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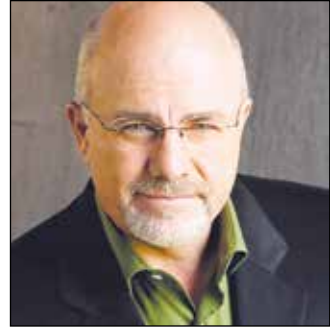
MARCH 23, 2018

PROJECT LINUS SEEKS BLANKETEERS FOR LOCAL CHILDREN



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DAVE RAMSEY: NOT A FAN OF CHECK CASHING COMPANIES



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CARMICHAEL COMMUNITY UPDATE



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Chamber Award Event Honors Business Leaders



(Top photo) Chef/restaurantier Lina Fat (center) celebrated her Carmichael Chamber of Commerce Person of the Year award with husband Dr. Ken Fat and family at Arden Hills Resort. (Photo at right) Good Day Sacramento anchor Tina Macuha – the Chamber's 2017 top citizen – emceed the awards dinner. Carmichael Honorary Mayor Kelli Foley donned mayoral regalia to celebrate.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael Chamber of Commerce has named Lina Fat – a powerhouse member of Sacramento's famous Fat family of restaurantiers – as Carmichael Person of the Year. A recent awards dinner saw Fat, three more business people, a community volunteer and a local non-profit honored.

More than 200 Chamber supporters attended the fundraiser at Arden Hills Resort. Program emcee was 2017 honoree, Good

Day Sacramento anchor Tina Macuha.

Cheered by a contingent of relatives, Lina Fat was recognized for professional and philanthropic vision. Born in Honk Kong, she worked as a pharmacist in Sacramento before joining her husband's family business. The mother of three earned culinary laurels while training with top international chefs and was later a pioneer in Asian-fusion cuisine. Now 79, she is vice-president of Fat City Inc. A proponent of performing arts,

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CHP Investigation Results in Arrests of Davis Tow Incorporated Employees

By California Highway Patrol

SACRAMENTO REGION, CA (MPG) - A two-year criminal investigation by the California Highway Patrol, Valley Division Investigative Services Unit, culminated yesterday in the arrests of five employees from Sacramento County-based Davis Tow Incorporated (Davis Tow), which included the owners.

The investigation revealed Davis Tow developed business practices that involved the illegal towing of vehicles from commercial properties in the area of Sleep Train Arena in order to profit from the towing and impound fees.

Davis Tow routinely failed to properly report private property tows resulting in increased storage fees and often the lien sale of the vehicles at a profit to Davis Tow. Each of the individuals listed below were arrested and charged with 29 counts of auto theft (10851(a) V.C.) and one count of conspiracy to commit a crime (182(a)(1) P.C.). Bail for each person has been set at \$1,000,000.

- Owners:**
Scott Gordon Davis, 54
 – Placerville
Christopher Gerald Davis, 46
 – Antelope
Leslie James McKenzie, 50
 – Chico
Employees:
Andrew Robert Harless, 30
 – Homewood
Erik Steven Dyer, 37 – Elverta

The investigation thus far has identified more than 250 victims resulting in approximately \$100,000 in damages. If you feel that you have been a victim of an unlawfully towed vehicle by Davis Tow, please go to <http://www.chp.ca.gov/davis-tow-investigation>, where you can complete an incident report or call the California Highway Patrol at (916) 731-6431. ★

A Touch of Understanding: Kindness as a Choice

Story and photos by Jacqueline Fox

SACRAMENTO REGION, CA (MPG) - One of the students had a little trouble reaching the foot pedals on his wheelchair. The break was a bit of a challenge too. As he tried rolling it out on to the blacktop at the California Montessori Project, American River Campus in Fair Oaks, a trail of fellow fourth graders followed, bringing up the rear.

This was exactly the kind of learning experience intended: hands on, real time, fumbling through it kind of learning. It was only for practice however, practice for what it really feels like to be wheel chair bound. Once the students tackled the wheel chair they got a shot at walking blindfolded with a white cane, punching out their names backward in Braille, learning about how prosthetic limbs work and what it feels like to have the not-so visible kinds of disabilities, such as autism and dyslexia.

"It's not as easy as it looks," said Alaina Lawrence, 9 of Carmichael working at the Braille learning table. She and some of her schoolmates were participating in an onsite sensitivity and awareness workshop led by volunteers with the Granit Bay-based nonprofit organization, A Touch of Understanding (ATOU). Officially launched



Alaina Lawrence, 9 (top photo) of Carmichael working at the Braille learning table, practices spelling out her name in Braille. Leslie DeDora (photo at right), founder of A Touch of Understanding, far right, and volunteer Amanda Mulanix, far left, who is blind, with some of the participants in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks.

in 1996 by Leslie DeDora and her father, Edward Ennis, ATOU marshals the wisdom and experience of volunteers, many with disabilities themselves, and, along with a truck-load of props, heads into schools across



many portions of the Northern California region to conduct onsite workshops for school age children in an effort to minimize bullying, social isolation and discrimination against those living with disabilities.

"We know children are curious and they will ask questions if they feel comfortable doing so," said DeDora. "What we do is

provide a safe space for them to learn how to talk to and accept someone who is different from them. I think in many cases kids in schools mistreat others because we don't give them the information they need to truly understand what it means to walk in someone else's shoes."

Continued on page 3

Project Linus Seeks Blanketeers for Local Children in Need

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - On Christmas Eve morning, 1995, Karen Loucks came across the compelling photo of a bald three-year-old girl named Laura Williams in a long pink dress, holding her special "blankie."

Written by Pulitzer Prize-winning photo-journalist Eddie Adams, the article in Parade Magazine told of Laura's battle with leukemia and how her blanket has helped her get through more than two years of grueling chemotherapy.

After reading that article, Karen Loucks, who was 23 at the time, and had just learned to crochet, decided she could crochet blankets to help children like Laura; thus started Project Linus.

To date, Loucks, her friends and hundreds of volunteers have presented thousands of handmade blankets to Denver's Rocky Mountain Children's Cancer Center and many other venues locally and worldwide.



Founder Claire Gliddon with blankets ready to be delivered. Photo courtesy of Claire Gliddon

'Linus' was chosen for the logo, as the image of Charles Schulz's beloved Peanuts character with his trusted security blanket tells the mission of the project perfectly.

