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Great Bike Giveaway
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Volume 37 • ISSUE 08

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FEBRUARY 24, 2017

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LEONARDO DA VINCI "MACHINES IN MOTION"



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Sacramento Choral Society Show has Downton Theme

Story and photo
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Britannia will undoubtedly rule a March 18 performance by the Sacramento Choral Society and Orchestra.

Echoing America's unquenched passion for the Edwardian TV saga, the 160-voice choir will present "Music of Downton Abbey." Leading the program is veteran director Donald Kendrick, himself a Downton addict. "Right from its first episode," he recalls, "I was captivated by its music, acting and historical authenticity. As a Commonwealth (Canadian) citizen, I easily identified with Edwardian mannerisms."

"Music often reminds us of historic events." Considers conductor Kendrick. "But for a contemporary touch, we'll include John Lunn's Emmy-winning tunes from the Downton series."

**DONALD KENDRICK
SACRAMENTO CHORAL SOCIETY DIRECTOR**

Previously performed by Pittsburg and Minneapolis ensembles, the program comes to Sacramento Community Center in a West Coast premiere. Selections showcase iconic composers like Edward Elgar, Gustav Holst, Charles Hubert Hastings Parry and George Frideric Handel. Because Downton plots are set against grand post-Victorian backdrops, the choral program recalls events of Edward VII and George V's reigns.

Commissioned for Edward's 1902 coronation, the hymn "I was Glad" echoes national optimism for a new reign. Leaping two generations, the choir offers a 1922 wedding song composed for Edward's granddaughter Princess Mary. Evoking Matthew Crawley's snow-bound proposal to his beloved Mary, Elgar's "In the Snow" should coax many hankies from reticules.

The patriotic "I Vow to Thee my Country," was Princess



Sacramento Choral Society Director Don Kendrick and friends review Edwardian scores.

Diana's nuptial choice -- sung again at her 1997 funeral -- and included in the Sacramento concert. "Jerusalem" has long called Britons to full-throated melody and famously united the nation at Prince William and Kate Middleton's wedding. Parry's "My Soul there is a Country," equates WW I Britain to a heavenly fortress, prevalent in battle. Still glorious after several centuries, "Rule Britannia" is the ultimate we-are-the-champions chant.

"Music often reminds us of historic events." Considers conductor Kendrick. "But for

a contemporary touch, we'll include John Lunn's Emmy-winning tunes from the Downton series." The Sacramento show includes actors to set songs in Edwardian context. "Rule Britannia" choruses are flag-waving opportunities. Kendrick hopes concert-goers will dress to suit; dowager, debutante and dinner dress is encouraged -- even butlers and chauffeurs have their place. "We'll have photo opportunities with a Downton Abbey backdrop and other surprises," promises Kendrick. A post-concert tea will reward special supporters.

"The choir usually does more classical stuff," explains Kendrick. "But we still look for programs that offer a more theatrical experience. This performance will be more fun than anyone should be allowed at a concert."

The March 18 performance begins at 8 pm at the Sacramento Community Center. Tickets cost between \$35 and \$63. Student discounts are offered. The Downton Abbey program is produced in partnership with KVIE, which aired the TV series.

For information visit: www.sacramentochoral.com ★

Celebrate "Read Across America"

by Diane Levin

Celebrate the 19th Annual Read Across America on Thursday, March 2nd, by reading to your young children and making it something you do with them every day.

Read Across America was created by the National Education Association (NEA) in 1998 as an annual way to celebrate the importance of reading on a most appropriate day -- the birthday of Theodore Geisel, better known as the beloved children's author, Dr. Seuss.

Forty-five million readers, young and old, participated in last year's celebration, and even more are anticipated to take part this year.

Reading to young children is one of the most important activities you can do. It is a pillar of First 5 California's efforts to help California's youngest succeed in life. According to the National Center for Educational Statistics, less than 60 percent of children between the ages of three to five are read to on a daily basis.

Reading to your child, even when they are babies, helps increase their vocabulary, and stimulate brains to grow stronger and smarter. Studies show kids whose parents read to them frequently have much larger vocabularies by the time they go to school than children who have not been read to on a regular basis.

