



Carmichael Times

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MARCH 24, 2017

DOWNTON DOGGIE DELIGHTS AT SCSO CONCERT



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US BANK DONATES \$20,000 TO SOCIETY FOR THE BLIND



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PROUD PILOT STILL FLYING HIGH



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Retired Local School Teacher Turns 100



Active centenarian Clea Meyers (above) was surrounded by friends, families and well-wishers as she celebrated the amazing accomplishment of reaching her 100th birthday. Photo courtesy of Eskaton Village, Carmichael

SACRAMENTO REGION, CA (MPG) - Clea Meyers, a retired Rancho Cordova teacher, reached a major milestone with her 100th birthday in March. She's having lots of parties with well-wishers.; Meyers can be seen walking around Eskaton Village in Carmichael, where she lives. With her pedometer clipped on, Meyers participates in the Eskaton Step It Up walking program, logging an impressive

7,000 steps per day – which she has no problem achieving.

According to Meyers, good food, good exercise and attitude are the secrets to living a long and healthy life. She explained, "It's about having a positive attitude and caring for others." During her nearly 100 years on earth, she has practiced what she preaches. About 15 years ago, she began knitting hats for children in the hospital.

The mother of two, grandmother

of five, and great-grandma to nine, grew up in Nebraska. She met her husband there, they were both in education. In 1959, after visiting her sister and brother-in-law in Sacramento, the couple decided to move out west. "It was so nice to get out of the snow and ice," she said. "And the teacher salaries we so much better in California."

Meyers spent 20 years teaching second grade at Peter Shields Elementary in Rancho Cordova.

She loved teaching. The greatest part for her was working with the students, she said, "Opening their eyes to the world and seeing them grasp and grow into adults."

Meyers is proud to be a resident at Eskaton Village, Carmichael where she has lived since 1997. "Absolutely the best place one can live," she exclaimed. "The food is so good." ★

Board Approves Homelessness Reduction Initiatives

SACRAMENTO COUNTY, CA (MPG) - On March 21st, 2017, the Sacramento County Board of Supervisors unanimously approved four initiatives to reduce homelessness with the intent to improve the family homelessness sheltering system; support the strategic use of transitional housing; establish a low-barrier Full Service Rehousing Shelter, and; implement a new supportive Rehousing program that will employ intensive case management and Rehousing supports in conjunction with dedicated Public Housing Authority housing resources.

County Initiative #1, to Redesign Family Homelessness Response and Shelter System seeks to modify contracts to require family shelter to prioritize unsheltered families, establish low barrier requirements, mandate family acceptance of housing services and exit most families to permanent housing within 45 days. The proposed system would simplify access to shelter entry and maximize bed utilization.

With County Initiative #2, Preservation of Mather Community Campus (MCC) Residential and Employment Program, the County would provide replacement funding to continue transitional housing and employment programs at MCC for 183 single adults experiencing homelessness when HUD Continuum of Care funding sunsets on September 30, 2017.

With County Initiative #3, Full Service Rehousing Shelter, the primary purpose of the shelter is to serve those with the highest barriers to traditional services and shelter. Staff proposed that the County fund a local provider to open a 24-hour, low-barrier Full Service Rehousing Shelter designed to shelter and rapidly re-house persons who are difficult to serve in traditional shelters or services. Stable exit will be the primary objective of on-site case management



Some of the proposed system would simplify access to shelter entry and maximize bed utilization.

County Initiative #4, Flexible Supportive Rehousing Program, would employ a "frequent utilizer" approach to targeting the highest cost users experiencing homelessness to identify eligible participants. The Program would provide a highly flexible solution, employing proactive engagement, "whatever it takes services", and ongoing housing subsidies to engage and stably rehouse the target population.

Today's report to the Board provided implementation milestones and timeframes, essentially a "roadmap" to reduce homelessness. Comprehensive efforts to reduce homelessness have been augmented in the last year:

On October 18, 2016, the Board held a workshop on homelessness: "Homelessness Crisis Response: Investing in What Works." A second workshop was held on

November 15, 2016, called "Increasing Permanent Housing Opportunities for Persons Experiencing Homelessness."

On January 24, 2017, County staff presented a comprehensive package of strategic recommendations to improve outcomes for people experiencing homelessness.

On January 31, 2017, the Board of Supervisors and the Sacramento City Council held a joint workshop on homelessness.

On February 28, 2017, the County hosted a stakeholder meeting with approximately 60 persons in attendance representing 36 organizations to help shape the initiatives.

Department of Human Assistance Director, Ann Edwards, stated, "I am excited about the Board's commitment to taking these steps to reduce homelessness in our community."

Source: Sacramento County Media Dept. ★

Library Recognized as Finalist

SACRAMENTO COUNTY, CA (MPG) - The Institute of Museum and Library Services has announced that Sacramento Public Library is among the 30 finalists for the 2017 National Medal for Museum and Library Service. The National Medal is the nation's highest honor given to museums and libraries for service to the community. For 23 years, the award has celebrated extraordinary and innovative approaches to public service and are making a difference for individuals, families and communities.

"The 2017 National Medal Finalists represent the leading museums and libraries that serve as catalysts for change in their communities," said Dr. Kathryn K. Matthew, director of the Institute of Museum and Library Services. "It is our honor to recognize 30 notable institutions for their commitment to providing programs and services that improve the lives of individuals, families and communities. We salute them and their valuable work in providing educational opportunities to their community and celebrate the power libraries and museums can have across the country."