Since 1995, 400 chapters nationwide have delivered close to 7,000,000 blankets to children in need of all ages.

In a recent phone interview with Loucks, she said, "For me, it's thrilling to be a part of this... I don't like to do something unless I can make a difference. I don't get



An elementary soccer team with blankets from Sacramento Chapter Linus Project. Photo courtesy of Claire Gliddon

on the hamster wheel just to see it turn.... Here I can see results every day. We can't stop the disasters but can have a positive effect and help where we can... It's kids helping kids, they use their own hands to help others."

The Sacramento Chapter, with Claire Gliddon at the helm since 1997, is working tirelessly to get their own blankets out to children in need in Sacramento and Placer counties. Local "blanketeers" made and delivered 12,437 blankets to needy children in 2017.

Today Gliddon is seeking more volunteers of all ages and organizations that need that "hug" for children. Donations of material and yarn to make even more blankets are needed. Seniors and others who love to knit, crochet, quilt or sew can join in the fun and camaraderie of creating something that will make a huge difference in the life of a child or teenager. These 'homemade hugs' can be as simple or complex as the creator chooses.

There are no meetings, no quotas. The only requisite is that blankets be new, handmade and washable. Whether you are a beginner or an expert, whether you can make one blanket a year or 100, all are welcome. Blankets can be made at home, with friends, at a community

facility such as the Fair Oaks Library, or at one of the many chapter gatherings that take place all over Sacramento and Placer County. Yarn and fabric is available if needed.

"Blanketeers" include seniors, members of faith communities, Boy Scouts, Girl Scouts, 4-H Clubs and both junior high and high school students needing community service hours. Yarn is even provided to the Chowchilla Women's Prison and men at Folsom State Prison to make blankets for the chapter.

Blankets are donated to over 100 local organizations all year. These include hospitals, low-income elementary schools, food closets, shelters, police departments, child abuse prevention programs, the Sheriff's Department, Ronald McDonald House, My Mother's Voice, My Sister's House and Wellspring Women's Center, to name a few. Blankets are also donated to children of veterans. Every blanket gets a tag sewn on that says, "Made with Love for Project Linus."

The children know the difference from a manufactured blanket and are "touched that a stranger would take the time to make something for them." One child stated, "This is the only

thing in the hospital that's mine."

Following the Columbine school shooting in 1999, blanket donations expanded to victims of other disasters. Besides mostly staying local, children affected by 9/11, Hurricane Katrina, fires in California, and school shootings are just some of the recipients of blankets from Gliddon's blanketeers.

Gliddon and her volunteers have been invited to exhibit their blankets at the California State Fair since 2015.

A special plea is going out to all collectors for new or almost new Beanie Babies. The project starts at the beginning of each December when they choose a handful of low income schools and present every kindergartener with a warm blanket. A very special touch is the addition of a Beanie Baby in a little pouch with each blanket. In 2017, 790 blankets were delivered to these schools just before Winter break.

Those who join receive an information packet with a list of gatherings, drop-off sites and suggested sizes. For more info, contact Claire Gliddon at (916) 965-8955, e-mail claire@sacprojectlinus.us or visit their website www.sacprojectlinus.org and Facebook page at Project Linus-Sacramento-Chapter. ★

SMUD and Simple Energy Offer Home Services Via SMUD Energy Store

By SMUD

SACRAMENTO REGION, CA (MPG) - Simple Energy and SMUD are expanding SMUD Energy Store to include home services.

Since last year, visitors to the store have been able to shop for energy-related and smart-home products. Now customers can also choose from a variety of home services categories, each featuring project ideas, available SMUD rebates and financing options, a contractor matching tool and educational resources. The contractor matching tool, powered by HomeAdvisor, helps homeowners connect with the right service professionals to complete home projects.

"This addition to SMUD Energy Store will make it easier for our customers to complete energy-saving home improvement projects," said Nicole Howard, SMUD's chief customer officer. "It brings together our product catalog, rebates, financing and HomeAdvisor's network of pre-screened service providers, and we think our customers will love it."

SMUD Energy Store's home services offering helps customers in a variety of ways. Customers who know what they're looking for—such as a contractor to do a furnace tune-up—will quickly be matched with available pre-screened contractors. Customers looking for inspiration can browse services such as Heating & Cooling, Appliance Upgrades and Water Heaters & Plumbing and find step-by-step instructions, locate a class or workshop and get equipment operating tips.

Simple Energy CEO Yoav Lurie said: "Our utility-branded marketplace has been proven to drive the most customer transactions, and this product launch is a significant step forward for our platform. We're excited to help SMUD deliver a delightful customer experience for home services and be their customers' ★

trusted advisor for all of their energy-related needs."

By providing project inspiration, a network of pre-screened local contractors, cost guides, how-to information and access to available rebates and financing, SMUD Energy Store gives our customers what they need to successfully complete their home improvement projects. Over time, SMUD Energy Store will continue to expand the services and products it offers.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org.

Simple Energy is the leading provider of utility-branded marketplaces for large investor-owned, municipal, and cooperative utilities including Exelon, Southern Company, Xcel Energy, National Grid, and SMUD. Simple Energy's software as a service ("SaaS") instant rebate, customer engagement, digital marketing, and ecommerce solutions engage customers, drive energy savings, facilitate the sale of energy-saving products and services, and serve as the platform for the utility of the future. Learn more at SimpleEnergy.com. ★

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Sacramento Children's Chorus – Alexander Grambow, Director
Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm

Pre-concert talk by Donald Kendrick 7 pm

Sacramento Community Center Theater

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A Touch of Understanding: Kindness as a Choice



Dwight Lunkley has a little fun with some of the students in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks.

Continued from page 1

Dwight Lunkley, who sports two prosthetic arms and is partially disfigured from a near-death off-roading accident in 1994, handled a portion of the speaker sessions that accompany the hands-on activities. He says there's nothing more impactful than one-on-one interaction with children as a way to teach tolerance and educate them about what happened to him and how it has impacted his life.

"I love coming in to the schools and talking to kids," said Lunkley. "You'd be amazed at how smart, compassionate and inquisitive they are about me. So we work together to teach them about what is going on with us, why and how we are really just like them and that even with a physical disability we can have happy lives. But we show them, we don't just tell them. That's how they learn the compassion."

