: Andrew G. Young Jr. (Case #13F07569)
PROSECUTOR: Deputy District Attorney Brian Morgan, Special Assault & Child Abuse Unit
The Honorable Steven Gevercer sentenced Andrew Young Jr. to 440 years to life in prison. On May 17, 2018, a jury convicted Young of 7 counts of committing lewd and lascivious acts on a minor under the age of 14, and one count of committing a lewd and lascivious act on a minor under the age of 14 with force. The jury also found true that Young had suffered a prior conviction for committing a lewd and lascivious act on a minor under the age of 14.

The victim was a family member who was between the ages of 12 and 13 when the sexual assaults were occurring.

Chiropractor Sentenced for Practicing Medicine without License, Grand Theft

DATE: May 30, 2018
CASE: James Joseph Martin (Case #16FE010473)
PROSECUTOR: Deputy District Attorney David Brown, Consumer & Environmental Protection Division
The Honorable Patrick Marlette sentenced James Joseph Martin to 1 year in jail and 5 years felony probation. Additionally, he was ordered to pay restitution to all victims named in the complaint, required to surrender his chiropractic license and prohibited from portraying himself as someone who practices functional or pastoral medicine.

On February 9, 2018, Martin pled guilty to three counts of felony practicing medicine without a license, four counts of felony grand theft by false pretenses and misdemeanor charges of illegally using 'MD' and 'physician' in advertisements.

Martin regularly appeared on a local television program, Sac & Co. His infomercials were designed to look like an interview. Martin, a licensed chiropractor, portrayed himself as a functional neurologist who practiced metabolic or pastoral medicine, specializing in treating conditions of the thyroid, neuropathy and other health conditions. Many of Martin's patients thought he was a medical doctor.

Martin was prescribing over the counter supplements and then selling them at a significant mark up.

Defendant Pleads to Murder, Sexual Assault of 6-Year-Old Girl

DATE: June 20, 2018
CASE: Juan Rivera & Lisa Burton (Case #15F03256)
PROSECUTOR: Deputy District Attorney Chris Ore, Special Assault & Child Abuse Unit

Juan Rivera pled guilty to murdering 6-year-old Jadiana and the special circumstance he committed the murder while engaged in committing a lewd or lascivious act on her. He also pled guilty

to committing lewd acts with a child under 14 years of age.

Juan Rivera took custody of Jadiana after he convinced her mother to leave Jadiana for medical reasons. On May 27 and 28 of 2015, Rivera sexually assaulted Jadiana and inflicted blunt force trauma on her, which resulted in her death. Rivera then drove to Glenn County, where he burned Jadiana's body. When he returned to Sacramento, Rivera feigned a seizure before notifying the police that Jadiana had gone missing. Rivera's mother, Lisa Burton, aided her son after the killing by providing him with a stolen vehicle to transport Jadiana's body.

On April 21, 2017, Burton pled guilty to being an accessory after the fact to murder and vehicle theft. She was sentenced to 3 years in prison.

Rivera will be sentenced to life in prison without the possibility of parole. Sentencing is set for August 17, 2018, at 9:00 a.m. in Department 21 before the Honorable Steve White.

Defendants Convicted of Attempted Murder, Conspiracy

DATE: June 28, 2018
CASE: Devonta MacDonald & Brittany Gibson (Case # 17FE002558)

PROSECUTOR: Deputy District Attorney Allison Dunham, High Risk Domestic Violence Unit
Devonta MacDonald and Brittany Gibson were convicted by a jury of attempted murder and conspiracy to commit murder with allegations of premeditation and deliberation, use of a firearm, discharging of a firearm and causing great bodily injury found true.

On February 7, 2017, the victim was walking home from a convenience store in South Sacramento when it appeared his girlfriend, Brittany Gibson, drove up and pulled over alongside of him. When he approached the car, he saw Devonta MacDonald was driving the car with Gibson in the passenger seat. MacDonald is Gibson's ex-boyfriend. After Gibson nodded her head to signal "yes," MacDonald produced a gun and shot the victim six times before driving off. MacDonald then backed up and shot the victim three more times. The victim survived, but suffered life threatening injuries and was hospitalized for more than a month.

An allegation that MacDonald suffered a prior strike conviction for robbery will be determined at the sentencing hearing.

MacDonald faces a maximum sentence of 50 years to life in prison. Gibson faces a maximum sentence of 25 years to life in prison. Sentencing for both defendants is set for August 24, 2018, in Department 29 before the Honorable Geoffrey Goodman.