Finalists are chosen because of their significant and exceptional contributions to their communities. IMLS is encouraging community members who visited Sacramento Public Library to share their story on the IMLS Facebook page. To Share Your Story and learn more about how these institutions make an impact, please visit www.facebook.com/USIMLS.

The National Medal winners will be announced later this spring. The representatives from winning institutions will travel to Washington, D.C. to be honored at the National Medal award ceremony.

To see the full list of finalists and learn more about the National Medal, visit www.imls.gov/2017-medals.

Source: Institute of Museum and Library Services ★

Last Chance For Tickets!



Tickets are selling fast for the annual Person of the Year Gala event. It will be held at Arden Hills Club Resort on March 24th at 6:00 pm. Come enjoy great food and a wonderful evening of honoring people who have made a difference in our community. For last chance tickets call 481-1002. ★



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Proud Pilot Still Flying High

Local WWII Pilot Co-Authors Memoir With His Daughter

Story and photos by Jacqueline Fox



SACRAMENTO COUNTY, CA (MPG) - Picture putting a paper bag over your head and trying to land a C-124, four-engine cargo plane in Iceland, in the middle of winter, with two engines down.

"It's called 'zero-zero visibility,' said retired Air Force Lt. Col. Robert J. McMurry, 96, who actually pulled off that landing and many other nail-biting missions during his 24-year career as an enlisted aviator.

McMurry and his daughter, Gail Spelis have co-authored his memoir, Proud Pilot: A True Story of Family, Wartime and Survival Against the Odds, which traverses his childhood in Omaha, Nebraska, the middle and teenage years in the Bay Area, the events that led to his enlistment and all things in between. Several chapters are devoted to the many white-knuckle experiences McMurry endured while serving in the air force, including that 1956 mission to an Icelandic refueling station, which he calls "the most harrowing of all."

Seven years in the making, Spelis says the decision to help co-author her father's memoir was divinely inspired, but as is the case with many of the close-call stories in the book, its fruition also had a lot to do with timing.

"I had heard my dad tell stories all my life about being a service pilot and I'd always wanted to write this book," Spelis said. When the economy soured in 2008, her family real estate company took a heavy blow, which put her at a personal crossroads. "The recession came along and I did not know which direction

Gail Spelis and her father (above), retired Air Force Lt. Col. Robert J. McMurry, have co-authored a memoir chronicling his life as a WWII pilot. Photo by Jacqueline Fox. Jacket cover (at left), with permission, Proud Pilot: A True Story of Family, Wartime and Survival Against the Odds, Professional Press, Chapel Hill, North Carolina, 2015. Photo courtesy Gail Spelis

"I wanted to honor dad by writing this book to give his life meaning and purpose."

GAIL SPELIS
CO-AUTHOR OF HER FATHER'S MEMOIR, "PROUD PILOT"

to turn. I was at my desk, praying for guidance and I asked God to show me what he wanted me to do next."

The creative spirit, says Spelis, came to her almost immediately, however, she began writing a very different book. "It was flowing out of me faster than I could keep up with," she said. A short time later, as her father was recounting stories during a family reunion, it hit her: "dad's memoir" was the book she needed to be working on.

"I knew that was it," said Spelis. "I had my direction and I wanted to honor dad by writing this book to help give his life meaning and purpose," Spelis said.

More than 50 years had lapsed between the military and the memoir, published in 2015. McMurry was 87 when they began the writing. Between the air force and civilian pilot employment, he clocked some 33,000 hours in the air. He'd survived cancer and other illnesses, and experienced the death of his wife, Jeanne in 2012 after 69 years of marriage.

But memory had a will, and through it all McMurry's memory had a mission of its own. He is, after all, a member Mensa and, to keep his mind sharp, he works the crossword puzzle every morning. In ink.

"There's nothing wrong with his memory," said Spelis, who says she wrote as her father dictated. "I'd ask dad to start in and remember the next thing, and he'd just sit back, close his eyes, put his fingers on his forehead and he'd go right there."

As a young man, McMurry wanted to be a professional trumpet player. In high school he had his own band, which even backed up a fledgling entertainer and former Burlingame High School alum, singer, TV personality and media mogul, Merv Griffin. "I was never really great at it," recalls McMurry. "It was frustrating. All artists want to be great at what they do."

Then, World War II broke out and, as an enlisted member of the National Guard, McMurry was called to active duty on March 3, 1941. Two months in, he found the hours of pulling army caissons and cannons over unforgiving terrain on horseback and sleeping on the ground nothing short of miserable. When a notice was posted announcing pilot training exams, McMurry jumped at the opportunity. He was the only member of his company to pass.

"World War II changed everything for me," McMurry said.

Spelis said the core of the book was "on paper" in about six months, however, the collection of photos, editing and other finishing touches took seven years. Her passion for her father's work and their unshakable bond, they both agree, made this "labor of love" a reality.

"I could not be more proud of Gail, and I enjoyed the whole process," said McMurry. "We worked for hours every day. We would get tired, and sometimes we'd even forget to eat."

Proud Pilot, a True Story of Family, Wartime and survival against the Odds, is available online at: www.gailspelisauthor.com/product-page/book

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Downton Doggie Delights at Concert

Story and photo by Susan Maxwell Skinner

SACRAMENTO, CA (MPG) - Flags and flappers came out of the woodwork for Sacramento Choral Society's Downton Abbey program at Sacramento Community Center. Among anthems that might have stirred the abbey's fictional Grantham family, an Orangevale Labrador called Kira almost stole the show.