DeDora said her aunt had intellectual disabilities that were initially difficult for her to understand until she was taught by her parents about the importance of celebrating, not rejecting someone

because of their differences.

"I remember inadvertently making my aunt cry because I didn't understand why she looked like the adults in the room, but acted like the kids," said DeDora.

DeDora parlayed that early education in compassion into a career working as a tutor of students with disabilities in the public schools system. Realizing more could be done to provide young people with tangible opportunities for breaking down misconceptions about people with disabilities, she launched "Walk a Mile In Their Shoes" in 1996. After conducting 60 successful "pilot" presentations, ATOU was formed. Today, the organization has an annual budget of approximately \$400,000, three staff members and an army of volunteers, including interns from Sacramento State College working on degrees in adaptive recreation, nursing programs or other related fields.

Much of ATOU's funding comes through grants and the sensitivity workshops, the fees for which \$1,200 each are split between ATOU and the participating campus.

ATOU also relies heavily on funds raised during its annual "Art from the Heart" gala, now in its fifth year. This year's gala is slated for April 20. Donated artwork is displayed and available for purchase. The event includes silent and live auctions, a raffle, wine, appetizers and likely some of the most inspirational speakers you'll ever have the pleasure of hearing from.

"It will be a fun, informative and inspirational evening, celebrating art in its many forms and embracing those among us with disabilities," DeDora said. ★

A Touch of Understanding Fifth Annual Art from the Heart Gala and Fundraiser

Friday, April 20 6:30 p.m. to 9:30 p.m.

Blue Goose Event Center
3550 Taylor Rd., Loomis

For more information:
visit: www.touchofunderstanding.org, or call: (916) 791-4146

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of The Carmichael Times this column serves to provide an update about matters affecting the unincorporated communities of Carmichael and Arden Arcade.

Your Sacramento Area Parks.Com

Spring is arriving which means time to enjoy the great outdoors. Need quick access online to find specific recreational facilities like dog parks, swimming pools (and lessons), community centers, trails, arts and culture, golf, horseback riding, tennis courts and much more?

Yoursacparks.com is a one stop gateway to fun where you can reserve a facility for your

next family or business function, make a tee time, sign up to volunteer, or improve your health and fitness progress.

The website is a partnership of 19 local recreation and park agencies, including Sacramento County's Department of Regional Parks, with the goal to help connect you with the beautiful parks and recreational services available in our area.

American River Spring Clean-Up

Mark your calendar for the "Spring Clean-Up" of the American River Parkway to be held on Saturday, April 7, from 9 am to 12 Noon.

The American River Parkway Foundation sponsors this annual event as one way to maintain the natural habitat that comprises this 23 mile stretch along the American River.

Volunteers can register online and many students use the event as a way to earn community service credits for school. More information can be obtained online at arpf.org.

DA to Speak at Community Coffee Meeting

Please join me on Wednesday, April 25, at 7:30 am when I hold my Fair Oaks Community Coffee Meeting featuring

District Attorney Anne Marie Schubert as the guest speaker. The Meeting will be in nearby Fair Oaks at the Fair Oaks Water District, 10326 Fair Oaks Boulevard, in Old Fair Oaks Village. Under her leadership, a select group of deputy district attorneys have been assigned as "Community Prosecutors" who pursue quality of life issues by working with the Sheriff's Problem Oriented Policing (POP) and Homeless Outreach Team (HOT) Deputies on matters like drug houses, vacant homes that become transient hang-outs, illegal dump sites, etc.

If you can't make this morning meeting, District Attorney Anne Marie Schubert will be my guest speaker at my Carmichael Community Meeting on Thursday, May 24, at 6 pm at the Carmichael Park Clubhouse. I hold a number of community gathering throughout the year in Arden Arcade, Carmichael and Fair Oaks with each having a special guest speaker. Flyers for each community identifying dates and times are available on my website at bos.saccounty.net.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting
April 12, 2018

at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.

Meeting starts at 1030 hrs and we have a speaker SMSgt (Ret) Dale Klug.
Come on out and enjoy a cup of coffee, cookies and meet new friends.

Questions can be referred to our volunteer staff at 916-640-8446,
Monday through Thursday, 0900 to 1500 hrs.



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Assemblymembers Kiley and Quirk Introduce Free Speech on Campus Act

By William Kolkey

SACRAMENTO REGION, CA (MPG) - Today Assemblyman Kevin Kiley (R - Rocklin) and Assemblyman Bill Quirk (D - Hayward) introduced AB 2374, the Free Speech on Campus Act of 2018. The bill requires California community colleges and state universities to create and disseminate statements that affirm the importance of free expression, and to provide opportunities for teaching the history and value of the First Amendment.

The legislation was developed in consultation with Erwin Chemerinsky, Dean of the UC Berkeley School of Law. The bill was also informed by conversations with Howard Gillman, Chancellor of UC Irvine. His and Dean Chemerinsky's recently published book, *Free Speech on Campus*, argues that universities must provide supportive learning environments that also guarantee

robust protections for freedom of expression.

"The Free Speech on Campus Act recognizes that an understanding of fundamental principles of free expression cannot be taken for granted," Dean Chemerinsky said. "Through educational programming, universities can help foster an appreciation for the history and value of free speech, and why it is essential to democratic government and academic freedom."

The introduction of the Free Speech on Campus Act follows last year's unanimous passage of legislation by Assemblyman Kiley and Quirk endorsing two free speech statements: the Statement on Academic Freedom by the Chancellor of UC Irvine and the Chicago Statement on Free Expression.

"The Act builds on my and Assemblyman Quirk's ongoing efforts to protect and promote campus free speech," Assemblyman Kiley said. "We

are now calling on California universities to create free speech statements of their own, and to ensure that students understand the vital importance of free speech to academic inquiry and debate."

"Freedom of speech is essential to freedom of thought; it is essential to democratic government; and it is the indispensable element of every other freedom we enjoy," Chancellor Gillman said. "It is vital that today's students understand and appreciate the importance of having a safe and inclusive learning environment where any idea can be expressed, evaluated, contested and engaged."