This case was prosecuted by the District Attorney's High Risk Domestic Violence Unit through a grant funded by the California Governor's Office of Emergency Services and the Violence Against Women Act. ★



TRY A LITTLE EVERYTHING

Plan ahead and save big so you don't miss a moment at the California State Fair.

Get the Fun Pack for only \$49.99 and get four admission tickets, four rides, plus parking. That's a 45% savings!

California STATE FAIR

JULY 13-29
Tickets at CAStateFair.org

SUMMER SEASON 2018

FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL

MARY POPPINS

June 15 Through August 5

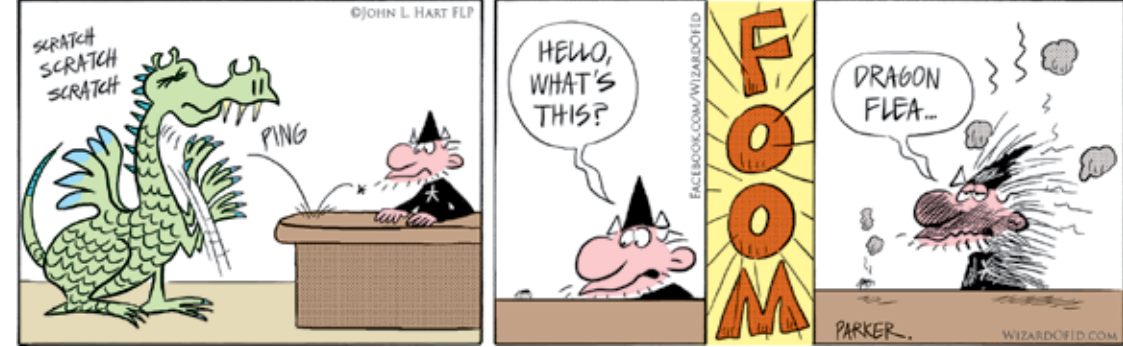
General Admission \$18 Discounts for Seniors & Students

VETERAN'S MEMORIAL AMPHITHEATRE
FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

For Information: 916.966.3683
www.fairoakstheatrefestival.com

\$2.00 Off
\$2.00 off the price of an admission ticket. Only 1 ticket with each original ad.

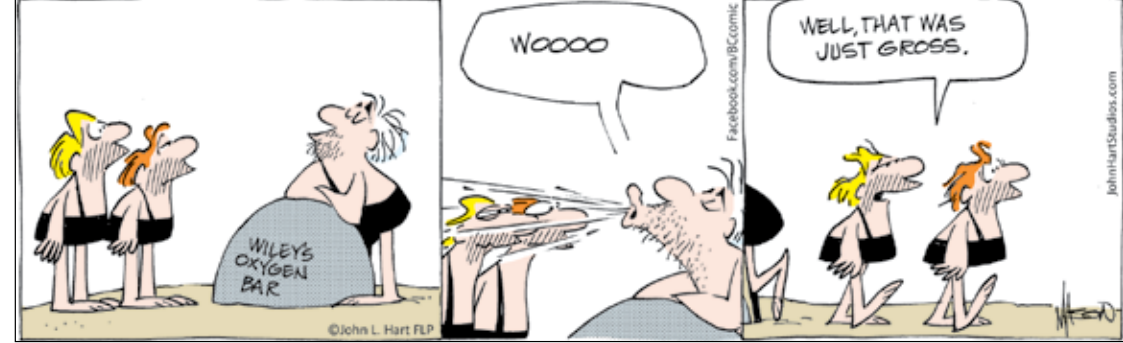
Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



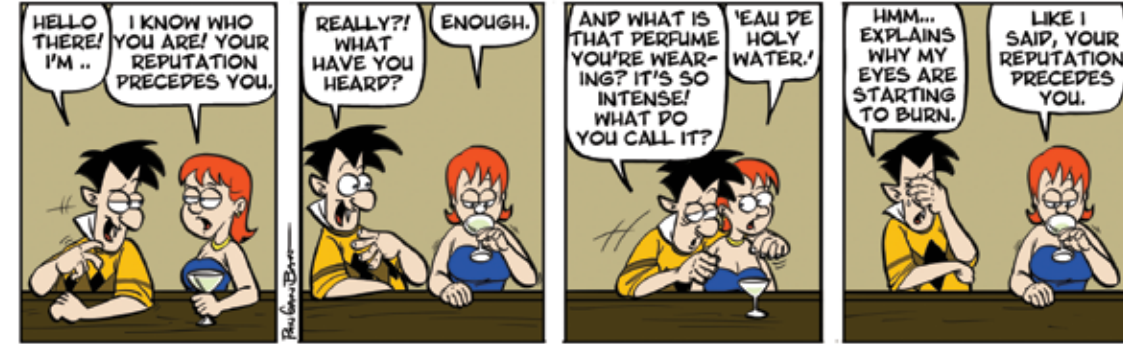
BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