In her role as the television series' famous pet, the service dog was paraded on stage. At interval and post-performance, scores of concert goers snagged selfies with the hound of the hour. "The old rule about not working with children or animals holds true," considered choral director Don Kendrick. "Kira was the exception. She was beautifully behaved. She seemed to enjoy working with a symphonic orchestra and our chorus. She had her own dressing room and star status in the program."

Owner Kathy was not surprised at her Kira's spotlight triumph. "She's a confident spirit," she explains. "She's been socialized from birth and nothing bothers her. She loves new experiences."

A mascot for the Lend a Heart animal therapy non-profit, Kira and owner Kathy Prendergast are regular care facility visitors in Sacramento, El Dorado, Placer, Yolo and Sutter Counties. Kira earlier proved too playful for an intended guide dog career and switched to therapy training. After her ninth birthday, showbiz beckoned. For the Choral Society's Downton performance, Kendrick sought a stand-in for



At Sacramento Choral Society's recent Downton Abbey tribute concert, costumed supporters posed with canine star Kira. Downton Abbey forms a backdrop (right), when Kira featured in the Chorus's advance promotion with Director Don Kendrick and actress Susan Powers.

Lord Grantham's four-legged companion. "Kira was perfect for the part," says the director. "She was the right color with all the right markings. She charmed us with her wagging tail and huge smile. Our orchestra members loved playing with her. We had Kathy bring her to rehearsals to get used to loud music and the excitement of the stage. On the big night, she did everything she was asked. She loved the attention - and our music, of course."

Set within reigns of Edward VII and George V, television's fictional "Downton" years evoke a cornucopia of stately tunes. The 140-voice chorus and its

accompanying orchestra offered songs recalling British victories and celebrations of the period.

The audience paraded fashionable 1920s attire. Chorus members sported an upstairs-downstairs combination of aprons, bombazine gowns and dinner suits. At show's end, soprano Carrie Hennessey flaunted a Suffragist banner to perform "Rule Britannia." Director Kendrick lifted trouser cuffs to expose Union Jack socks. The packed house sang, cheered, waved British flags and - during her curtain call -- Downton dog Kira earned a tail-end ovation. ★

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River Cats Take on San Jose Giants at Raley Field

SACRAMENTO REGION, CA (MPG)
 - The Sacramento River Cats are excited to announce a cross-level scrimmage against the San Jose Giants, the class-A affiliate of the San Francisco Giants. The two teams will go head-to-head in a scrimmage at Raley Field on Wednesday, April 5, just one day before Sacramento's Opening Day. Tickets for the game start at just \$5 and are available now at rivercats.com.



two prospects – are expected to take the field for the River Cats while 2016 first-round pick Bryan Reynolds (No. 4 prospect) may start for the San Jose squad. Other prospects likely to be involved in the game include Joan Gregorio (No. 7), Jalen Miller (No. 15), Heath Quinn (No. 17), and Sacramento fan-favorite Austin Slater (No. 22).
 First pitch on Wednesday,

April 5 at Raley Field is set for 6:05 pm. Gates for the game will open at 5:00 pm with parking lots to open at 4:30 pm. Parking will be \$5.

General admission tickets start at just \$5. There will be a \$10 ticket option which includes a general admission ticket, a hot dog, chips, and a soda. Tickets can be purchased online at rivercats.com.

All River Cats season ticket members will have tickets to the exhibition game included with their plan. For more information please email tickets@rivercats.com or call (916) 376-HITS (4487). ★



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HOLY WEEK AT NORTHMINSTER

PALM SUNDAY WORSHIP

April 9, 10 a.m.

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

April 13, 7 p.m.

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 of the Sacrament of the Lord's Supper. All are welcome.

GOOD FRIDAY SERVICE

April 14, 7 p.m.

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 EARLY MORNING SERVICE

April 16, 7 a.m.

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 16, 10 a.m.

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

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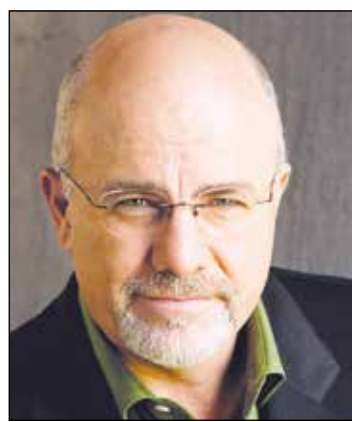
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Meet local health professionals as you visit the Farmers Market on Sunday, May 21 from 9 am to 2 pm and learn about the products and services available to help you live healthier and happier! Learn about Cancer Fighting foods during the Free Chef Demo.

ILoveMyFarmersMarket.com



Dave Says

hanging over their heads. Lots of people hold down real jobs, save money, and further their educations on a part-time basis.

If she were my niece, I would encourage her to have an open and honest discussion with her boyfriend about their future, and how he plans on paying for graduate school. She also needs to be very real about her feelings in this situation. If, after that, he still wants to just borrow more money and not work outside of school, then she might have a difficult decision ahead.

However, if he realizes how damaging additional debt could be to their relationship, and he's willing to work while continuing his education, I think their future together looks much brighter.

—Dave

You skipped one!

Dear Dave,

My husband and I heard about your plan, but we're not sure what to do next. We have between \$400,000 and \$500,000 in a 401(k) for retirement, but we don't have any other savings. We're both in our forties, and the only debt we have is our house, so what should we do about Baby Steps 4 and 6?

—Mary

Dear Mary,

Overall, you two have done a great job with your money. Let's go over the Baby Steps you

mentioned. Baby Step 4 is putting 15 percent of your income into Roth IRAs and pre-tax retirement plans. Baby Step 6 is paying off your home early.

