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Carmichael Times

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JULY 21, 2017

**RECORD AMOUNT OF
WASTE COLLECTED
IN NEIGHBORHOOD
CLEAN-UP EFFORT**



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**DO YOU KNOW
YOUR I.L.W.E.?**



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**DA CATCHES
MORE BAD GUYS**



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Doing a Heart Good



Cuddle time. Gemily West wraps three of her new fur-babies in bandanas and love. Puppies Brumby, Ruby, and Daisy are among a full house of Australian cattle dog babies born to two of Gemily's dogs.

**Story and photos
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Two litters of Australian cattle dog puppies have brought nostalgia and joy for Carmichael heroine Gemily West. "It's been my dream since I was a little girl to raise puppies of my own," says Gemily (28). "They're the best anti-depressant ever."

Five years ago, national headlines reported the local girl's heartbreak. During an evening walk on her home street, a drugged hit-and-run driver mowed down Gemily's boyfriend Hary Randall and her four dogs, Winry, Zury, Bindie and Evie. The beloved heeleders were slaughtered. Two weeks later, Hary died from his injuries. Gemily needed 42 metal pins and a steel rod to rebuild her shattered right leg; she still suffers mobility problems and daily pain.

"My life will never be the same," considers the survivor. "I hurt from the time my feet touch the floor each morning." Her gradual recovery was aided by three new Aussie herders, Kiry, Breezy and Honey. Last year, Gemily decided one of them should be a mom. She did not count on two of them falling pregnant and giving birth just a week apart. "A squirming, licking litter of fur-babies is the best motivator anyone could ask for," observes the midwife. "They do my heart good."

Since one of the moms was a niece of

the perished Evie, her springtime babies carry a precious bloodline. "They have her facial expressions and her famous head-tilt," observes Gemily. "I see it and I grieve for their beautiful great aunt Evie but oh, that expression is adorable."

Naming the new arrivals was challenging. Monikers like Ruby, Daisy and Brumby litter the bunch. "I named them for their appearance and personality," she explains. "To the average Joe, they all look the same. I knew the babies apart from birth." With classic coloring that runs from red to the much-sought Aussie "blue", the new puppies quickly achieved Facebook fame and eager adoptive families. "It'll be bittersweet seeing them go," predicts Gemily. "I'll miss their squishy little faces but I'm excited for their futures. They'll go to people I know, so we'll stay in touch. Their new families have promised me pictures and E mails."

Moms Honey and Kiry will stay with Gemily; she will also keep a couple of their babies for her own menagerie. "The puppies are now the equivalent of teenagers," she says. "They're fun but they're hard work. You're always cleaning, feeding, hugging. Socializing is most important. You've got to expose them to new experiences: play with them; get them used to leashes. You can't neglect their moms, either."

A trainer for Best Friend Total Pet Care in



Carmichael, Gemily is around canines 24-7. Like any hardworking mom of multiples, she appreciates help from family, friends and her fiancée David Pierce. "Even though I've never had a baby myself, I've learned so much," she says. "I love these puppies as if they were my own kids."

"When I look back at everything that happened to me in the last five years, I know I'll never get back what I've lost. But I feel so blessed with these little dumplings." ★

Hearing in CHP Officer's Death Set for Sept. 11

By Jacqueline Fox

SACRAMENTO, CA (MPG) - A July 13 preliminary hearing for the man accused of causing the death of CHP Officer Lucas Chellew February 22 in South Sacramento, has been rescheduled in order to give CHP investigators more time to complete their investigation of the accident.

Defense attorney Alice Michele requested an extension for the hearing for her client, Alberto Quiroz, 26 at the time of arrest, who faces one misdemeanor and three felony counts of vehicle theft, possession of a stolen vehicle and resisting arrest.



CHP Officer Lucas Chellew

Motorcycle patrolman Chellew was pursuing Quiroz, also on a motorcycle, on Fruitridge Road, when he was suddenly cut off by a passing car, lost control of his motorcycle and hit a pole. He was taken to UC Davis Medical Center where he later died from his injuries. Quiroz was arrested shortly after the pursuit.

Deputy District Attorney Aaron Miller confirmed that the hearing, which was stalled for several months for settlement conferences before being calendared, was delayed so that CHP officials conducting a detailed investigation into the crash that killed Chellew could have more time to prepare.

"They need more time to put together their report before we can move forward," Miller said, adding that the original charges have not changed in the case against Quiroz, but declining to say that they could.

The CHP report is expected to play a critical role in the case against Quiroz. Should it reveal willful recklessness on the defendant's part, charges against him could change to include at least one count of vehicular manslaughter.

Chellew's widow was present in the courtroom for the hearing. She sat flanked by CHP patrolmen, presumably colleagues of her late husband, as Judge Kevin J. McCormick asked Quiroz, clad in an orange jumpsuit inside a detaining cell, if he agreed to waive his right to have his case heard sooner. He did. ★

It's Not about Health Care, It's about Control

**Commentary
by Jane M. Orient,
M.D., Executive
Director,
Association of
American Physicians
and Surgeons**



Jane M. Orient, M.D.,
Executive Director,
Association of American
Physicians and Surgeons

As Congress struggles to do something about the ObamaCare disaster, Senators may be getting calls pleading, "Don't take my healthcare away!" But the more influential voices will be whispering, "Don't take my ObamaCare dollars away!"