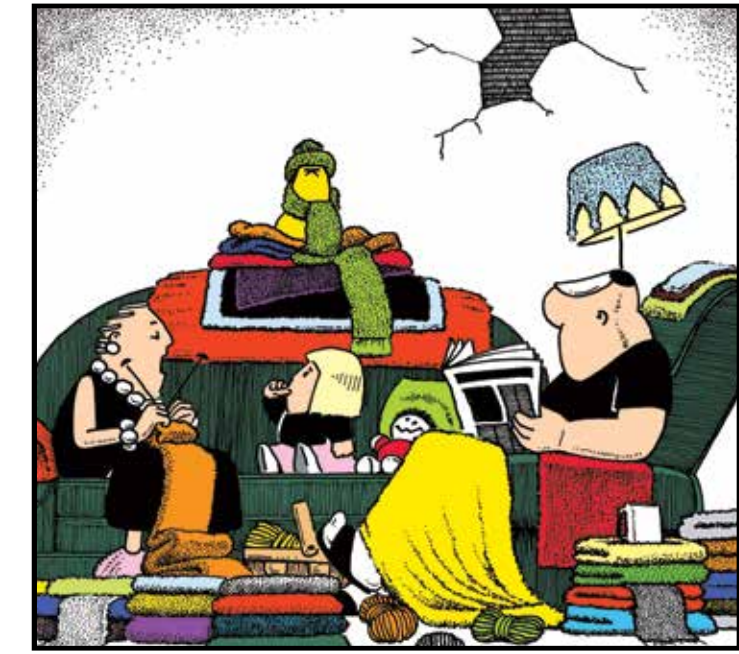
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



Friday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



Union Gospel Mission Sacramento

SAVING LIVES AND SOULS SINCE 1882

UNION GOSPEL Mission

400 BANNON STREET SACRAMENTO, CA 95811

(916) 447-3268

UGMSAC.COM

WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

River Cats

STAR WARS NIGHT

NIGHT 1 Sutter Health Fireworks Saturdays

SATURDAY, JULY 14

NIGHT 2 ORANGE Fridays

FRIDAY, AUGUST 24

TICKETS AT RIVERCATS.COM

Sacramento Fine Arts Center
galleries • classes • gift shop

"Celebrating the Figure"

Friday Morning Figure Drawing Group

July 3-22

2nd Saturday RECEPTION
July 14, 5:30-8:30 pm

Live Guitar Music by Sean O'Conner

NEW EXHIBIT

Summer Art Classes & Workshops
Visit: www.sacfinearts

Open Tuesday 11am-7pm, Wed-Fri 11am-3pm,
Now open Saturday-Sunday 11am-5pm
5330-B Gibbons Drive, Carmichael, CA 95608
916.971.3713 • sfac@sacfinearts.org

sacf
sacramento fine arts center
come. create.

"Zach" by Donna Blasingame

EAST LAWN

CEMETERIES • MORTUARIES • CREMATION • PREPLANNING



Make your final arrangements, then go enjoy the rest of your life.



The Privilege of Planning

A 25-minute free presentation. We'll serve you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

Wed., July. 18

Wed., Aug. 8 (Dinner @ 6:30 pm)

11:30 am to 12:30 pm

EAST LAWN
Sierra Hills Memorial Park & East Lawn Mortuary

5757 Greenback Lane,
Sacramento, CA 95841

To RSVP or More Info:
916.732.2020

Lic. #FD-1242

Thurs., Aug. 2 (Dinner @ 6:30 pm)

Thurs., Sept. 6 (Dinner @ 6:30 pm)

11:30 am to 12:30 pm

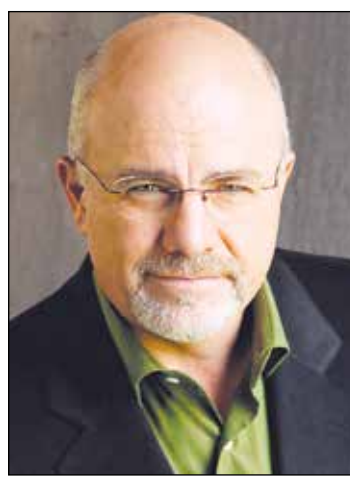
EAST LAWN
Memorial Park & Crematory

4300 Folsom Blvd.,
Sacramento, CA 95819

To RSVP or More Info:
916.732.2000

Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar. If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

www.EastLawn.com



Dave Says

All your art income goes into that account, and any expenses paid where your painting is concerned comes out of that account. After the income goes in, and the expenses come out, what's left is profit. That's what you'll end up paying taxes on. Also, you'll be required to do quarterly estimates and send them to the IRS if you make more than \$640 in a quarter. Always remember to always hold back 25 percent for taxes, too, in a separate savings account just for this purpose.