The thing that worries me is you've completely skipped Baby Step 3, which is having three to six months of expenses in an emergency fund. This is money set aside strictly for emergencies. The problem right now is if you have a real emergency, you may have to cash out your 401(k). If you do that, you're going to be penalized 10 percent, plus your tax rate. That's a real kick in the teeth just because you didn't do things in the right order.

My advice is to temporarily stop your 401(k) contributions until you get a fully funded emergency fund in place. By temporarily, I mean six to eight months at most. That way, you'll be covered when life happens without having make a big dent in your retirement savings!

—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



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ROSSINI | Stabat Mater

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“Father Forgive Them”



By Pastor Rich Reimer

for us to ponder especially as Easter Sunday approaches.

One of the most powerful statements Jesus made from the cross was: “FATHER FORGIVE THEM; FOR THEY DO NOT KNOW WHAT THEY ARE DOING” Luke 23:34.

Forgiveness heals relationships! Forgiveness removes a burden that can crush and cripple you emotionally. Forgiveness gives you the freedom to live authentically without pretending or feeling awkward around others. Bishop Desmond Tutu entitled his book: “No Future without Forgiveness”. Forgiveness is that powerful; transforming. We often talk of “moving on with our lives” and the key to realizing that desire is forgiveness. We can’t move on until we have forgiven those who have harmed us.

Recently I heard a statement that resonated deeply inside my head and heart. The statement was “Patch the baton and pass it on”. This is a metaphor for breaking the dysfunctional and sinful patterns of family

relationships. Like it or not we are passing on a legacy to the next generation. Why not fix what we know needs fixing before we leave this world? Why not be the one in your family to break the cycle of dysfunction? Forgiveness is one way to “patch” the baton that you have been given.

Easter is all about new life! But there can’t be new life without dealing with our character flaws and relational mistakes. There can be no Easter Celebration without the sorrow and suffering death of Jesus on the cross on Good Friday. No roses without thorns! There can be no experience of new life in your relationships or in your family without someone putting into practice Jesus’ cry from the cross. “Father Forgive Them!” ★

**Reverend Richard Reimer,
Lead Pastor
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WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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
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MPG

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POPPOFF!

with Mary Jane Popp

know might be in your drinking water. I wasn't sure I wanted to know, and then I thought, maybe being aware is the prudent thing to do. So here they are:

1) LEAD. Just like any stubborn bad guy, this colorless, odorless and tasteless metal can leach from lead pipes and plumbing fixtures and will definitely go undetected. Excessive amounts of lead place adults at higher risk for cancer, stroke, kidney disease, memory problems and high blood pressure.

2) FLOURIDE. Fluoride develops naturally in water; though rarely at the optimal level to protect teeth. Many assume that consuming fluoride is only an issue that involves your dental health. But, according to a 500-page scientific review, fluoride is an endocrine disruptor that can affect your bones, brain, thyroid gland, pineal gland and even your blood sugar levels.

3) IRON AND MANGANESE. Iron and Manganese are non-hazardous elements but can be a nuisance to your drinking water. They are similar metals and can cause similar problems like offensive taste, appearance, and staining.

4) PERCHLORATE. Perchlorate is a man-made chemical primarily used in the production

of rocket fuel, missiles, fireworks, flares, and explosives. It has been found in drinking water and surface waters in the United States (at least 26 states) and Canada.

5) BISPHENOL A. Bisphenol A (BPA) is an important chemical building block and additive in a wide variety of plastics. It is manufactured worldwide for approximately 3.2 million metric tons/year. This can be found in some plastic water bottles and the dangerous part is that it can leach into our food and drinks. According to the National Institute of Environmental Health Sciences, it may acquire health risks, especially to infants and children.

I will have to give you the last of the ten things you need to know about the water you are drinking in my next column. I just hate when I run out of space, but you don't want to miss the last of these culprits because they can really affect your life and the health of your family. If you need more information on Dr. Joe Alton, you can go to his website www.DoomandBloom.com. I know we are told that water is very important, and it certainly is, but you also need to know how to drink it clean! More next time! ★

American Pickers to Film in California



Mike Wolfe, Frank Fritz and Danielle Colby (center). These pickers travel the back roads of America looking to buy rusty gold. They're looking for amazing things buried in people's garages and barns. What most people see as junk, they see as dollar signs. They'll buy "anything" they think they can make a buck on. Each item they pick has a history all its own. And the people they meet? Well, they're a breed all their own. American Pickers make a living telling the history of America...one piece at a time. Photo courtesy American Pickers

SACRAMENTO REGION, CA (MPG) - Mike Wolfe, Frank Fritz, and their team are excited to return to CALIFORNIA! They plan to film episodes of the hit series AMERICAN PICKERS throughout the region in Spring 2017!

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique 'picking' on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique

collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items.

The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never

seen before. They are ready to find extraordinary items and hear fascinating tales about them.

AMERICAN PICKERS is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@cinetflix.com or call 855-OLD-RUST. ★

Bill to Protect Witnesses of Domestic Violence Passes Public Safety Committee

SACRAMENTO, CA (MPG) - Assemblyman James Gallagher (R - Yuba City) successfully passed Assembly Bill 270 through the Assembly Public Safety Committee. This bill would protect witnesses of domestic violence by including them within the coverage of post-conviction domestic violence restraining orders.

"Witnesses of domestic violence, in most cases children, must have protections from domestic abusers. It is imperative we protect these people from continuing

emotional, psychological, and even physical harm. When it comes to domestic violence, we must do everything to end the silence," stated Gallagher.