The American Medical Association (AMA), for example, is urging people

to call about "cuts" (constrained growth) to Medicaid.

Let's get the terminology straight: The government cannot "take away" or "give" you health care. Caring for your health is something you do—or don't do—yourself. It costs practically nothing; in fact, it saves you money. Nonsmokers save thousands of dollars a year. Walking around the block every day is free—and maybe you'll meet your neighbor. Healthy foods

like fresh fruits and vegetables cost something, but less than Starbucks coffee-flavored milkshakes or fast-food lunches. Being faithful to your spouse pays huge dividends.

You can go to a "healthcare provider," get counseled on smoking cessation, and have all your bad habits, risk factors, and soon probably your DNA and political views recorded in an electronic data base, accessible to the government and thousands

of other entities. They will constantly score you—on your value to society, eligibility to own a self-defense tool, suitability for a loan or a job, and eventually perhaps your qualifications to have a child.

Your health depends on basic necessities not included in the \$3 trillion poured into the "health care system" every year. Lacking a place to stay warm and dry, one homeless person lost his feet to frostbite, while Medicaid

Continued on page 4

**WE SUPPORT
OUR MILITARY**

Another Gas Tax Imposed on Californians

By Senator Jim Nielsen,

SACRAMENTO, CA (MPG) - Following the presentations of Assembly Bill 398 (Eduardo Garcia) and Assembly Bill 617 (Cristina Garcia), two measures that push for the expansion of the cap-and-trade program and raise more taxes on all Californians, Democrat members of the Senate Appropriations Committee passed both measures along party lines. These two onerous measures are estimated to increase gas taxes by a minimum of \$0.63* per gallon, on top of the recently passed \$0.19 per gallon gas and car tax increase. Vice Chair of the Senate Budget Committee, Senator Jim

Nielsen (R-Tehama), issued the following statement:

"Californians were hit with a \$52 billion gas and car tax increase in April.

"Today, we are hit again with another gas tax. We will soon have to pay another \$0.63* per gallon to fuel our cars - a total increase of \$0.82 per gallon based on estimates from the independent Legislative Analyst.

"This 'cap-and-trade deal' is for the elites, not everyday Californians, to pay for their pet projects. This is a crushing blow to California residents. When will it ever be enough for Sacramento politicians?" ★

Runner, BOE, Responds to Fire Fee Suspension

SACRAMENTO, CA (MPG) - George Runner issued the following statement in response to the Legislature's approval of AB 398, which suspends the so-called "Fire Prevention Fee" until 2031.

"For six years, ruling Democrats have extorted money in the form of a fire tax from hundreds of thousands of rural Californians, including many seniors on fixed incomes.

"After blocking repeal efforts for years, state leaders finally acted today

to suspend this unjust tax, but only because they needed to win votes for a costly climate change measure.

"In other words, they did the right thing for the wrong reasons.

"This seeming victory for California taxpayers is bitter-sweet. A suspension falls short of a full repeal, and it fails to provide refunds to homeowners who were forced to pay this illegal tax.

"It's never too late to do the right thing: Give us our money back!" ★

Berryhill Votes to Protect Rural California, Small Businesses and Farmers

SACRAMENTO REGION, CA (MPG) - Senator Tom Berryhill, R-Twain Harte, issued the following statement Monday in support for AB-398, a bill to extend the state's cap-and-trade program for a decade while reducing taxes, fees and regulations by more than \$16 billion dollars.

"This legislation is the unfortunate result of years of aggressive climate-change policies forced on us by the coastal elites who run Sacramento. But instead of sitting on the sideline and watching everything go off a cliff, I was able to ensure farmers, small-business owners and rural Californians were well-represented and protected in the negotiation.

"Cap and trade fills a void created

by onerous policies, a void that would otherwise be filled by regulations written by out-of-touch, unaccountable bureaucrats - the exact people I came to Sacramento to rein in.

"As an added bonus, this bill suspends the illegal fire tax and keeps Sacramento Democrats from increasing taxes on gas by substantially more than one dollar per gallon. Again, this bill is not perfect, but it is more reasonable after a bipartisan negotiation. I am very pleased to have given farmers, small-business owners and rural Californians a voice in the negotiation of a measure that would have been passed one way or another." ★

Two Mather Soil Vapor Extraction Units Achieve Cleanup Goals

Air Force Cleanup Program Takes Another Step Toward Completion

By Alex Grotewohl, AFCEC Public Affairs

SACRAMENTO, CA (MPG) - The Air Force's remediation program at the former Mather Air Force Base took another major step forward this summer when two Soil Vapor Extraction (SVE) units were found to have achieved their cleanup goals.

Late June, the Air Force Civil Engineer Center announced that two of the three remaining Soil Vapor Extraction systems accomplished their mission, a major step towards completion of the soil cleanup process at Mather.

Although the base closed in 1993 and all related military operations departed, the Air Force remained responsible for Mather's environmental cleanup. Since then, Air Force soil and groundwater cleanup activities have proceeded alongside community redevelopment efforts and the restoration work has provided a successful platform for Mather's redevelopment.

Today, all 5,718 acres of the former base have been transferred to local control for reuse. Mather has become a hub of general aviation and industry; approximately 6,600 people work on-base, employed by more than 60 individual businesses.

Historically, the military used chemicals, including fuels, solvents and oils at Mather in support of national defense from 1918 to 1993, although there were several breaks in service. In 1979, contamination was detected in water supply wells. Environmental cleanup began in the 1980s, years before Mather closed.