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes parts of El Dorado, Placer, and Sacramento counties. Assemblyman Quirk represents the 20th Assembly District, which includes parts of Alameda County. ★

American River Community Church Wonder-Land Christian Pre-School & Daycare 3300 Walnut Ave. Carmichael

Prayer Room

March 26th - 29th 9AM - 9PM
Call 916-483-3465 for available times

Good Friday Service

March 30th - 7pm

Easter Services

Sunday, April 1st
9:30AM Praise Service
10:30AM Egg Hunt
11:00AM Traditional Service

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Caterer: Garcia's Mexican Restaurant

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featuring
**Ty Smith New Museum Director
California State Railroad Museum**



11:30
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Noon - 1:00pm
Program



Raffle
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RSVP at carmichaelchamber.com



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HOLY WEEK AT NORTHMINSTER

PALM SUNDAY WORSHIP, MARCH 25, 10 AM

A worship celebration of Jesus' entry into Jerusalem with the children waving palm branches joined by the chancel and handbell choirs, and a joyous message by Pastor Jack F. McNary.

MAUNDY THURSDAY SERVICE, MARCH 29, 7 PM

Remembering Jesus' Last Supper with His disciples with a symbolic cleansing with the washing of hands and then coming to the Table of Grace to partake in the Sacrament of the Lord's Supper. All are welcome.

GOOD FRIDAY SERVICE, MARCH 30, 7 PM

A "Service of Darkness" (Tenebrae), extinguishing candles throughout the service as we hear the "Seven Last Words of Jesus from the Cross." Featuring the choir and handbells.

EASTER MORNING

EASTER EARLY MORNING SERVICE, APRIL 1, 8 AM

A contemporary style worship celebrating the Resurrection of our Lord Jesus, led by our Youth with singing and an uplifting message by Pastor Jack.

EASTER WORSHIP SERVICE, APRIL 1, 10 AM

Traditional worship with brass, handbells, choir and an inspiring message by Pastor Jack. There will be a special time and gifts for the children.

LOVE, TRUTH AND PEACE.
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Sacramento Regional Transit District Moves Art

Local Artists Design Light Rail Wraps for "Rolling Art" Exhibition



Each unique in style, color and design, the artists' designs were transferred to vinyl and then applied using a standard fabrication and installation method to attach to the train. Art by Ruby Chacon. Photo by Rick Sloan

By Wendy Williams, SacRT

SACRAMENTO REGION, CA (MPG) - In partnership with the Sacramento Metropolitan Arts Commission (SMAC), the Sacramento Regional Transit District (SacRT) unveiled four light rail trains that have been wrapped with art designed by four local artists: Ruby Chacón, Linda Nunes, Kerri Warner and Donine Wellman at the 7th & Richards/Township 9 light rail station in the River District.

"I want to thank the Sacramento Metropolitan Arts Commission for being a great partner in our endeavor to bring creative energy and joy to our community," said Henry Li, SacRT General Manager/CEO. "We are continually looking for ways to improve our riders' experience, contribute to the beautification of Sacramento, and operate in a fiscally prudent manner. Art-wrapped trains accomplish each of these objectives."

Chacón's art creates spaces of belonging and builds community through art. Nunes' artwork is a surreal and condensed landscape environment created with

impenetrable vegetation, sunny colors, and subtle texture. Warner wanted her art to be colorful, whimsical and relatable to the people of Sacramento. Wellman chose bright and cheery colors with a countdown as the train arrives in a whimsical city.

The artists were selected from a juried registry based on their individual bodies of work that would suit the scale of light rail trains. Their colorful masterpieces will be traveling throughout the Sacramento region at various speeds - while also reflecting joyful expressions of our diverse Sacramento communities.

"These four artists represent such range in terms of their content, subject, style and design. Each artist came up with a unique message, completely different from the other, which is what I love about this exhibition," said Patrick Kennedy, Chair of the SacRT Board of Directors and Vice Chair of the Sacramento County Board of Supervisors. "Art does many things - it inspires, it creates conversation and it brings joy. SacRT is proud that our trains can bring



The artists were selected from a juried registry based on their individual bodies of work that would suit the scale of light rail trains. Art by Kerri Warner. Photo by Rick Sloan

a positive visual impact and message in each community."

Each unique in style, color and design, the artists' designs were transferred to vinyl and then applied using a standard fabrication and installation method to attach to the train. Wrapping is an efficient and cost-effective way to improve the exterior of older light rail trains. Funding for the project was provided through existing SacRT resources. ★

United Way Women to Collect Towels, Toiletries and Luggage for Local Foster Youth



Volunteers are needed on April 17 from 5:30 p.m.-7:30 p.m. at United Way's office to package the donations and write notes of encouragement to each of the foster youth. Photo courtesy United Way

By Kate Towson

SACRAMENTO REGION, CA (MPG) - Local residents can donate new towels, toiletries and luggage for local foster youth through United Way's Women United Spring Drive happening now through April 17. Items will be donated through Sacramento County's Foster Youth Emancipation Basket program to more than 260 local foster youth preparing to leave the system and live on their own for the first time. Donations can be purchased from the Amazon wishlist at <http://www.yourlocalunitedway.org/event/spring-towel-toiletry-and-luggage-drive> or can be dropped off at United Way's office at 10389 Old Placerville Road in Sacramento.

Volunteers are needed on April 17 from 5:30 p.m.-7:30 p.m. at United Way's office to package the donations and write notes of encouragement to each of the foster youth.

"The goal of the Spring Drive is to support foster youth as they prepare to leave the system," said Jessica Gauna-Miller of United Way's Women United. "Foster youth in our community often lack the basic household necessities you need when living on your own for the first time,

such as towels, luggage and toiletries. When you participate in the Spring Drive, you're setting foster youth up for success."

United Way's Women United action group in the California Capital Region is a powerful force of 350 local women and supporters making sure local foster youth are prepared for success in college or career when they leave foster care. This focus is part of the Square One Project, the local United Way's 20-year promise to significantly increase the number of students who graduate from high school ready for success in college and beyond. 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 to prepare for success in college or career.