Currently, if a defendant is convicted of a crime involving domestic violence, the Court can only issue a post-conviction restraining order restraining the offender from any contact with the "victim". This fails to protect witnesses of domestic violence, who are in most cases minors. These witnesses could still be

endangered, and a minor who is physically present during an act of domestic violence still suffers significant harm. AB 270 closes this gap.

This bill passed Public Safety Committee with unanimous support and now heads to the Appropriations Committee.

For more information on Assemblyman Gallagher, and to track legislation visit www.assembly.ca.gov/Gallagher

Source: The Office of James Gallagher ★

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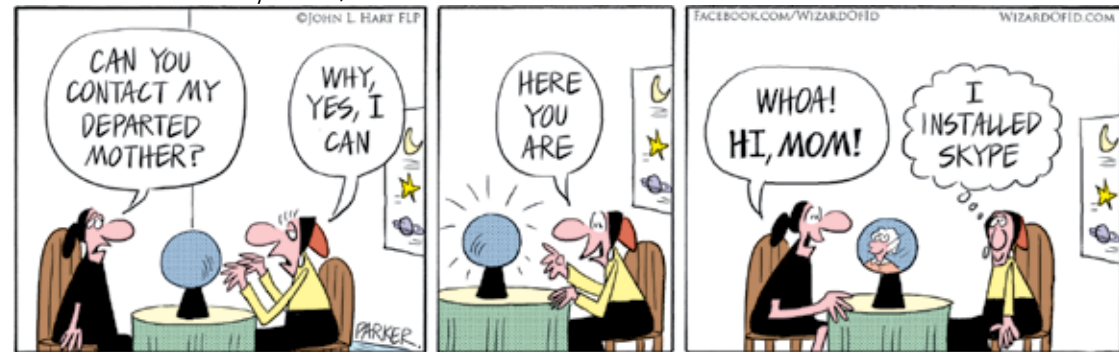
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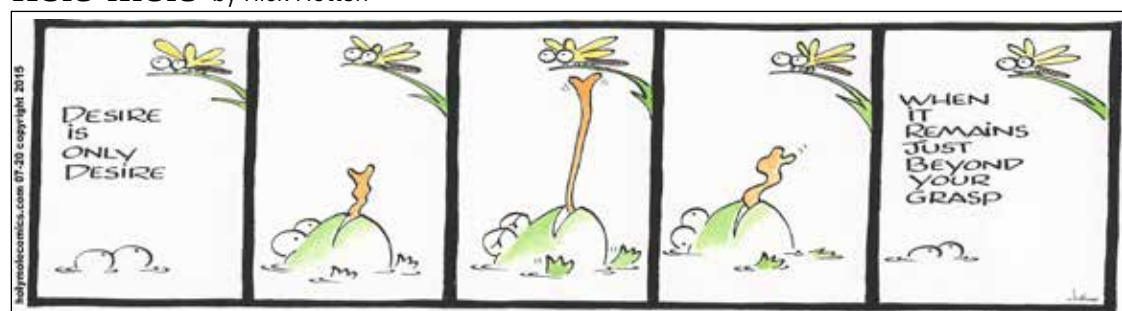
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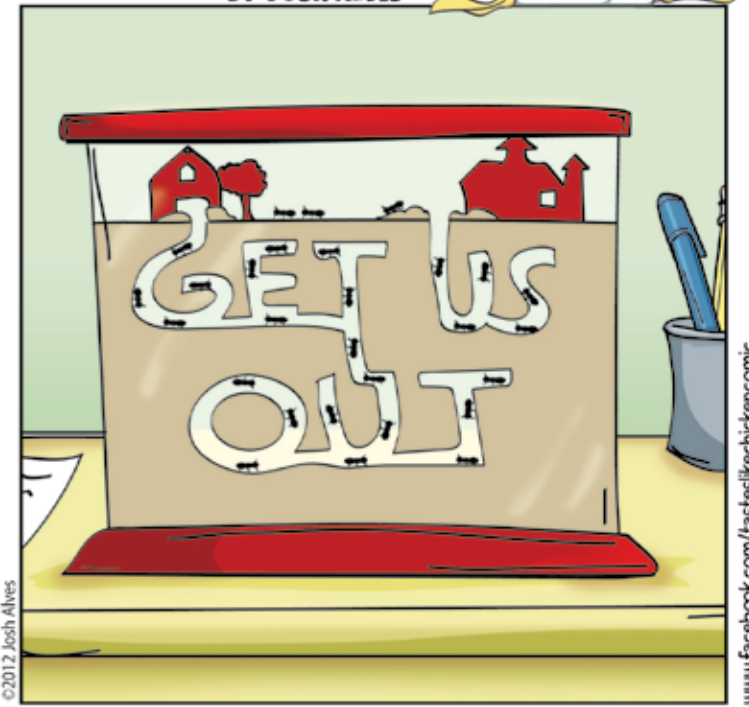
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The Big Pot Fight

County, Law Enforcement Take Steps to Prepare for Prop. 64's Impact



On Monday, March 27, the County Planning Commission will be finalizing recommendations for zoning changes that, if adopted by the full board of supervisors at its April 11 meeting, will officially ban all commercial sales of marijuana in the county, effectively criminalizing the establishment of so-called pot dispensaries, as well as pot sales through delivery services, commercial growing, and other means.

By Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Planning Commission, Board of Supervisors, city officials and the region's top law enforcement representative are beginning to plant the seeds for both complying with and addressing potential impacts from the legalization of marijuana under the passage of Proposition 64 in November.