Reading to your young children also builds a lifelong appreciation for books and reading, expands their knowledge base about the world, and most importantly, promotes a bond and closeness.

So put on your red and white striped top hat, find a favorite book, and spend some time reading to your young child. It's a treasured moment you can share not just on March 2nd, but day after day, year after year.

You can find out more about Read Across America at nea.org/readacross.

Diane Levin serves as First 5 California's chief deputy director and directs the agency's day-to-day operations. Her primary responsibilities include establishing and implementing internal policies that provide for the governance of the agency's policies, programs, systems, services, security, and public relations. <http://www.first5california.com> ★

SAFE Credit Union Donates \$5,000 to Local Salvation Army

SACRAMENTO REGION, CA (MPG) - In an effort to support communities impacted by the evacuation orders along the Feather River Basin in Butte, Sutter, and Yuba counties, SAFE Credit Union donated \$5,000 to the Salvation Army, Del Oro Division, which directly serves the affected region.

"It's deeply important to support an organization with boots on the ground, and the Salvation Army is already working hard to help the people who were, or remain, displaced," said SAFE President

and CEO Dave Roughton. "We want to ensure they have the necessary resources to provide assistance to those in need."

The Salvation Army is providing food and comfort in evacuation centers around the region, including Chico, Grass Valley, Roseville, Oroville, and Anderson. They continue to assess needs and have units on standby to support other affected areas, if needed.

"We're so thankful for SAFE Credit Union's generous donation to our Emergency Disaster Services program,"

said Major Guy Hawk, Salvation Army Divisional Secretary for the Del Oro Division. "The funds will help a lot with the meal services we have provided for the evacuees of the Oroville Dam situation, and they may also be used to assist families as they transition back home. It goes without saying, but we can't do this without local support from individuals and organizations like SAFE Credit Union."

To donate to the Salvation Army's relief efforts, visit deloro.salvationarmy.org.

org or call (800) 725-2769 and designate that funds be allocated to "Oroville Response."

Earlier this week, SAFE initiated calls to members who live in the evacuation zone to gauge what assistance they might need to mitigate financial hardships as a direct result of this emergency. Impacted members who have yet to be in contact with SAFE are requested to call (916) 979-7233 or (800) SEE-SAFE to discuss options for their specific situation.

Source: Runyon Saltzman Inc. ★

Aerospace Museum to Present Leonardo da Vinci "Machines in Motion"



The dynamic "Machines in Motion" exhibit will remain on display at the Aerospace Museum through September 4, 2017.

SACRAMENTO REGION, CA (MPG)

The Aerospace Museum of California is proud to present a dramatic, interactive and world-class Leonardo da Vinci "Machines in Motion" international traveling exhibit that will be on display for the first time in California starting on February 6, 2017. Forty machine replicas will be part of the impressive exhibit that will occupy nearly 9,000-square foot of space inside the spacious Museum. The dynamic "Machines in Motion" exhibit will remain on display at the Aerospace Museum through September 4, 2017.

Once open to the public, Museum guests will have the unique opportunity to set a wide variety of machines in motion while learning and exploring the wide range of mechanical principles da Vinci employed to create each one. Grouped together in four sections according to the element which the machine operates or from which it draws power -- Earth, Water, Air and Fire -- the exhibit features visionary early inventions such as the helicopter, glider, armored tank, drive transmission, printing press, bicycle, robot and more. In addition, a da Vinci themed

PlayZone will also be available for very young children to inspire creative learning.

"We are thrilled to bring the genius of da Vinci to the Aerospace Museum and our inquisitive guests," said Roxanne Yonn, Executive Director of the Aerospace Museum of California. "Most people first think of da Vinci as one of the world's most famous painters but he was also a brilliant inventor and creator who was way ahead of his time. In addition to the amazing number and diverse range of machines he created, he was intrigued by the phenomenon of flight and detailed plans for several flying machines, many of which guests will see on display at the Museum."

All of the hands-on machines on display at the Museum are based on Leonardo da Vinci's visionary designs and innovative notebook drawings that have been meticulously constructed by a modern team of scientists and craftsmen in collaboration with the Leonardo da Vinci Museum in Florence, Italy.