Formerly known as Women in Philanthropy, the local Women United group is now part of the global Women United network of more than 70,000 women leaders taking action in their communities. For more information or to make a donation, visit www.yourlocalunitedway.org/WomenUnited. ★

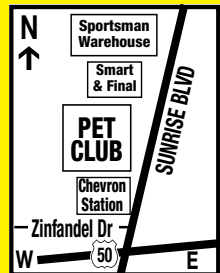
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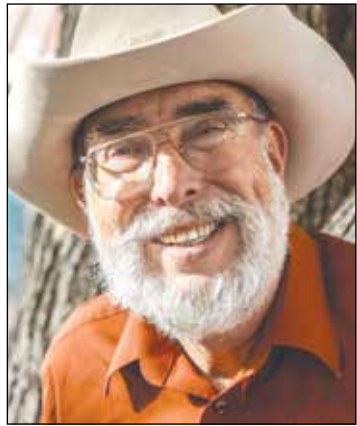
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PLU 573

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Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/21/18 - 3/27/18 **\$1.89**
CT
PLU 449

Slim Randles' HOME COUNTRY



What Will Those New People Do For Jobs??

a cup and sit down.”
 “Thanks guys,” he said, flipping his necktie over one shoulder so it wouldn’t dangle in the coffee. “You heard about that Spanish billionaire Fortunato Alvarez de Banqueria?”

“No,” Doc said. “We don’t keep up on Spanish billionaires, I’m afraid.”

“See,” Del explained, “he’s this rich guy from Spain ...”

“Kinda had that part figured out.”
 “... and he’s interested in ... get this ... investing in our valley Isn’t that something? I mean, it’s still in the tentative stages, of course, but the word is, it’s going to happen.”

“What’s going to happen?” Herb said.

“The subdivision, of course. The way I heard it ...”

“Hold on, Delbert,” Doc said.

“How did you hear it and what did you hear?”

“Sure. You know Carol, comes

in the barber shop to sweep up at night? Well, her cousin’s girlfriend works in the city and overheard her bosses talking at break time about Fortunato coming over here with some real money. And what other Fortunato could it be?

“And the bosses said, and I got this straight from Carol, that the subdivision would probably be somewhere near our local landfill and will be called Basura Vista Estates. Think of all the people coming in! Think of all the road scraping that will happen! It’s amazing!”

“What will those new people do for jobs?” Doc asked.

“They’ll scrape in those roads and build those houses, of course,” Del said, taking a sip of coffee. “It’s the American Way.”

Brought to you by “Strange Tales of Alaska,” available on Amazon.com. ★

Hear ye! Hear ye! Cometh to the think tank this morning Delbert McLain, our very own Chamber of Commerce. A broad smile beameth.

You know, we’re really proud of Del. Of course, what he’d like to do is make this valley so rich and crowded that none of us would want to live here anymore, but at least he works really hard at it. We admire hard work.

“Hey Del,” Steve said, “pull up

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POPPOFF!

with Mary Jane Popp

World Easter Treats

Easter is coming and with this celebration, there will be lots of good eats from around the world. So I thought I'd share a few with you. It seems almost every Easter-celebrating country has its own special Easter bread or cake. Hot Cross buns are an Easter favorite in many areas including Britain. The tradition allegedly derived from ancient Anglo-Saxons who baked small wheat cakes in honor of the springtime goddess, Eostre. After converting to Christianity, the church substituted with sweetbreads blessed by the church. These individual yeast buns are spiced and filled with dried fruit and the lemon icing drizzled in the form of a cross on top.

I have a good friend named Larisa who happens to be Russian. So I asked if she has a special delight she makes at Easter. It's called Kulich. Bread plays an important role in Russian holiday and



Russian Kulich

religious ceremonies. During Easter the most popular bread is the semi-sweet, tall cylinder-shaped Kulich. It's usually baked in coffee or fruit tins to achieve its towering shape. After it's cooled, it's topped with a sugar glaze and decorated with flowers and served with cheese pashka, the pyramid in the photo. It's a symbol of atonement on the cross by Jesus Christ. Thus, the initials XB for Xpucmoc Bockpece or Christ is Risen, is decorated on the side. The bulging top represents a church dome with snow on it. Traditionally, family matriarchs bring loaves of Kulich to church where they are blessed by a priest. Families eat the bread for breakfast and dessert for 40 days after Easter until Pentecost.

Then I found a GREAT site called "Life Buzz" and discovered more great tidbits like the stringy Easter bread from Greece called Tsoureki which contains two traditional Greek

spices, mastic and mahlab.

How about the Schinken im Brotteig from Germany. The name means "ham in bread" and that's what you'll find when you cut it open.



Pacoca de Amendoim from Brazil

What's Easter without candy like the Pacoca de Amendoim from Brazil which is ground peanuts, cassava flour, sugar and salt.

Can't leave out our neighbors to the south and Mexican Caspirotada. This Mexican bread pudding is made with nuts, fruits, figs, and mixed aged cheese. It's served throughout Lent, particularly on Good Friday.

Don't forget our always favorite American classic Ham...sweet, glazed, even spicy. And lamb dishes made it on the list from several countries. No matter what the dishes, here's wishing you and yours a **BLESSED AND HAPPY EASTER!** ★

Sacramento County DA Reports



Defendant Convicted of Multiple Sexual Assault Charges

DATE: March 7, 2018

CASE: Javier Lopez-Diaz (Case #16FE019559)

PROSECUTOR: Deputy District Attorney Teri Ann Grimes, Special Assault & Child Abuse Unit

Javier Lopez-Diaz was convicted by a jury of three counts of lewd and lascivious act on a child under the age of 14, five counts of forcible lewd act upon a child, three counts of forcible oral copulation and two counts of forcible rape.

The victim was 7 years old when Lopez-Diaz started dating her older sister. Lopez-Diaz began sexually assaulting the victim, and continued the assaults over many years. Lopez-Diaz's conduct escalated to raping the victim. The victim moved in with her sister and Lopez-Diaz during her senior year of high school. When the victim was 24 years old, she was able to leave and disclose the abuse she had suffered for so many years.

Lopez-Diaz faces a maximum sentence of 102 years in prison. Sentencing is set for May 18, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White.

Sexually Violent Predator to Remain in Hospital Custody

DATE: March 9, 2018

CASE: Lavell Stallworth (Case # 95F07940)

PROSECUTOR: Deputy District Attorney Stefanie Mahaffey, Mental Health Litigation Unit

A jury found true a petition of civil commitment against Lavell Stallworth as a Sexually Violent Predator (SVP) under Welfare and Institutions Code Section 6600 et seq.

In 1996, Stallworth was convicted of lewd and lascivious acts with a child under 14 and attempted forcible lewd and lascivious acts with a child under 14. In that case, Stallworth sexually assaulted two runaway sisters ages 12 and 13. He had sex with the 13 year old, and tried to force the 12 year old to orally copulate him. When she refused, he hit her in the face, causing visible injuries, and locked her in a closet. She was able to escape and run to a friend's house, where she disclosed what happened.