On Monday, March 27, the County Planning Commission will be finalizing recommendations for zoning changes that, if adopted by the full board of supervisors at its April 11 meeting, will officially ban all commercial sales of marijuana in the county, effectively criminalizing the establishment of so-called pot dispensaries, as well as pot sales through delivery services, commercial growing, and other means. It's a bolstering of laws already in place, but necessary for the county as other changes under the law take effect.

In addition, the full board of supervisors will be discussing cleanup language for existing zoning laws now governing medicinal marijuana use and cultivation in private residences in order to bring county codes into compliance with laws now permitting the recreational and cultivation of marijuana under the Adult Use of Marijuana Act (AUMA).



With its passage, the law makes it legal for all adults 21 and over to now grow up to nine pot plants inside a private residence or accessory unit, such as a small green house. The county

“What this law effectively does is not only makes it a misdemeanor for having just a little over the limit, but it's still just a flat misdemeanor even if you are caught growing mass quantities over the limit.”

ANNE MARIE SCHUBERT
SACRAMENTO COUNTY DISTRICT ATTORNEY

previously amended zoning laws to allow for the personal use and cultivation of medicinal marijuana, however existing “permissive zoning” code on recreational pot use and cultivation still prohibits it.

“We’ll be taking up the zone amendment and talking about clean up language in order to come into compliance with the new law and take measures to deal with commercial marijuana use and growing,” said County Supervisor Sue Frost.

The AUMA puts the state of California in charge of governing the licensing process for commercial cultivation and sale of marijuana and it has until January 1, 2018 to accept applications for that process. The state, however, is leaving it up to the local municipalities to adopt and enforce local ordinances aimed at either regulating or, if they chose to, as Sacramento has, prohibit all commercial marijuana sales “activities.”

Once zoning code amendments are in place, the county supervisors will also likely have to contend with the thorny issue of compliance with the new law and enforcement of violations and related crime as they may or may not come into conflict with laws set by the federal government, which still classifies marijuana as an illegal Class I controlled substance.

“I can only speak for myself, but we may be having

conversations at some point about crime and other issues, and I want to proceed very carefully because we do not jeopardize the funding we get for several programs from the federal government,” Frost said. “Marijuana is still considered a Schedule I controlled substance and is still illegal as far as the federal government is concerned.”

That said, Frost added she has also begun talking with local law enforcement about the likely future impact on local crime and other issues by the legalization of commercial marijuana sales in other counties.

“It’s bound to spill over,” said Frost. “But, I’m from Citrus Heights, and here we weigh out all of our options very carefully before we make any decisions. That same principal will apply here as far as I’m concerned. I can’t speak for the entire board, but that’s my approach.”

Sacramento County District Attorney Anne Marie Schubert said she has already made it clear she sees a through line between the passage of Prop. 64 and Prop. 57, which allowed for the early release of some convicted felons on incarcerated for what are considered “lesser crimes,” many drug- and alcohol-related, and the potential myriad problems to come with the new laws on pot use in the state.

“I’m planning to be there at the meeting on the 11th to make sure the board of supervisors understands all of our concerns about what this passage means with respect to crime,” said Schubert. “What this law effectively does is not only makes it a misdemeanor for having just a little over the limit, but it’s still just a flat misdemeanor even if you are caught growing mass quantities over the limit.”

In addition, said Schubert, there are the potential side-effects impacting community services and its residents, including a likely uptick in the number of DUIs on marijuana, underage use of marijuana, emergency room visits, car accidents, and spikes in crime.

“I am concerned about crime going up, I’m concerned about hospital visits going up due to accidents, the number of DUI offences under the influence of marijuana going up, and all the things that relate to that,” Schubert said. “Now, we are going to comply with the laws as they are written, but we also want to figure out how we are going to effectively plan for these other issues going forward.”

Sacramento County DA Reports



Defendant Convicted of Felony Charges, from Welfare Fraud; Defendant Sentenced for Burglary, Sexual Assault Defendant Pleads Guilty to 1997 Sexual Assault

DATE: March 9, 2017
CASE: Randnette F. Billings (Case #12F03169)

PROSECUTOR: Deputy District Attorney John Pezone, Public Assistance Fraud Unit

Randnette Billings was convicted by a jury of felony welfare fraud, felony perjury, felony offering a false document at a legal proceeding, felony grand theft and felony offering a false claim for payment.

Billings was on public assistance from 2006 through 2010. She concealed the fact that she was working as an In-Home Supportive Services (IHSS) provider, which led to a loss of approximately \$54,000 dollars to the Department of Human Assistance (DHA). Billings committed perjury when she made the misrepresentation of her income. When DHA told her of the fraud, she requested a hearing in front of an Administrative Law Judge. At the hearing, Billings offered a forged letter from the Sacramento Public Authority, which led to a decision in her favor. Investigation of the letter revealed it was a forgery, which led to a second hearing held by the county and a reversal in the initial decision.

Billings also committed grand theft of more than \$2,000 from IHSS. Billings submitted a false claim for payment for alleged services she provided when her client was confined to a hospital and skilled nursing facility.

Billings faces a maximum sentence of 6 years county jail prison. Sentencing is set for April 7, 2017, at 9:00 a.m. in Department 31 before the Honorable Michael Kenny.

DATE: March 13, 2017
CASE: Anthony Galloway (Case #15F02903)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

The Honorable Marjorie Koller sentenced Anthony Galloway to 57 years to life in prison. On January 24, 2017, a jury convicted Galloway of first-degree burglary, assault with intent to rape during the course of the burglary, and two counts of forcible oral copulation with the allegations that Galloway committed the crime during the commission of the burglary and personally used a deadly weapon found true on both counts.