Artistic endeavors

Dear Dave,
I'm retired, and in the past few years I've taken up painting. This hobby has begun bringing in more money than I expected. I was wondering at what point I should start thinking about separating my art money from my personal finances, and look at officially starting a little business.

-Pat

Dear Pat,
I'd do it now. A hobby that makes money is called a business.

Hearing this is scary to some people, but starting a small business doesn't have to be complicated. You can go to your bank, and using your Social Security number, open a sole proprietor checking account. Title the account with your full name, then DBA — doing business as — and the name of your business.

Follow up for peace of mind

Dear Dave,
I've been following your teachings for a while, and I've noticed you advise people to get things in writing when dealing with creditors. Usually, it seems like you're talking about credit cards and things like that when this is mentioned. I finally made my last student loan payment the other day. Do you think it would be a good idea to request a formal statement saying my student loan debt has been completely paid off?

-Andrea

Dear Andrea,
Following up on paid-off debts is *always* a good idea. It wouldn't hurt to write, and request formal, written confirmation that everything is paid in full. You can do this through email, so you'll have a record of contact, or you can send a certified letter — return receipt requested — through the postal system. That way, you'll have a record they received the letter and signed for it.

It sounds like you spent a lot of time paying off your student loans. After an experience like that, you don't want to have to deal with greedy or dishonest collectors hounding you years down the road, and no way to prove you're free and clear.

Congratulations on finally kicking your student loan debt to the curb, Andrea! It feels awesome, doesn't it?
—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



BAHÁ'Í FAITH
LIGHT OF UNITY

More info:
Isacarmichael@yahoo.com
Telephone: 1 800 22 unite

O SON OF MAN!

Veiled in My immemorial being and in the ancient eternity of My essence, I knew My love for thee; therefore I created thee, have engraved on thee Mine image and revealed to thee My beauty.

from the "Hidden Words of Baha'u'llah"

KP International MARKET

10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

WEEKLY MEAT SPECIALS

GREAT DEAL

Beef T-Bone Steak
Filet de T-Bone
\$3.99 /lb

USDA CHOICE

Beef Rump/Bottom Round Roast
Palpa Contra en Trozo sin Hueso
\$2.69 /lb

BONUS BUY

Beef Porterhouse Steak
Filet de Porterhouse
\$4.49 /lb

SPECIAL PRICE

Pork Loin Chops Bone In
Chuletas de Cerdo con Hueso
\$1.29 /lb

USDA CHOICE

Beef Bottom Round Steak - Boneless
Palpa Contra en Bistek sin Hueso
\$2.99 /lb

LEAN & MEATY

Pork St. Louis Ribs
Costillas San Luis
\$2.99 /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS.

KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 5pm (Valid Time)

<p>\$1 FOR 6 PEOPLE \$66.00</p> <p>3 Hours Karaoke • Pizza • Pitcher Soda • 2 Main Dishes (Small Room)</p>	<p>\$5 FOR 28 PEOPLE \$299.00</p> <p>3 Hours Karaoke • 3 Pizzas • Pitcher Soda • Fruit • 9 Main Dishes (Party Room)</p>
<p>\$2 FOR 8 PEOPLE \$88.00</p> <p>3 Hours Karaoke • Pizza • Pitcher Soda • 3 Main Dishes (Medium Room)</p>	<p>10 DISHES TO CHOOSE FROM (DIPS SAUCE \$1)</p> <p>Hamburger, Cheese Burger, Club Sandwich, Chicken Nuggets, Spiced Edamame, Fried Dumpling, Tortilla Vegi Salad, Chicken Wings, Pork Lumpia, French Fries</p>
<p>\$3 FOR 14 PEOPLE \$154.00</p> <p>3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Family Room)</p>	<p>OPEN 7 DAYS A WEEK: Mon-Thu 4PM-2AM • Fri-Sat 2PM-2AM • Sun 2PM-12AM 10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670 916-853-2006 • WWW.KP-KARAOKE.COM</p>