Two psychologists gave an opinion that Stallworth had a mental health diagnosis, which qualified him as an SVP under the statute. These same psychologists found he was likely to commit sexually violent predatory offenses if released from the hospital.

Deputy District Attorney Stefanie Mahaffey states, "The jury's finding will keep a Sexually Violent Predator off of our streets and out of our neighborhoods. Our Mental Health Litigation Unit will continue to protect our community from dangerous sex offenders, who pose a serious risk of reoffending if released back into our community."

Defendant Convicted of Gun Charge, Gang Enhancement

DATE: March 13, 2018

CASE: David Watson & Christina Bell

(Case #16FE019708)

PROSECUTOR: Deputy District Attorney Matthew Moore, Career Criminal Prosecution Unit

Joseph Herrera was convicted by a jury of being a felon in possession of a firearm. The jury also found true a gang enhancement. Herrera admitted to allegations that he committed the offense while out on bail on a pending case, and that he has a prior strike conviction.

Herrera was a high ranking Varrio Diamond gang member. On July 29, 2017, Elk Grove police officers conducted a traffic stop on a car with Herrera in the front passenger seat. When officers searched the car, they found a loaded handgun with a high capacity magazine at Herrera's feet. Herrera had recently been paroled and was subject to GPS monitoring, which showed he had traveled through several gang territories prior to the stop. Detectives also learned Herrera joined the Northern Structure Prison gang while in prison, and had become the top ranking Norteno for one of the Sacramento jail facilities while pending trial in this case.

Herrera has a 2010 strike conviction for assault with a firearm, and has a pending possession for sale of a controlled substance case (#17FE008238).

He faces a maximum sentence of 17 years in prison. Sentencing is set for April 27, 2018, at 1:30 p.m. in Department 15 before the Honorable Laurel White. ★

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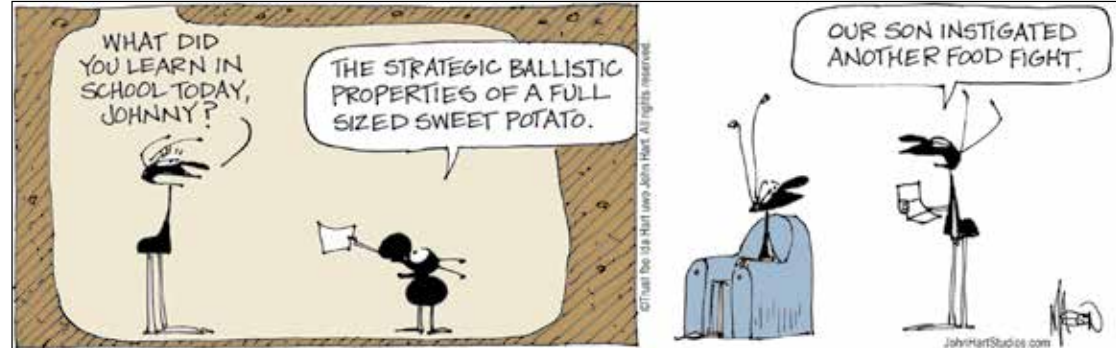
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Hole Mole by Rick Hotten



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Cranky Girl by Crystal Jones