The cleanup primarily includes removing contaminants from the soil and groundwater beneath the



AFCEC's Soil Vapor Extraction unit, known as "Unit 59," cleaned this area once occupied by an airplane wash rack. This is one of several restoration systems at the former base that have removed 1 million pounds of volatile organic compounds and petroleum products from the ground and treated over 12 billion gallons of groundwater. Photo by Alex Grotewohl, AFCEC PA

land surface. Currently, the Air Force uses Soil Vapor Extraction to remove contaminants from the soil before they can reach the groundwater.

The treatment systems have removed over 1 million pounds of volatile organic compounds and petroleum products from the ground and treated over 12 billion gallons of groundwater.

Douglas Self, AFCEC Base Environmental Coordinator at Mather, stated the closing of these two units marks a major milestone in the Air Force's effort to complete the cleanup and make way for successful reuse.

"The Air Force is committed to completing the last remaining activities necessary for the environment restoration at Mather," Self said. "Being able to shut these systems down means we are getting closer to achieving that goal."

The two Soil Vapor Extraction units operated since 1998. One was installed near an old wash rack, where airplane parts

were cleaned and degreased. Contaminants at this site included jet fuels and trichloroethylene (TCE), an industrial solvent used as a degreaser at many Air Force installations. The second unit was located near an oil-water separator. Both units have been switched off since 2015 while the Air Force confirmed that cleanup was complete in those areas.

A third unit, also offline since 2015, is located near a former dry-cleaning facility where tetrachloroethene (PCE) was used. Removing vaporized contaminants from the deep soil in this area has been completed and the Air Force is working with regulatory agencies to achieve site closure.

Demolition of the unit near the oil-water separator is tentatively scheduled for this summer. The unit near the wash rack may be put back into service to treat a newly discovered site requiring additional remediation. TCE was recently found in the soil near an airplane

hangar currently used by Mather Aviation.

Ongoing testing of the soil at this site will assist the Air Force and regulators with determining whether to use the already-standing unit for this cleanup process or construct a newer, more cost-effective unit.

Institutional controls (ICs) will be used at each site to ensure inadvertent exposure to contamination does not take place. The ICs require future developers to take steps to prevent human exposure to any remaining contaminants in the shallow soil and gives regulatory agencies the ability to ensure these steps are taken.

"The Mather cleanup program is progressing very well," Self said. "Our state-of-the-art soil and groundwater remedial systems are in place and running smoothly. The Air Force has completed the cleanup process at nearly 90 percent of contaminated sites and we will be here until the cleanup job is finished." ★

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Mallard Mom Stops Traffic



Considerate drivers slow for the new mom and her brood.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Landis Avenue just got traffic lights. Ahead of time, inhabitants of the Carmichael artery managed by fair means or fowl.

When nature recently called, wildlife and humans joined forces to ensure road safety. Twenty-two webbed feet paddled riverward down the street, stopping traffic from Sizemore almost to Marshall Avenues. Enroute, a proud mallard mom and ten new hatchlings crossed several precarious crossings.

At the busy California Ave intersection, an immigrant Slavic couple climbed from their car to protect the family. Further down Landis, this author joined the parade, warning drivers to slow. Enchanted by the mom's courage and her brood's waddling obedience, motorists complied without grudge.

Such is the charm of our Carmichael neighborhood and its (web-footed or otherwise) residents.

The family found its way via a private property to low waters of Carmichael Creek. Last seen, 11 duck-tails paddling into the sunset. Bravo Mrs. Duck! ★



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Bera Introduces Bipartisan Health Care Improvements

Working to Protect Consumer Access to Vision Care

WASHINGTON, D.C. (MPG) - Congressman Ami Bera, M.D., along with Congressman Jim Renacci (R-OH), introduced the Protecting Consumer Access to Vision Care Act of 2017 today. This bill would provide relief from the health insurance tax (HIT) for stand-alone vision plans under the Affordable Care Act.

"As a doctor, I know how important eye health is to whole health. This simple, bipartisan idea puts the patient first and helps keep care affordable for seniors and families. These fixes are exactly the kind of reform both Democrats and Republicans can get behind," said Rep. Bera.



Congressman Ami Bera (D-CA)

critical, especially for those 88 million Americans who are served by SAVPs, with over 4 million covered in Ohio alone. Since vision plans provide

limited-scope health coverage, they are not subject to ACA market reforms and therefore should be exempt from other ACA taxes and fees," said Rep. Renacci. "In fact, unlike other traditional health insurance subject to the fee, SAVPs are excluded from being offered directly on the Exchanges per the ACA."

Stand-alone vision plans cover routine eye exams and are critical in revealing other conditions such as diabetes, hypertension, tumors, and undiagnosed strokes. The health insurance tax can place an undue burden on vision plans, leading to higher prices and limited eye care.

Source: Office of Ami Bera ★

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It's Not about Health Care, It's about Control

Continued from page 1

was paying someone \$563 every month just to have him on a list of enrollees. Last year, Nevada Medicaid paid managed-care companies as much as \$213 million for more than 30,000 people who received no care at all. Maybe that money was taken from housing or law enforcement.