The Leonardo da Vinci "Machines in Motion" hands-on exhibit is included with Museum

admission: \$15 for adults, \$12 for seniors & teachers (with ID), \$12 for children & youth (ages 6-17), and is free for children ages 5 and under along with active duty military (with ID) and Museum members. For more information about the Leonardo da Vinci "Machines in Motion" exhibit or the Aerospace Museum of California in general, please call 916-643-3192 or visit www.aerospaceca.org.

Located in a spacious facility at McClellan Business Park in Sacramento, the Aerospace Museum of California is one of aviation's greatest showcases that captures the allure of flight. With a wide range of impressive military and civilian aircraft on display -- from biplanes to Russian MIGs -- and an extensive engine collection, the Museum also offers a state-of-the-art STEM learning laboratory or "Flight Zone" with 10 interactive digital flight stations. The Museum is committed to providing a world-class experience along with the opportunity to learn about and celebrate aviation's past, present and future. For more, visit www.aerospaceca.org ★

Students from the Carmichael Center Channeled Their Inner Engineer

CARMICHAEL, CA (MPG) - On Friday, February 10th, Options for Youth (OFY) students from the Carmichael center used cardboard, paper plates, straws, yarn, plastic cups and Scotch Tape to compete in the 2017 Engineering Design Challenge.

The overall educational goal of the Challenge is to get the students excited about science and utilize real life applications. This year, six teams competed to design the tallest and strongest weight-bearing structure they could imagine with the resources provided.

Five teams worked until the buzzer while senior Robin Cranston and junior Joshua Kennedy confidently only used half the allotted time. Their confidence proved valid, as they ended up winning the event by a landslide. Height played a huge factor -- the winning tower stood almost twice as tall as the other groups.

"We are so proud of the students who participated, and incredibly impressed with the creativity and skill they exhibited," said teacher and athletic director Joshua Levin. He continued, "We look forward to cheering on our Carmichael winning team at the regional event and plan on bringing home the gold in the end."

Freshmen Jayce McClain



The San Juan Region of Options for Youth participate in the school-wide engineering design challenge. Shown here are the winning team of senior Robin Cranston and junior Joshua Kennedy. Photo courtesy OFY

and Denis Tsyganiuk finished with second place honors while junior Ebt Bavi and senior Judit Rodriguez finished third. Next up, the winning team will compete in the regional OFY Engineering Design Challenge which will be held in March.

OFY is a non-profit public charter school that serves students in grades 7-12 that have fallen behind or are seeking an alternative to the traditional school environment. For more information, visit www.ofy.org.

The Barona Band of Mission

Indians, recognized by the United States government as a sovereign nation, has lived on the Barona Indian Reservation in rural eastern San Diego County since 1932. Governed by an elected Tribal Council, they are one of the most successful gaming Tribes in the country and operate the Barona Resort & Casino, San Diego's leading gaming resort, casino and golf course. For more information, visit www.barona-nsn.gov.

Source: OFY ★

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Sac County Employees Raise Funds for Charities



Sacramento County employees held fundraisers, bake sales, a 5-K Walk/Run and a charity golf tournament to raise funds as well as making personal pledges to have one-time or ongoing payroll deductions withdrawn from their paychecks towards charities of their choice.

SACRAMENTO COUNTY, CA (MPG) - In the County's annual employee campaign to raise funds for charitable organizations, project coordinator Terrie Porter, Director of the Child Support Services Department, reported to the Board of Supervisors that nearly \$252,000 was raised in the 2016 campaign.

Employees held fundraisers, bake sales, a 5-K Walk/Run and a charity golf tournament to raise funds as well as making personal pledges to have one-time

or ongoing payroll deductions withdrawn from their paychecks towards charities of their choice. Charities included a wide variety of services including veterans, youth programs, local and global organizations.

The golf tournament, spearheaded by Chief Information Officer Rami Zakaria and the Department of Technology, raised \$63,500. This brings the total raised by the tournaments held over the last four years to \$215,000. Proceeds are donated

to the Sacramento Children's Home, Children Receiving Home of Sacramento and the Courts Appointed Special Advocate.

The campaign continues the long-standing tradition of Sacramento County employees generously helping others. Each and every contribution will help improve the quality of life for everyone in the community, as well as people throughout the nation and the world.