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Celery 69¢	Italian Squash 69¢	Jalapenos 69¢	Cantaloupe 2/\$3	Kiwi 4/\$1	Russet Potatoes 10 lb Bag 1.99	Grape Tomatoes 2/\$3
Fuji Apples 69¢	Romaine Lettuce 69¢	Red Plums 99¢	Mangos 6.99/box	Limes 15/\$1	King Oyster Mushrooms 1.99	Singo Chinese Pears 5 ct 13.99

AMERICAN/HISPANIC GROCERY

HEROLD 2/\$5	Herold Beans Medium 3.75	Tajin Chile Seasoning 4.99	San Ballenas Vinegar 1.99	Embasa Chipotle Peppers 99¢	fiora Pesto 4.99
--------------	--------------------------	----------------------------	---------------------------	-----------------------------	------------------

ASIAN GROCERY

Special Pickle 99¢	Super G Brand 2/\$3	Kinda Brand 2/\$3	Most Pasta 59¢/lb	Tempura 79¢	Chow Mein 4.99
--------------------	---------------------	-------------------	-------------------	-------------	----------------

EUROPEAN GROCERY

Veallo Backhaus 5.99	Sofal Tiramisu 1.99	Salmon 2.99	Pure Sea Atlantic Salmon 2.99	SPRATS 99¢	Golden Liquid Softener 5.99
----------------------	---------------------	-------------	-------------------------------	------------	-----------------------------

KOREAN/JAPANESE GROCERY

Blue Chun Rice 2.29	Hot Spicy Ramen 3.99	Black Bean Bruch 1.49	Chung Jung One Lunchbox 1.99	CJ Ramen 2.99	Beef Ramen 7.99
---------------------	----------------------	-----------------------	------------------------------	---------------	-----------------

HOUSEWARES

Electric Pressure Cooker 399.99	Electric Pressure Cooker 449.99	Electric Pressure Cooker 479.99	Electric Pressure Cooker 109.99
---------------------------------	---------------------------------	---------------------------------	---------------------------------

FROZEN DEPARTMENT

BBQ Pork Buns 3.99	Abalone & Mijook Sea Mustard Soup 5.99
--------------------	--

EUROPEAN DELI

Schmaltz Matkaske 4.99	Erkino's European Mustard 2.99	Erkino's European Mustard 4.99	Erkino's European Mustard 4.99
------------------------	--------------------------------	--------------------------------	--------------------------------

Early Prison Releases: June 2018 Update

SACRAMENTO COUNTY, CA (MPG) - As of June 29, 2018, 329 inmates sentenced from Sacramento County have been granted early prison release.

Many of the offenders who are granted early prison release have violent and lengthy criminal histories. District Attorney Anne Marie Schubert feels it is important for the public to be aware of the so-called "non-violent" offenders being released early from prison into our neighborhoods. Press releases are issued to provide the public with a sampling of recent noteworthy offenders, including:

Gang Member Convicted of Robbery, Possessing Firearm (Montreal Curry – Case #16FE021608) – Curry was a validated Meadowview Bloods criminal street gang member. In 2008, he was convicted of robbery and received a 4-year state prison sentence. In his current 2016 commitment offense, Curry was driving with his girlfriend when police stopped them for a vehicle code violation. Curry handed an American Arms .22 caliber folding revolver to his girlfriend. This firearm was very small, very concealable, and very dangerous. Curry then exited the vehicle, against officer commands, to give his girlfriend a distraction and time to stash the revolver. Curry continued to ignore officer commands until he was handcuffed and detained. The revolver was eventually located during a consent search of his girlfriend's purse. His girlfriend stated that Curry gave the revolver to her to hide because he was on probation at the time. Curry was convicted of being a felon in possession of a firearm and was sentenced to 3 years and 8 months in state prison. Curry's past robbery conviction, his continued desire to arm himself and his association with gangs is a dangerous combination. The Board of Prison Hearings found this inmate to be a nonviolent offender who does not pose an unreasonable risk of violence to the community and granted release on March 29, 2018.