Does the money given to Medicaid contractors perhaps pay safety-net hospitals to care for the needy who do need care during the year? We don't really know where all the money goes. A preliminary look at publicly available documents of Arizona's Medicaid system, allegedly the most efficient in the U.S., revealed that managed-care contractors made more than \$225 million in pre-tax profits in just one year. And in 5 years, nearly \$400 million of Medicaid funding was transferred to other state agencies.

From a basic economics standpoint, it is just absurd to use third-party payment schemes for routine, predictable (hence uninsurable) costs. It doubles or triples the costs, while making services look free or worth \$5 at the time of service. It perpetuates the illusion that somebody else is paying, while managed-care stockholders, administrators, arbitrageurs, and purveyors of ridiculously overpriced drugs or procedures rake in profits.

Of course, there is the risk of

a car crash, cancer, heart attack, or other true emergency. I'd like to buy catastrophic insurance to cover my risk for those things, without buying everybody else's contraceptives, fertility treatments, smoking cessation counseling, drug abuse treatments, and blood pressure pills. Such insurance became very difficult to obtain years ago, and ObamaCare outlawed it.

We're moving toward the end-game of single payer, which assures the continued diversion of funds to the Swamp. These funds are no longer available for people to choose to spend. And worse, the System will carefully control the funds that actually provide care, say by punishing doctors for deviating from government-dictated "best practices." It will allow nothing it calls "snake oil" (things like vitamin D, hormone supplements for aging, or other generally benign items that people find worthwhile but that drain profits from government-approved treatments). Nothing "futile" like experimental treatment for Charlie Gard. Nothing experimental outside the control of the FDA (that might compete with lucrative drugs). Nothing that is not "value based" (such as life-sustaining treatment including food and water to patients not valuable enough to treat for pneumonia, heart failure, or a bleeding ulcer).

The system is also striving

to eliminate nonadherence. Patients will take all their vaccines or lipid-control medicine, like it or not, because the benefit (to "society") is claimed to outweigh the risk (to them personally).

The system wants Americans to trade their freedom for the illusion of "health care." But Americans will soon learn that freedom is of the greatest importance when life is at stake.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. Since 1988, she has been chairman of the Public Health Committee of the Pima County (Arizona) Medical Society. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons. ★



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POPPOFF!

with Mary Jane Popp

Happy Days

I don't know anyone that doesn't remember the iconic TV series "Happy Days." It's still in reruns and probably will be for decades. Of course, it revolved around the lives of three good friends... Richie Cunningham, Ralph Malph, and Potsie Weber. Well, I got to have a great time talking with Potsie... in real life, **Anson Williams**. But what I learned about this special person was far more interesting than his character on "Happy Days." Did you know Anson's birth name was Anson William Heimlich? And yes, he is related to Dr. Henry Heimlich of the Heimlich maneuver to treat choking victims. They are actually cousins, but Anson always called him uncle. But Anson had a special message he wanted to share with me on POPPOFF. Have you ever thought about Drowsy

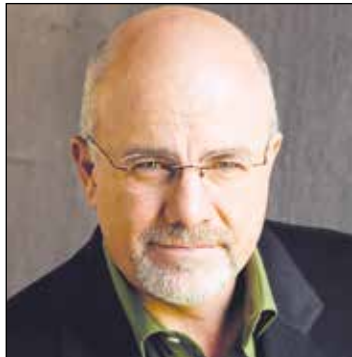
Driving? You have to admit that you and everyone you know has had one of those moments in their driving life. And Anson was no exception.

Here are some stats that will really get you thinking. It is a silent epidemic with some 100,000 police-reported crashes each year according to the National Highway Traffic Safety Administration as a result of driver fatigue. Here are the gruesome facts. These crashes result in at least 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. Approximately eleven million drivers admit they have had a crash or near crash because they dozed off or were too tired to drive.

Anson shared his own story. "I was having considerable trouble staying awake while driving home after long 15 hour workdays. My uncle, Dr. Heimlich recommended keeping a lemon or a hot pepper in the car, and whenever I started to feel drowsy simply bite into it. He explained how capsaicin from natural citric acid or pepper are the two ingredients that stimulate the tongue's sensory neurons, immediately alerting the brain to wake up. Your

own adrenaline naturally kicks into a reflex action. I chose the lemon and it instantly worked, making me naturally alert and awake at the wheel without having any unnecessary stimulants or bad ingredients in my system. Actually, nothing even entered my system again. My immediate alertness was caused by a natural reflex action that stimulated adrenaline." From then on Anson always kept lemons in his car. But he wanted to make it even more simple, and so he worked with Dr. Heimlich to come up with a tiny mouth spray with the natural ingredients mentioned above. And he did it. You can check it out at www.alertdrops.com.

This "Happy Days" star has dedicated his life to others as did his uncle Dr. Henry Heimlich. This project is closer to his heart than any other endeavor, but he has so much more that he shared with me from his battle with colon cancer to his appearance on "Battle of the Network Stars" coming soon on ABC. He will be coming back to POPPOFF so we can get into more of Potsie's...I mean Anson's life and times! ★



Dave Says

Threaten to garnish

Dear Dave,
I got a call from a debt collector regarding \$2,000 I owe in medical bills. I'm trying to get my finances in order and pay this off, but I'm afraid they'll follow through on their threat to garnish my wages. Can you give me some advice?
- Mike

Dear Mike,

First, I want you to take a deep breath and calm down. Debt collectors like to play on your emotions because they think you'll give in and do something you can't really afford to do. Most of them don't care about you or your situation as long as they get some money.