In the early morning hours of May 12, 2015, a

couple was asleep when Galloway entered their bedroom through a window. With a hammer in his hand, Galloway forced the male victim to perform sexual acts on his girlfriend. Galloway then took off his shirt, pulled the female victim's hair and stated he was going to rape her. The male victim tried to save his girlfriend and charged at Galloway, but Galloway quickly placed the male victim in a choke hold. During the scuffle, the female victim screamed for help from a bedroom window. Galloway fled the residence, but was apprehended by police in a neighboring backyard.

DATE: March 15, 2017
CASE: Joseph Brian Cox (Case #15F00096)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

Joseph Brian Cox pled guilty to three counts of forcible digital penetration and two counts of forcible rape.

On the morning of May 20, 1997, Joseph Brian Cox unlawfully entered the home of the then 14-year-old victim, her mother and her 11-year-old sister. Cox wore a mask and held the family at gunpoint. He proceeded to bind the hands and feet of the victim's mother and sister with rope and tape. He also bound the victim's hands before forcibly sexually assaulting her in her bedroom. After the assault, Cox smoked a cigarette in the victim's room. He then looted the house for cash and valuables before fleeing. The assailant could not be positively identified because he was masked during the crime. Initial DNA testing of items found at the scene did not yield significant results and the investigation stalled pending further leads.

The Sacramento County Sheriff's Cold Case Unit continued to work the case. As DNA technology advanced, items they submitted to the District Attorney's Crime Lab for testing resulted in a hit to Cox. The most significant DNA matches were found on the cigarette butt recovered from the victim's bedroom and a roll of tape recovered from the scene that was used to bind the victims.

Cox faces a maximum sentence of 20 years in prison. Sentencing is set for April 28, 2017, at 9:00 a.m. in Department 16 before the Honorable Marjorie Koller. ★

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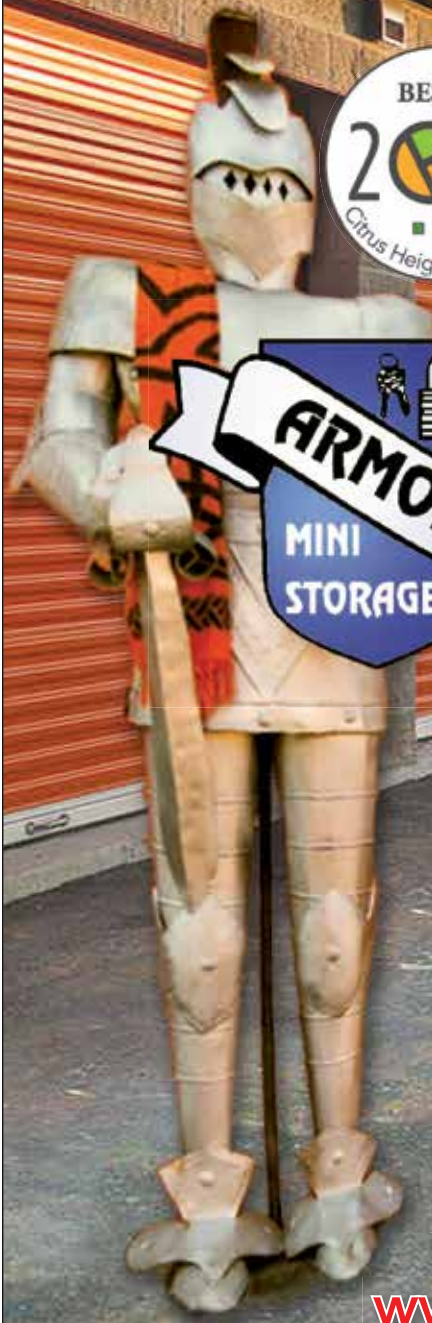


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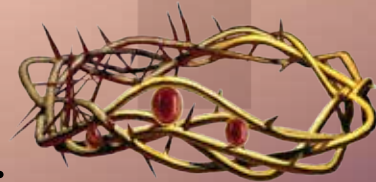
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Since 1989, BusinessCoach.com has been transforming businesses and lives. Our holistic relationship-oriented approach to creating vibrant and healthy workplaces comes from a core belief that every human being has greatness inside them. Our passion is to work with companies that have a commitment to be great and want to learn how to create and implement a culture where people are thrilled to work.

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The Exciting New World of Implant Supported Dentures



• Has the Security of a Fixed Bridge! • Easier to Maintain Good Oral Hygiene

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

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

Carmichael Dental Group

8329 Fair Oaks Blvd., Ste A • Carmichael, CA, 95608
916 944-1197

\$1,200.00 off

2 implants with 2 attachments to upper/lower denture

Offer Expires 05/31/17

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SAT 9-7, SUN 10-7
Effective 3/22/17 - 3/28/17

COUPON

29¢

PIG'S EAR

with the purchase of pet, fish food or supply.
Limit 1 Large Size. \$1.49 value.
Limit 1 PLU323 CT
Limit 1 Coupon per family
Effective 3/22/17 - 3/28/17

COUPON

69¢

ANGEL SOFT TOILET TISSUE

4 Roll Pkg.
With the Purchase of Pet, Fish Food or Supply
Limit: 1 Pkg PLU 325
Limit 1 Coupon per Family
Effective 3/22/17 - 3/28/17