Career Criminal With Convictions for Assault with a Deadly Weapon (Joseph Sanchez – Case #17FE001117) – In 2005 and 2009, Sanchez was convicted of assault with a deadly weapon likely to produce great bodily injury. In 2013 and 2014, he was convicted of first-degree residential burglaries. The 2013 burglary conviction is intertwined with his 2009 conviction for the felony assault. In that case, the victim broke up with Sanchez after a brief relationship. During the relationship, Sanchez committed violent acts against her. The victim contacted police and Sanchez's parole agent to inform them of the crimes. As a result of the victim reporting the crimes to authorities, Sanchez broke

into her house and threatened to kill her. He then proceeded to punch her in the face multiple times and choked her until she was unconscious. Sanchez imprisoned the victim in her own home and she was only able to escape when her friend came over the next morning. The victim's eyes, nose and ears were swollen and bruised from the attack. Sanchez served three years in prison for this attack, but his prison sentence was not the end of the terror for this particular victim. Sanchez's violent behavior towards this victim continued in 2012 after he was released from prison. Sanchez broke into the victim's home again and ransacked it, stole items, urinated on her bed and spray painted on her wall, "[Victim] is a fake ho." He was sentenced to four years in prison for that offense. In his current case, officers stopped Sanchez for driving a stolen vehicle with his 10-month-old daughter in the back seat. He was convicted of vehicle theft and sentenced to 44 months in prison. Sanchez's criminal history includes six felony convictions. He also has multiple misdemeanor convictions, including battery, and parole and probation violations. The Board of Prison Hearings found this inmate to be a non-violent offender who does not pose an unreasonable risk of violence to the community and granted release on May 22, 2018.

Inmate with History of Offenses, Parole and Prison Violations (Joseph Duckett – Case #11F07674) – In 2001, Duckett was convicted of robbery and attempted carjacking and was sentenced to 71 months in state prison. In that case, he accosted a 52-year-old woman at gunpoint and demanded she give him her car keys. Fearing that she would be shot, the victim gave the keys to Duckett. As he attempted to start the victim's car, the victim fled into a bar and called for help. In 2008, Duckett was convicted of possession of a controlled substance. While serving his second prison sentence for this conviction, he was convicted of possessing a weapon at Folsom State Prison in 2011. In that case, Duckett tried to evade a corrections officer and was later found to have an inmate manufactured weapon in his sock. He has also had a number of prison violations, including mutual combat, disobeying orders and conduct that could lead to violence. Duckett has been convicted of a crime or been in state prison every year since 1997 when he was 21 years old. Additional convictions include domestic violence, resisting arrest, carrying a concealed weapon, providing false ID to police and possession of marijuana for sale. The Board of Prison Hearings found this inmate to be a nonviolent offender who does not pose an

unreasonable risk of violence to the community and granted release on May 29, 2018.

Early Prison Release Laws & Procedures:

In January 2015, the Department of Corrections and Rehabilitation began a new parole determination process after a federal court ordered California to reduce prison overcrowding. As a result, inmates characterized as "non-violent second-strikers" (NVSS) became eligible for early parole. In November 2016, Proposition 57 was then passed with the promise that "non-violent" inmates who "turn their lives around" in prison could also earn early parole under a new "nonviolent parole review" (NVPR).

Qualifying NVSS and NVPR inmates must not currently be serving a sentence for a crime legally categorized as a violent felony and must not be required to register as sex offenders. NVSS inmates must have served (or be within 12 months of serving) only 50 percent of their sentence, while NVPR inmates may be paroled after serving the base term for the principal offense and may earn additional conduct credits.

The Board of Prison Hearings (BPH) determines whether NVSS or NVPR offenders would pose an unreasonable risk of violence to the community based on a paper review of prior criminal history, facts of the current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect the ability to re-offend, and written statements.

Unlike parole hearings - where the prosecution, defense attorney, and victim may appear - there is no public hearing for these BPH administrative reviews. Additionally, no evidence-based risk assessment is conducted prior to consideration of early release to indicate an inmate's safety risk.

The Sacramento County District Attorney's Office takes an active role in evaluating NVSS and NVPR cases. For inmates who appear to pose a danger to the public, the office writes opposition letters to BPH with an overview of the inmate's criminal history and current commitment offense, and an opinion on the public safety risk if an inmate is granted early release. NVPR cases are especially concerning since prosecutors are denied access to records of the inmate's behavior behind bars, which is critical to rehabilitation, and do not have a right to appeal an early parole decision.

Information about more of these inmates can be found on the Early Prison Releases webpage at www.sacda.org/early-prison-releases.