They won't garnish your wages because they can't. They would have to go through the formal, legal procedure of first suing you and then winning the case. They broke federal law by saying they would garnish your wages but hadn't sued you. If I'm in your shoes, I'd be filing a complaint against these bozos with the Federal Trade Commission.

Don't react with fear and panic in the face of debt

collector threats. Talk to them and explain your situation. See if you can work out a compromise. If they get nasty or break federal law again, let them know you'll be filing another complaint with the FTC. You'd be surprised how reasonable these people can be when faced with the possibility of government intervention.

In the meantime, do everything you can to scrape up as much cash as possible. Have a big garage sale and sell everything in your attic or basement you don't need. Then, when you get this mess cleaned up, pay off the rest of your debts — if you have any — and start living on a written monthly budget!
—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 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722
In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

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Farmers Markets

Carmichael Park FARMERS MARKET

Every SUNDAY, 9AM - 2PM

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- ⇒ 80+ Certified Farmers & Organic Producers
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- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE Parking

Come meet and taste wonderful cuisine Saturday, June 11 demonstrated and prepared by local Chefs on site using fresh ingredients from the Farmers Market. 9 am to 2 pm. Chefs will share their signature dishes and recipes with you!

Health, Fitness, and Wellness
Body, Soul, Mind & Spirit Fair
Hosted by The Living Smart Farmers Markets

Meet local health professionals as you visit the Farmers Market on Sunday, July 9 from 9am to 2 pm and learn about the products and services available to help you live healthier and happier! For more information to participate contact us at 916-484-7000. Chef Demo at 11:00 am.

I Love My Farmers Market.com

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

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CHOOSE ONE OF THESE SEMINARS

<p style="text-align: center; color: green;">Wed., July 19 Wed., Aug. 9 (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</p>	<p style="text-align: center; color: green;">Thurs., Aug. 3 (Dinner @ 6:30 pm) Thurs., Sept. 7 (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</p>
<p style="text-align: center; color: green;">Wed., Sept. 20 (Dinner @ 6:30 pm) (Spanish & English) East Lawn Andrews & Grelich Mortuary 3939 Fruitridge Road, Sacramento, CA 95820 To RSVP or More Info: 916.732.2026</p>	<p style="text-align: center; color: green;">Thurs., July 13 (Dinner @ 6:30 pm) Wed., Sept. 13 11:30 am to 12:30 pm East Lawn Elk Grove Memorial Park & Mortuary 9189 E. Stockton Blvd., Elk Grove, CA 95624 To RSVP or More Info: 916.732.2031</p>

RSVP to the location of your choice

Reservations Required
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

www.EastLawn.com

Record Amount of Waste Collected in Neighborhood Clean-Up Effort



Cars line up to drop off 24 tons of e-waste, wood, metal and other debris in an Arden Arcade neighborhood. Photo courtesy Sacramento County Media

SACRAMENTO COUNTY, CA (MPG) - On June 3, the El Camino/Howe neighborhood in Arden Arcade lost 24 tons - of junk that is. Sacramento County Code Enforcement collected their highest volume of electronic waste ever, 6,500 pounds, in addition to 3.99 tons of wood, 11.26 tons of trash and 5.42 tons of metal during their neighborhood clean-up collection event. Code Enforcement first launched this community event on May 31, 2008. Currently, Code Enforcement hosts three collections a year. It takes

approximately 35-50 people to execute each clean-up, including staff, family, friends and community members. Sacramento County Probation often assists with efforts. Various woods and metal are recycled by the County or Atlas Disposal, which provides the 50 yard bins and their removal. E-waste is collected by the Sheriff's Crime Prevention Unit; they use the funds to purchase items for their Christmas Giving Campaign and other programs. Supervisor Susan Peters, who represents the district, visited

the two temporary neighborhood collection sites where residents could drop off their items. "The system was very organized and moved smoothly - allowing neighbors the convenience to get rid of stuff in a hassle-free environment," she said. Code Enforcement Chief Barry Chamberlain said, "We enjoy these events. Each one provides us the opportunity to interact with the community, to fill a need, and to give back to residents." *Source: Sacramento County Media*

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Thank A Veteran Today

"And Community BBQ"

Men and Child Care (MaCC) are bringing a Pop-Up Adventure Playground! to:

Saint George's Episcopal Church
Saturday, July 22nd, 2017
11 am - 2 pm
5600 Winding Way
Carmichael, CA 95608

This is a time for kids to play creatively with cardboard, tape, water, and dirt in a free-play environment. Adult safety monitors will handle some tools like box cutters, so children will be safe as they build and create!

At the end of the day everything is taken down and the area is returned to normal, hence the name *Pop-Up!*

****Please dress to get dirty and or wet****

This Event is designed with families with young children in mind!