<p>TASTE OF THE WILD GRAIN FREE DRY DOG FOOD •Welllands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon</p> <p>30 Lb Bag \$39.99</p> <p>Effective 3/22/17 - 3/28/17</p>	<p>NUTRO MAX ADULT RECIPE DRY DOG FOOD •Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice</p> <p>NEW SIZE 25 Lb Bag \$22.99 Limit 2 Bags Per Family</p> <p>Effective 3/22/17 - 3/28/17</p>	<p>BLUE BUFFALO WILDERNESS DRY DOG FOOD •Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight</p> <p>24 Lb Bag \$8 MARKED OFF 100% Grain Free Limit 2 Bags</p> <p>Our Regular Low Prices! Effective 3/22/17 - 3/28/17</p>	<p>FRISKIES DRY CAT FOOD 16 Lb Bag •Surfing & Turfing •Seafood •Indoor</p> <p>Limit 2 Bags \$9.99</p> <p>Effective 3/22/17 - 3/28/17</p>
<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family 35¢</p> <p>Effective 3/22/17 - 3/28/17</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley</p> <p>3 Oz Limit 2 Cases per Family 20/\$11.00</p> <p>Effective 3/22/17 - 3/28/17</p>	<p>JONNY CAT PREMIUM CAT LITTER 20 Lb Bag •Regular •Multiple Cat Formula</p> <p>Limit 2 Bags \$3.29</p> <p>Effective 3/22/17 - 3/28/17</p>	<p>FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag</p> <p>Limit 2 Bags per Family \$12.99</p> <p>Effective 3/22/17 - 3/28/17</p>

<p>PRO-PLAN DRY DOG FOOD 30-35 Lb Bag \$3 OFF Limit 2 Bags Per Family •Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Stomach •Lite •Bright Minds</p>	<p>Market Fresh Recipe FUSSIE CAT PREMIUM DRY CAT FOOD (2 Lb Bag. Buy One Get One Free. Limit 4) 4 Lb \$3 OFF 10 Lb \$6 OFF</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Can, Full Case Limit 2 Cases (Reg. Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) 15% OFF</p>	
<p>WELLNESS SIGNATURE SELECTS & CORE CANNED CAT FOOD Full Case Limit 1 Case Per Family 3.3 Oz Can (Reg Price Signature \$1.79 Core \$1.69) 15% OFF</p>	<p>20 Lb Bag Limit 2 Bags FELINE PINE HEALTHY CAT LITTER \$7.99</p>	<p>•Adult •Large Breed •Mature •Weight Care 30 Lb Bag Limit 2 Bags CHICKEN SOUP FOR THE SOUL DRY DOG FOOD \$7 OFF</p>	
<p>•Selected Varieties 6 Lb Bag Limit 2 Bags NUTRO MAX MAX CAT DRY CAT FOOD \$8.99</p>	<p>60 Liter (Ultra Not Included) CAREFRESH PET BEDDING \$12.99</p>	<p>Market Select 2.75 Oz Cup Limit 1 Case MEOW MIX CAT FOOD 49¢</p>	
<p>28.5 lb-33 lb Bag SCIENCE DIET DRY DOG FOOD \$5 OFF</p>	<p>20 Lb Box Limit 2 Boxes Cat Attract PRECIOUS CAT CLUMPING CAT LITTER 11.99 Touch of Outdoors \$7.49</p>	<p>NEW MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD •Adult •Grain Free Chicken & Turkey 25 Lbs Limit 2 Bags Per Fam •Grain Free Beef & Lamb •Grain Free Salmon & Whitefish ON SALE</p>	

<p>Value Pack GREENIES DOG TREATS Easy to Digest Chewy Texture •Teeny (43 Ct) •Reg (12 Ct) •Regular •Grain Free •Petite (20 Ct) •Large (8 Ct) \$4 OFF</p>	<p>PENN-PLAX CASCADE POWER FILTER SALE</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PET CLUB SALE</th> <th>Revolutionary Bio-Falls Quad Filtration System</th> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal</td> <td>\$13.99</td> <td rowspan="4"></td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal</td> <td>\$17.99</td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal</td> <td>\$20.99</td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal</td> <td>\$27.99</td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	Revolutionary Bio-Falls Quad Filtration System	CASCADE 100	20 Gal	\$13.99		CASCADE 150	35 Gal	\$17.99	CASCADE 200	50 Gal	\$20.99	CASCADE 300	100 Gal	\$27.99
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<p>CADET BULL STICKS DOG TREATS All Sizes - All Varieties 20% OFF</p>	<p>Hi-SIDES VAN NESS ENCLOSED CAT PANS REGULAR •Petite •Large CP2 \$3.49 Large CP2H3 \$5.49 Giant CP3 \$5.99 Large CP3H3 \$6.99</p>	<p>Just add Heater For Tropical Fish TETRA BOXED 10 GALLON TANK With Economy Kit \$36.99 Limit 1 Per Family</p>																
<p>FARNAM COMFORT ZONE DIFFUSER, SPRAY, & REFILLS With D.A.P. & Feliway Cat "Controls Behavior" Dog 20% OFF</p>	<p>SCOOP FREE LITTER TRAY CARTRIDGE \$15.99 (Automatic Litter Box - \$99.99)</p>	<p>PENN PLAX AQUA-PLANTS 20% OFF</p>	<p>KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$11.99</p>															

<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 12 Cans With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/22/17 - 3/28/17 45¢</p>	<p>WHISKAS TEMPTATIONS CAT TREATS •All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/22/17 - 3/28/17 \$1.19</p>	<p>JONNY CAT CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/22/17 - 3/28/17 \$1.89</p>
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