Source: Sacramento County District Attorney's Office ★

EVENTS CALENDAR



July, still-patriotic Big Band Public Dance

Date: 7-8-18
Time: 7-9 p.m.
Place: Carmichael Elks Lodge
5631 Cypress Avenue
Carmichael, CA 95608
Contact: 916-645-7867
Info: SwingMasters Big Band, with vocalist Rubi Lee, will provide great listening and dancing music, Sunday, July 8th, 7-9 p.m., Carmichael Elks Lodge #2103. Participate in our raffle for even more enjoyment. \$10 donation at the door. Check us out on our website: www.swingmasters.org or call 916-645-7867

Free Citizen Workshop

Date: 7-28-18
Time: 12:30pm-4:30pm
Place: Carmichael Library
5605 Marconi Avenue
Carmichael, CA 95608
Contact: 916-473-5950
Info: American citizenship provides many privileges and protections: the right to vote, security against deportation, ability to bring more family to the U.S., increased job opportunities and more. Now's the time to apply. All legal services and study materials at this workshop will be free. Pre-registration is required. Register online through our eventbrite (<https://www.eventbrite.com/e/free-citizenship-workshop-registration-46867798848>), or call Kevin

Woldhagen at 916-473-5024 to register by phone.

Luau Dance for Singles

Date: 7-14-18
Time: 6:45pm to 11pm
Place: Roseville Veterans Hall, 110 Park Roseville CA
Contact: 530-878-8606
Info: A Luau Dance plus dance lesson for singles and couples will be held Saturday, July 14, at Roseville Veteran's Hall, 110 Park, Roseville, next to Royer Park. The dance is Christian Singles Network, northern California's largest non denominational singles group. Dance teacher Richard Kowaleski in the Bolero 7-8 PM. DJ Dale from Allstar Entertainment will play a mix of mix of rock, ballroom, country and Latin 8-11 PM. Singles and couples are invited to attend, and all ages are welcome. Dress Tropical or casual. Doors open at 6:45 PM. Tickets are \$15 presale, \$20 at the door. Price include hors d'oeuvres and desserts, non-alcohol beverages and the dance lesson. Volunteers attend free.

Peach Festival

Date: 7-14-18
Time: 8am to 2pm
Place: Historic Folsom Farmers Market 915 Sutter Street Folsom, CA 95630
Info: Organic Fresh Produce, Artisan & Craft goods, Live Music, Gourmet Specialty Foods, Peach Eating Contest, Peach Dessert Contest, Face

Painting for the kids, Kids games, Silent Raffle & Raffle Prizes, and Peaches, Peaches, Peaches

Kids Bike Race

Date: 7-14-18
Time: 9am to 12pm
Place: Phoenix Park, 9050 Sunset Ave Fair Oaks, CA
Contact: Fair Oaks Park and Rec
Info: Join us for our first annual Kids Bike Race. This race will take place at Phoenix Park on July 14th and utilize the park's pathways and the new Fair Oaks Bike Park. This fun bike race will include multiple race heats where top finishers will advance to the championship round for a chance to be crowned the 2018 Kids Bike Race Champion

Movie in the Park- Coco

Date: 7-20-18
Time: 5:30pm to 8:30pm
Place: Carmichael Park 5750 Grant Ave Carmichael, CA 95608
Contact: Carmichael Park and Rec
Info: A boy journeys into the Land of the Dead to seek forgiveness from his ancestors and lift a curse. Movie begins at sunset. Free popcorn and fun activities leading up to show time. Bring a lawn chair, flashlight, your family and friends. We hope to see you there!

**PROMOTE YOUR EVENTS
CALL 916-773-1111**



Chili Smith Family Foods

at 5907 Fair Oaks Blvd.,
Carmichael CA
800-434-2929



SUMMER SALE

Organic Wheat & Pastas, Olive Oils, Local Honey

**STOCK UP FOR YOUR
SUMMER BBQ GOODS**

Store Hours

Tuesday - Wednesday - Thursday
11 am - 4 pm
Friday - 11 am - 6 pm
Saturday - 10 am - 3 pm
Sunday - Monday - Closed



All-natural
Farm Fresh
Nutritious
Locally Grown

HEIRLOOM BEANS and HEAT & EAT PRODUCTS

Beautiful, Delicious and Nutritious



Stock up & Save
on Shipping!!

Check our Farmer's Market &
COOKING CLASSES!

Browse our store and sign up!