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7.22.17 Howell Devine
Shack-Shakin, Delta & Hill Country Blues

7.29.17 The Golden Cadillacs
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- Do you want to create and invest in a business that will allow you to build **wealth** and start to create a positive financial situation for your future?
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big picture through Goals, Needs & Expectations. This is one of several ways The Entrepreneurs Source can help you define your Goals, Needs & Expectations is the determination of your I.L.W.E.:

- **Income is defined as:** Your reoccurring short term earnings through employment and investments. What do you envision your income to be in the next 3 to 5 years?
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- **Wealth is defined as:** the state of being rich and affluent; having a plentiful supply of material goods and money. How do you envision your wealth portfolio in the next 15 to 20 years?
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For More Information contact Louis McNerney, at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney

Sacramento County DA Reports



Defendant Convicted for Shooting at Vehicle Near Arden Fair Mall

DATE: July 11, 2017
CASE: Robert Faler (Case #14F05242)
PROSECUTOR: Deputy District Attorney Laura West, Gangs & Hate Crimes Unit
Robert Faler was convicted by a jury of attempted murder, shooting at an occupied vehicle, and being a felon in possession of a firearm. The jury found true allegations that the crimes were committed for the benefit of and/or in association with the Sureño criminal street gang, and that Faler personally used and discharged a firearm during the commission of the offenses. It was also found that Faler had been previously convicted of robbery and served a prison term for that offense.

On July 18, 2014, the victims crossed paths with Robert Faler and his former co-defendant, Alexis Lopez, while at a gas station on Arden Way. Lopez drove to the station with Faler in the front passenger seat. Faler and Lopez were both Sureño gang members, and Lopez believed he recognized the victims as rival Norteño gang members. After the victims drove away, Lopez followed them and caught up to them as they drove on Arden Way near the Arden Fair mall. Faler fired multiple shots at the victims' car and flashed gang signs before Lopez drove away. The victims' car was hit by three bullets, one of which entered the front passenger compartment.

Faler faces a maximum sentence of 55 years to life in prison. Sentencing is scheduled for August 4, 2017, at 9:00 a.m. in Department 23 before the Honorable Geoffrey Goodman.

Defendant Sentenced for Multiple Sexual Assaults

DATE: July 14, 2017
CASE: Steven Anthony McCarter (Case #16FE002313)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

The Honorable Bunmi Awoniyi sentenced Steven McCarter to 151 years to life in prison. On June 5, 2017, a jury convicted McCarter of two counts of rape by force with personal use of a deadly weapon, two counts

of assault with a deadly weapon, two counts of assault by means likely to produce great bodily injury and assault with the intent to commit rape against two separate women.

On November 21, 2015, a homeless victim was sitting on a street curb near Sacramento State. McCarter offered to drive her to get food, which she accepted. McCarter then provided her with alcohol and asked her to stay in his motel room. The victim agreed to stay in his room with the understanding there would be no sex. The victim later awoke to find McCarter naked with his arms around her neck. McCarter punched and elbowed the victim in the face several times, choked her until she couldn't breathe, and wrapped his belt around her throat in an attempt to suffocate her. When the belt broke, the victim begged McCarter to stop beating her. McCarter proceeded to rape the victim twice. The victim escaped the next morning and was taken to a hospital for her injuries and a sexual assault exam. The District Attorney's Crime Lab analyzed DNA collected from the exam, which was later matched to McCarter's DNA.

On January 23, 2016, a second victim was walking and carrying grocery bags in south Sacramento. McCarter offered to give her a ride, which she accepted. The two talked about meeting again later that night. When the victim became stranded at a light rail station, she called McCarter and asked for a ride home. McCarter picked her up and drove to a liquor store. He then stated he was too drunk to drive and asked if they could stay in a motel for the night. The victim agreed with the understanding there would be no sex. When the victim was in bed, McCarter demanded she remove her clothing. When she refused, McCarter punched her in the face and hit her in the eye with a liquor bottle. The victim was able to fight McCarter off and escape. The next day, the victim went to a hospital and reported the attempted rape. She later identified McCarter in a photo lineup.

McCarter was released early from prison as a 'non-violent' second striker on September 23, 2015. Two months later, he raped and assaulted the first victim. Two months after that attack, he assaulted the second victim. ★