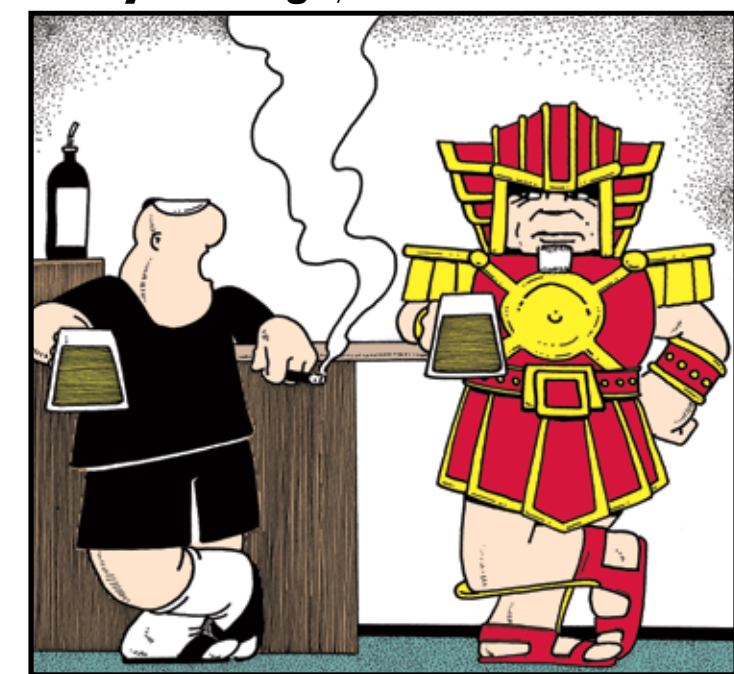
Frank and Steinway by Wil Panganiban



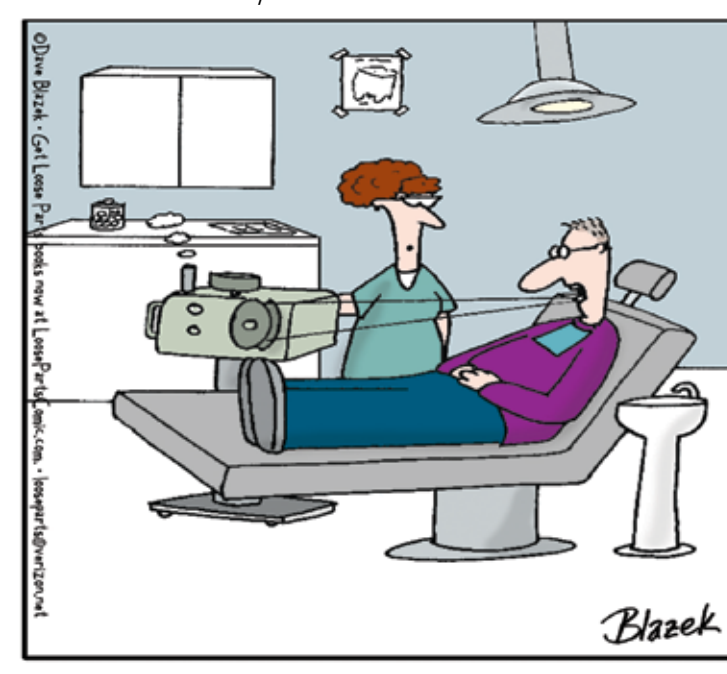
Tundra by Chad Carpenter



Friday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES





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EVENTS CALENDAR



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Place: Fair Oaks Park 11549 Fair Oaks Blvd Fair Oaks, CA 95628
Contact: (916) 966-1036
Info: FREE to attend with other attractions/activities available for purchase. Join us for an "egg-citing" Easter adventure for the entire family! Enjoy plenty of free or low cost activities that are sure to put a smile on everyone's face. Enjoy FREE children's egg hunts, pictures with the bunny, craft table, and petting zoo! Tickets and wristbands available for purchase for carnival games, bounce houses, face painting, and train rides. You can also purchase your \$3 ticket for the Adult Egg Hunt for the chance to win gift cards, sponsored by the Fair Oaks Youth Advisory Board.

hosts a pancake breakfast. Breakfast is \$5 per person for adults over 18 and free for anyone 18 and under. This is an annual fund raiser for the Kiwanis Club to support their community projects for children and youth in the Rancho Cordova area.

Non-denominational Easter Sunrise Celebration

Date: 4-1-18
Time: 6am
Place: Mount Vernon Memorial Park 8201 Greenback Lane Fair Oaks, CA 95628
Contact: (916) 969-1251
Info: Our service will last a little less than an hour and feature time of worship and an inspirational message as well as donuts, coffee, hot chocolate and balloon release.

Spring Big Band Public Dance

Date: 4-8-18
Time: 7-9 pm
Place: Carmichael Elks Lodge 5631 Cypress Ave Carmichael, CA 95608
Contact: (916) 645-7867
Info: SwingMasters Big Band, with vocalist Rubi Lee will provide great listening and dancing music. Participate in our raffle for even more enjoyment. \$10 donation at the door. Check us out on our website: www.swingmasters.org

Baby/Kid Clothing & Equipment Sale

Date: 4-14-2018
Time: 9am-1am
Place: Faith Lutheran Church 4000 San Juan Avenue Fair Oaks, CA
Contact: pomsresident@gmail.com
Info: Come to the parents of multiples, Sacramento (POMS) clothing and equipment sale to find amazing deals on gently used clothing for babies and children of all ages, maternity wear, equipment, toys, books, and so much more. Red tag items are half price starting at noon. It is free to shop and sell at this event.

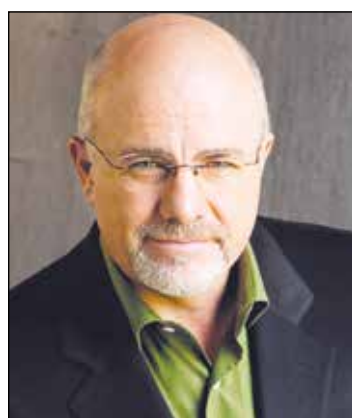
Celebrate Mom

Date: 4-14-2018
Time: 10am to 3pm
Place: Church on Cypress 5709 Cypress Avenue Carmichael, CA 95608
Contact: Terri brown 916-693-9572
Info: An afternoon of shopping, fashion, food and fun. Vendor and craft fair, fashion show, vendor showcase, snack bar and raffles. An opportunity to shop from home based businesses and others all in one place. Free admission.

Hoppin' and Huntin' at Hagan

Date: 3-31-18
Time: 8:30am -12:00pm
Place: Hagan Park 2197 Chase Drive Rancho Cordova, CA 95670
Contact: (916) 369-9844
Info: The event features free egg hunts at three time slots for children aged 10 and under, and photos with the Easter Bunny. Attendees will enjoy games, music, face painting, inflatable houses, contests and prizes. The Kiwanis Club also

PROMOTE YOUR EVENTS
 CALL 916-773-1111



Dave Says

Dave Ramsey: Not a fan of check cashing companies

Dear Dave,
 How do you feel about check cashing companies?
 - Norman

Dear Norman,
 I'm not a big fan of check cashing companies. They're not nearly as bad as payday lenders, but it still seems kind of silly to me there's even a market for this kind of thing. If you want a place to cash your checks and store your money, all you have to do is walk into a bank and open an account.

I realize there's a small segment of the population that some people in financial circles like to call "the unbanked." This means

that, for whatever reason, they avoid banks. That's their choice, but in the process, they leave themselves susceptible to bad deals.

As I said, I don't feel the same way about check-cashing companies as I do about payday lenders. But it's still not a financially smart move to regularly pay a storefront operation fees just to cash your checks.

—Dave

Here's a better idea

Dear Dave,
 I'm 27 years old, and I have no debt. In addition, I have a five-month emergency fund of \$14,000. Recently, I started a new job making \$60,000. I've been offered a 401(k) with no match, but I was wondering if instead I should open a high-yield CD.

- Kris

Dear Kris,
 You're doing very well at a young age. Congratulations! I'm glad you're thinking about your financial future, too. But I've got


a better idea.

How about opening a Roth IRA with good growth stock mutual funds inside? That would be my choice. Fund it up to \$5,500 a year, and make sure the mutual funds have strong track records of at least 10 years. This investment — growing tax-free — will be superior to a non-matching 401(k) or certificate of deposit. If you want to invest even more, you could then put additional cash into the 401(k) offered by your company.

With your income and maturity, plus the proper investment strategy, you're likely to retire a very wealthy lady. Keep up the great work, Kris!

—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](https://twitter.com/DaveRamsey). ★



O SON OF SPIRIT!
My first counsel is this;
Possess a pure,
Kindly and radiant heart,
That thine may be a sovereignty
Ancient, imperishable and
Everlasting.

from *The Hidden Words of Baha'u'llah*
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Beef London Broil & Top Round Roast-Boneless Pulpa Para Hornear Roast sin Hueso \$2.89/lb	Beef Top Round Steak/Pulpa-Thin Sliced Steak Pulpa Para Hornear Steak sin Hueso \$3.19/lb
Pork Butt-Bone In Trozo de Puerco con Hueso \$1.39/lb	Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.69/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. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 21 - MARCH 27.