Chili Smith and Friend



www.chilismith.com

11th Annual



Saturday
July 28, 2018

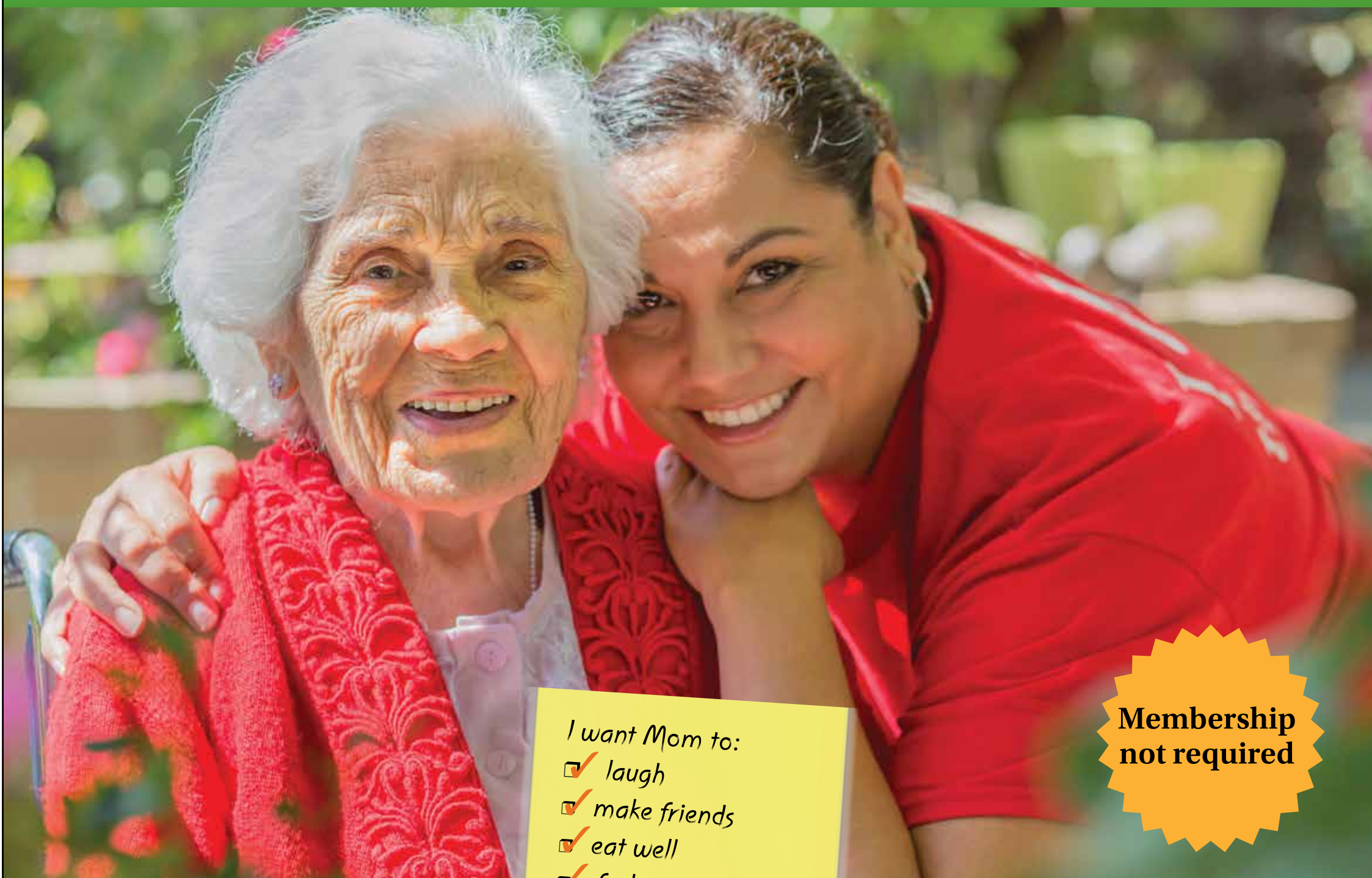
7:00 a.m. Registration
8:00 a.m. Kids Races
8:30 a.m. 5k Run/Walk

All Participants Will Receive
A Finishers Medal

benefitting the
alzheimer's association®
City of Sacramento 5k Championship

For More Info and to Register:
www.Fab40s5k.org

Assisted Living at Eskaton Village Carmichael



I want Mom to:

- laugh
- make friends
- eat well
- feel secure
- have fun
- feel loved

Membership not required

ESKATON eskaton.org/evc
Transforming the Aging Experience

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted
Living, Memory Care and Skilled Nursing
3939 Walnut Avenue, Carmichael, CA 95608
916-967-1017
License # 340313383 | COA # 202



A leading nonprofit provider of aging services in Northern California since 1968

The Exciting New World of Snap On Dentures!



There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

Implants as low as \$99.00 per month

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

**Carmichael
Dental
Group**

www.YourCarmichaelDentist.com

916-944-1197

\$1,200.00 off
2 Implants with
attachments to a Denture
Offer Expires 07/31/18

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