Source: Sacramento County Media Dept. ★

Year in the Lives of Owls Comes to Audubon Program

SACRAMENTO REGION, CA (MPG) - Award winning photographer Paul Bannick will present a program at the March 16 meeting of the Sacramento Audubon Society using video and sound and telling stories from the field. He will also present several dozen new images from his brand-new book: Owl: A Year in the Lives of North American Owls.

He will use intimate yet dramatic images to follow various species of owls in their distinct habitats through the course of one year.

Audiences will witness the

four seasons as each stage in an owl's life is chronicled through rare images: courtship, mating, and nesting in spring; fledging and feeding of young in summer; dispersal and gaining independence in fall; and, finally, winter's migrations and competitions for food.

His program shows how owls use the unique resources available to them in each habitat to face those challenges. All 19 species found in Canada and the United States are featured in photos, video and narrative throughout the talk, with a special focus on the Northern

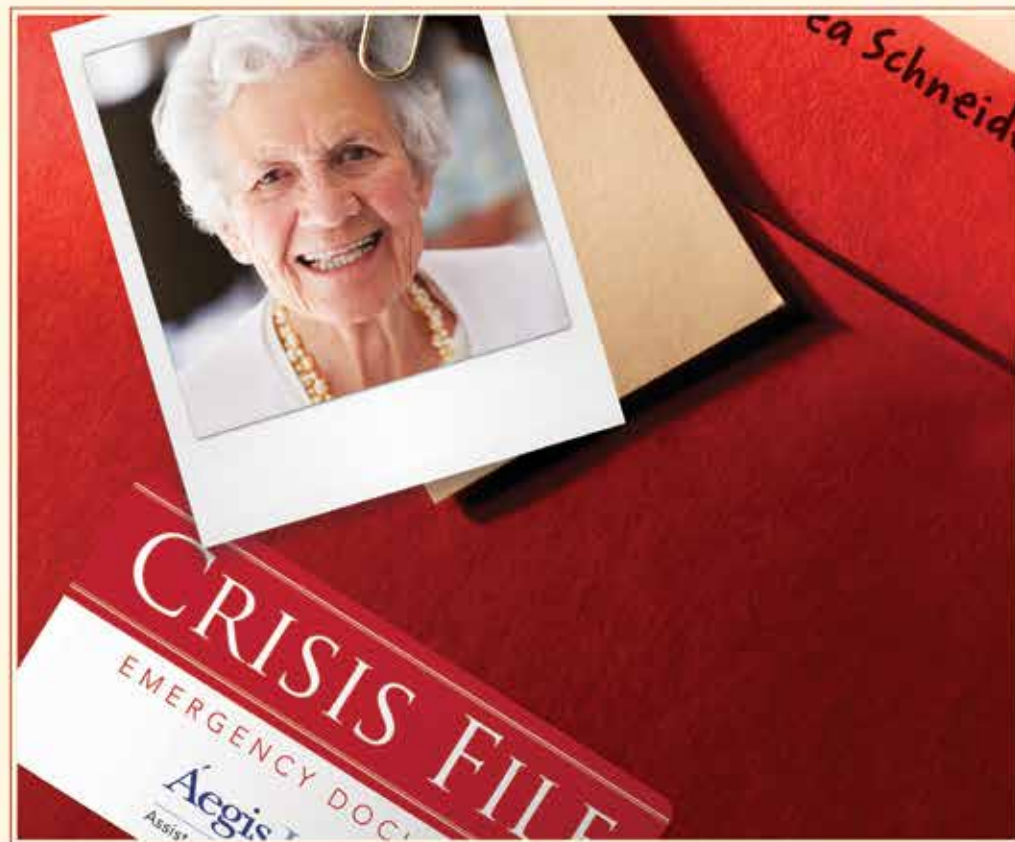
Pygmy-Owl, Great Gray Owl, Burrowing Owl, and Snowy Owl.

Owl is a follow-up to Bannick's bestselling title, The Owl and the Woodpecker, giving bird lovers yet another photographic tribute engaging natural history and a compelling call to preserve the habitats that sustain these most iconic of birds.

The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com).