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FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM	
Granny Smith Apples 79¢ Green Seedless Grapes 1.99/lb D'Anjou Pear 99¢ Cilantro 3/\$1 White Onions 2lbs/\$1 Papaya 79¢	Manila Mango 14 ct 7.99 Avocado 2 lb Bag 2/\$5 Green Onions 3/\$1 Popeye Spinach 10 oz 2/\$3 Lemons 3/\$1 Mexican Mango 7.99
AMERICAN/HISPANIC GROCERY	
+CRV Gatecreeper 25-11 oz \$1.29 +TAX Fine Bathroom Tissue 4 Rolls 89¢ Old Bay Seasoning Large 16-oz \$5.99 +TAX Sun Dish Liquid Dishwasher Detergent 20 Fl oz 89¢ +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
ASIAN GROCERY	
Instant Noodle 334.53 lb \$4.99 Soft Flour Cake 15 oz \$1.99 +CRV Sesame Oil 16 oz \$2.99 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
EUROPEAN GROCERY	
+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
KOREAN/JAPANESE GROCERY	
Light Milled Brown Rice 15 lb Bag 9.99 Low Cholesterol Peanut Butter 12.99 Nongshim Ramen Family Packs 3 Kinds 4 x 120 gr 2.99 Korean Creepers 3 Kinds 3.99 Yummi! Asian Noodle 4 lb 5.99 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
HOUSEWARES	
+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
FROZEN DEPARTMENT	
+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79
EUROPEAN DELI	
+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79	+CRV Tostitos Cornitos 16oz 2.79 +CRV Tostitos Cornitos 16oz 2.79

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Chamber Award Event Honors Business Leaders

Continued from page 1

Fat launched the Sacramento World Music and Dance Festival in 2007. This colorful annual pageant showcases diversity in the Sacramento region through music and dance. Celebrating her own culture, the awardee wore a gown embroidered with koi carp – an auspicious Chinese symbol of prosperity and good fortune.

The award dinner also recognized Shawna Rivera as Businesswoman of the Year. A hairdresser-turned-baker, Rivera established a coffee shop for coiffeur clients more than 20 years ago. Much enlarged and in new quarters, the Lido Café is now among Carmichael's most popular eating spots.

Japanese-born chef Taro Ara Arai sported pink hair, rhinestone-encrusted shoes and gave thanks to God for his phenomenal American success. Arriving in USA as a teenager who barely spoke English, the flamboyant "sushi-ologist" dreamed big. He now owns Mikuni's Group, a multi-restaurant operation that annually feeds millions of California sushi lovers.

Aged, 33, Carmichael-raised Comerica Bank executive Dan Kellow was named Young Professional of the Year. Barbara Safford was cheered for years of volunteer service to the Chamber and many other non-profits.

Among silent auction items offered at the fundraiser, a painting of Old Sacramento by Carmichael artist David Peterson fell for \$800. Donated by the Fat family, a lavish dinner for 10 won a \$2,000 bid. A sushi-making class with Mukuni's chefs garnered \$1,000 and a group breakfast at Good Day Sacramento with Tina Macuha raised \$500.

The Sacramento District Dental Foundation – whose projects benefit children and families who are unable to afford dental care – is 2018 Non-Profit of the Year and shared part of the evening's proceeds.

Event sponsors included: Dignity Health, SMUD, Post Modern Marketing, Sacramento District Dental Society, Safe Credit Union, the American River Natural History Association and the Carmichael Times. ★



Restaurant entrepreneurs Taro Arai (Mikuni's) and Shawna Rivera (Lido Café) were named Business Man and Business Woman of the Year.



Many guests sported platinum hues to celebrate the Chamber's 70th anniversary.



In a live auction, Sacramento's Fat family claimed a watercolor by artist David Peterson.



The Milagro Center donated a Kings Basketball bundle for the silent auction. Chamber director Linda Melody, Gabrielle Rasi and Julie Hubbs hauled the goodies.

Recycling It Right Reduces Contamination

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - With all that goes in your recycling cart, do you know what it means to recycle it right? For starters, it means not placing garden hoses in your green waste cart or household batteries in your mixed recycling or garbage cart. Even though recycling has been around for a long time, it can still be very confusing about what goes where. What you do really does matter – a lot! Because, if you are not disposing of your items correctly, chances are, neither are your neighbors and that can add up to a big contamination problem. Sacramento County Department of Waste Management & Recycling (DWMR) encourages everyone to recycle it right!

Let's sort out recycling!

DWMR provides curbside garbage, recycling and green waste service to about 154,000 customers in the unincorporated area. With that many customers, recycling can easily go wrong. When you load up your recycling cart with clean metals, glass beverage and food containers, and paper, and then you throw in just one unacceptable item such as Styrofoam, a light bulb, or even garbage – especially if it is a greasy pizza box or other food-soiled material – you have just contaminated all your recyclables. When those contaminated recyclables are added to our trucks, it contaminates your neighbor's recycling, so by the time our truck finishes the route, the entire load will be a mess.

Why is contaminated recycling such a big deal?

When a truckload of recycling has too much contamination, recycling processors either have to slow down the sort line to effectively recover the recyclables, which substantially increases the cost to recycle, or they have to reject the entire load and it's sent to the landfill. This hurts our program and the environment, which ends up wasting the value of the material and



Sacramento County Department of Waste Management & Recycling (DWMR) encourages everyone to recycle it right! Photo courtesy Sacramento County

filling up landfill space.

Sacramento County and Sacramento-area municipalities are reminding all customers about the problems of contaminated recycling – for more information, read the insert: Recycle It Right.

What's in and what's out?

Now that we know the importance of recycling it right, there are many resources available to help you remember what to put in and what to leave out of your curbside carts! Review acceptable and unacceptable curbside recycling materials. For helpful information to learn how to recycle or properly dispose of specific items, go to the A to Z Materials Guide, or check out the lineup of Recycling Brochures. There are also a host of short recycling videos on the County's YouTube Utilities & Residential Services Playlist.

Customer outreach – more on recycling it right!

We all have busy lives and are bombarded with information every day. DWMR is currently developing a customer outreach campaign to remind residents about the importance of recycling it right and could include a door hanger "packet" with information on acceptable and unacceptable items for the garbage, green waste, and recycling carts.

For waste management and recycling questions:

- Visit www.SacGreenTeam.com;
- Call Customer Service, 916-875-5555

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