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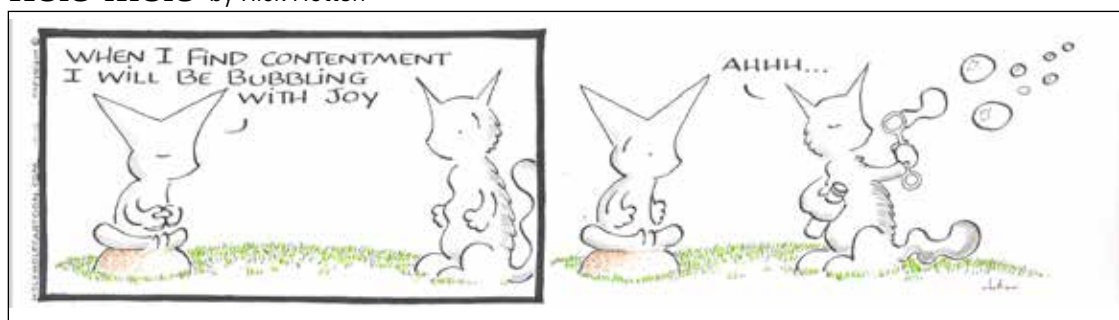
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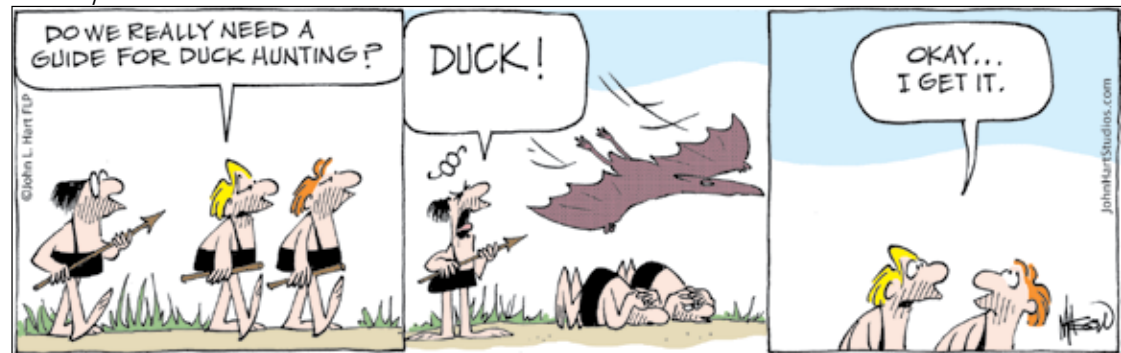
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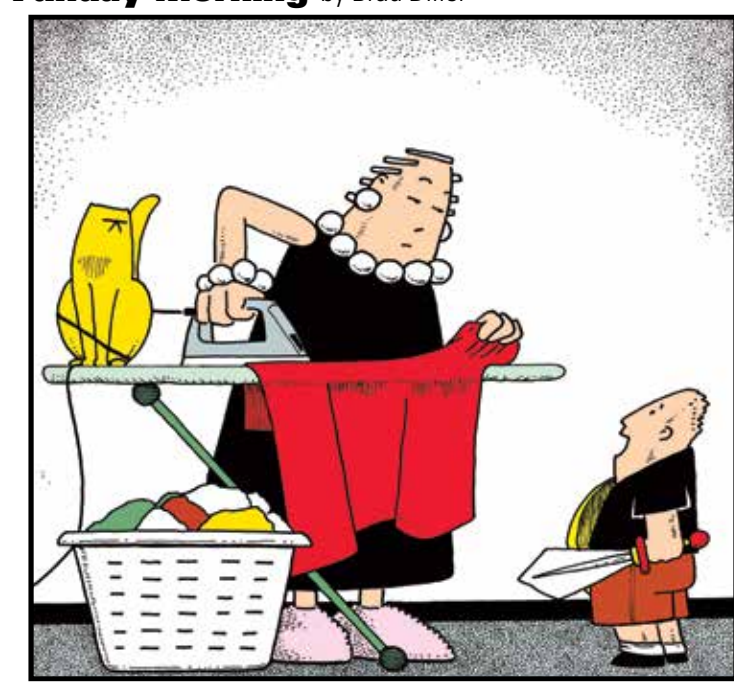
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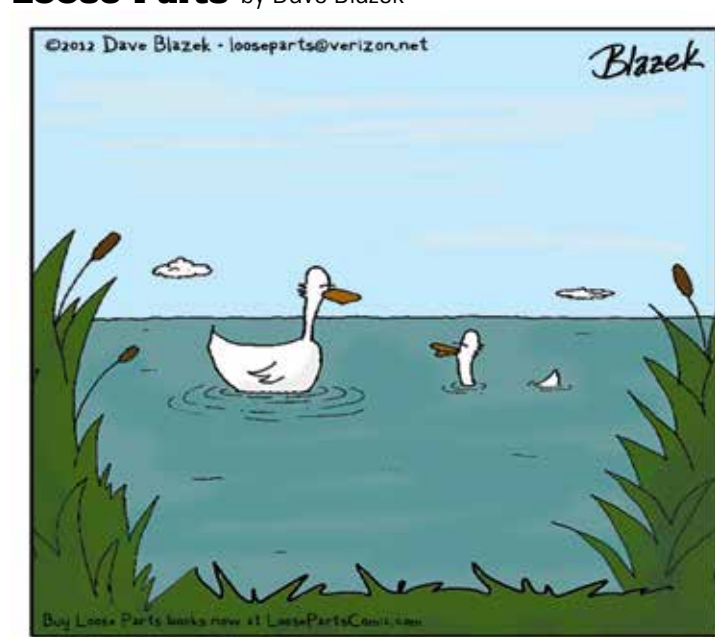
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Sadaf Protoshio Habas 1 lb

\$1.79 ea
Backwheat Gahelja 900 gr

79¢ ea
Tazah Pasta Vermicelli 450 g

KOREAN/JAPANESE GROCERY

14.99 ea
CJ Cheil 40 lb Bag

4.99 ea
2x Spicy Ramen 5 x 4.93 oz

2.99 ea
Just Black Beans 30 oz

4.99 ea
Pure Sesame Oil 37 fl oz

1.99 ea
Sesame Sesame 5 x 1.99 oz

3.99 ea
Korean Cold Noodles 3 Kinds

5.99 ea
OB Premier Beer 12 x 355 mL

2.99 ea
Oh Yes Choco Cakes 2 Kinds 39 oz x 12

4.99 ea
Mitsukan Biscuits Soup Base 32 fl oz

2.99 ea
Hillo Panda 5 Kinds 10 x 1.91 oz

3.99 ea
Kolops Sesame Oil 11 fl oz

6.99 ea
Auchi Beer 12 Pack 12 oz Cans

FROZEN DEPARTMENT

\$1.99 ea
Green Tea Sherbet 9.4 fl oz

\$3.99 ea
Mochi Ice Cream 6 x 2.1 fl oz - 6 Flavors

\$4.99 /lb
Santal's Mankaka Kibibyo

\$2.99 /lb
Los Alas La Cuba Cheese

\$3.99 /lb
Alicia's Mixed Berries German Casing

Admitted 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 RAUNCHES. PRICES EFFECTIVE JULY 19 - JULY 25, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Night Diagnostic Cutter (J&S Nam Yang, Plastic Pot (J&S Qui Qui) and Happy Animal Tumblers (J&S Adria Glass). Please return these items to the store to receive a full refund.

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- Management team has specialized in dementia and complex care needs
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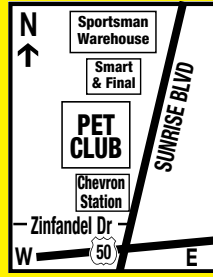
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FREE
1 LB SPORT
MIX PREMIUM
DOG BISCUITS
with the purchase of pet,
fish food or supply.
Limit 1 Lb PLU 332 CT
Limit 1 Coupon per family
Effective 7/19/17 - 7/25/17

\$5.00 OFF
ANY PURCHASE OF \$15.00 OR
MORE OF PET OR FISH SUPPLIES
(Excluding Pet Food or Litter)
Cannot be used in conjunction with
similar dollar or percentage off
coupons & advertised sale items.
Limit 1 PLU 351 CT
Limit: 1 Coupon Per Family
Effective 7/19/17 - 7/25/17

NATURAL BALANCE
DRY DOG FOOD
•Lamb Meal & Rice •Sweet Potato & Fish
•Sweet Potato & Venison •Sweet Potato &
Bison •Sweet Potato & Chicken 26-28 Lb Bag
Super Buy \$5 OFF
Our Super Low Prices
Limit 2 Bags Per Family
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NUTRO
NATURAL CHOICE
ADULT DRY DOG FOOD
•Lamb Meal & Rice
•Adult •Small Bites •Lrg Breed
30 Lb Bag
Limit 2 Bags Per Family
\$35.99
Effective 7/19/17 - 7/25/17

EUKANUBA
DRY DOG FOOD
30 Lb Bag
•Adult Maintenance **\$31.99**
•Large Breed Adult **\$35.99**
•Reduced Calorie & Senior
•Adult •Large Breed **\$35.99**
Limit 2 Bags Per Family
Effective 7/19/17 - 7/25/17

FRISKIES
TENDER & CRUNCHY
COMBO DRY CAT FOOD
16 Lb Bag
Limit 2 Bags per Family
\$9.99
Effective 7/19/17 - 7/25/17

FRISKIES BUFFET
CANNED CAT FOOD
5.5 Oz
All Varieties
Limit 2 Cases Per Family
4/\$1.89
Effective 7/19/17 - 7/25/17

ARM & HAMMER
SUPER SCOOP
CLUMPING CAT LITTER
20 Lb Box •Unscented •Double Duty
(Clump n Seal Regular 19 lb \$8.99)
Limit 2 Boxes Per Family
\$5.99
Effective 7/19/17 - 7/25/17

SCIENCE DIET
CANINE MAINTENANCE
CANNED DOG FOOD
13 Oz •Selected Varieties (Reg price \$1.59)
NEW (Healthy Cuisine 12.5 oz \$1.59
Reg price \$1.75)
Limit 2 Cases Per Family
\$1.39
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SCOOPAWAY
CLUMPING CAT LITTER
42 Lb Bag
•Multi-Cat Formula
Limit 2 Bags Per Family
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Effective 7/19/17 - 7/25/17

BENEFUL
PREPARED MEALS
All Varieties
10 Oz Limit 1 Case
\$1.39
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100% Natural Walnut Based
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•Chicken (12 Lb) •Indoor (12 Lb)
•Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$31.99)
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•Grilled Tuna & Egg Flavor
12 Lb Bag Limit 2 Bags Per Family
\$7.99
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CRYSTALS CAT LITTER
8Lb Bag Limit 2 Bags
\$10.99
PREMIUM CHOICE
SCOOPABLE CAT LITTER
All Natural Unscented, 50 Lb Bag
Limit 2 Bags
\$10.99

PEDIGREE
CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner
•Chopped Ground Dinner 22 Oz Can Limit 1 Case
99¢
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CLUMPING CAT LITTER
"Natural" Care
10 Lb Bag Limit 2 Bags
\$7.99
PURINA BENEFUL
DRY DOG FOOD
•Original •Healthy Weight 31.1 Lb Bags Limit 1 Bag
(Selected Varieties, 15.5 Lbs.- \$13.99) Per Family
\$24.99
WELLNESS GRAIN FREE DRY DOG FOOD
(3 Free Wellness 12 Oz Can Dog Food With Each Purchase)
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•White Fish

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Rawhide Bones Retriever Roll **\$6.99**
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WITH STARTER KIT
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KENT MARINE
WATER SUPPLEMENTS **20% OFF**
INSTANT OCEAN
SEA SALT
50 Gal. Salt Mix **\$14.99**

BONUS COUPON
FANCY FEAST
GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/19/17 - 7/25/17
53¢ CT PLU 361

BONUS COUPON
FRISKIES
PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/19/17 - 7/25/17
\$1.09 CT PLU 573

BONUS COUPON
JONNY CAT
PREMIUM CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/19/17 - 7/25/17
\$3.29 CT PLU 362

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