There will be no charge for the program or parking, and no park-entry fee. ★

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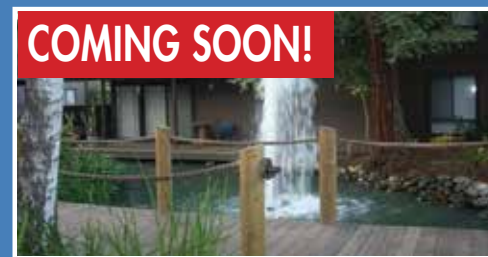
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Workshop Participants to Help Establish River-Friendly Demonstration Gardens at Howe Park

SACRAMENTO COUNTY, CA (MPG)
- Learn to create a beautiful, water-wise landscape while also helping to establish new River-Friendly demonstration gardens at Howe Park during a new workshop series hosted by Sacramento Suburban Water District (SSWD) and EcoLandscape California.

The six-session River-Friendly, Green Gardening workshop series, taught by the sustainable landscaping experts at EcoLandscape California, includes three classroom workshops and two hands-on training days that will cover:

- Landscape design
- Putting the right plant

in the right place

- Sheet mulching
- Water-wise irrigation
- Integrated pest management
- How to care for your landscape
- And much, much more

Classroom workshops will take place on four consecutive Thursday evenings, March 2, 9, 16 and 23 from 6:30-8:30 p.m. and also includes two special hands-on workshops on Saturdays, March 18 and April 1 from 9 a.m. to 2:30 p.m. Lunch will be provided. The workshops and training days will take place at Howe Park at 2100 Cottage Way in Sacramento.

Ultimately, four unique water-wise demonstration gardens will be created for Howe Park as part of this workshop series and park transformation. The gardens will demonstrate the principles of River-Friendly Landscaping, a gardening method that works with nature to reduce water use, reduce waste, prevent pollution, attract birds and butterflies, and support the health of our region's waterways. River-Friendly Landscapes help home gardeners save water, time and money.

Total cost for all five workshops is \$35. Complete details are available at SSWD.org or by calling SSWD at (916) 679-2890. ★



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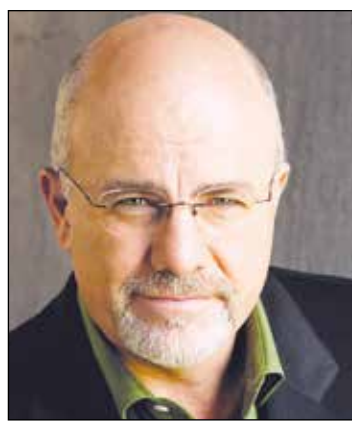
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Dave Says

Fighting Fear

Dear Dave,
 After listening to your show, I want to try to get control of my finances, but I'm afraid to open up the bills. I make about \$60,000 a year, but it's a real struggle just to keep my head above water financially. My checking account is always overdrawn, and I don't know where to start in catching up. Can you help?
 - Gail

Dear Gail,
 Trust me, I know it can be scary. But the easiest way to attack this thing is by taking one slow, sure step at a time. Try not to let worry consume you in the process, either. First, sit down, take a deep breath, and open all the unopened bills. Throw away any duplicates, and keep only the most recent statements and notices. The unknown is always scarier than the known, so facing the bills and cutting that stack in half right off the bat will help reduce a lot of your initial anxiety. Next, let's start a debt snowball. List all the debts you owe, from

smallest to largest, making one column for the payoff balance, one column for the amount you need to get current on that debt, and one column for the single payment amount when you get current. Total each column — the payoff balance, the amount to get current, and the single payment. I promise it won't be as bad as you think.

Finally, make a monthly budget. Prioritize your needs, starting with food, utilities, house payments and transportation. When it comes to your debts, pay as much as you can on the smallest one while making minimum payments on all the others.

You can do this, Gail. If you'll follow my plan, I think you'll see improvement in several areas of your life and you'll feel good about the progress you're making, too!

—Dave

Use an Insurance Broker

Dear Dave,
 My mom is 73 years old, and she's dealing with depression and a few other mental issues. Is it too late for her to get long-term care insurance?
 - Julie


Dear Julie,
 It wouldn't be a big problem if she were healthy. But given her age, and the other struggles you mentioned, I'd check with a good insurance broker to see what's out

there for her. In the insurance world they call this "making a market." Will they be able to find a company that will write her in that situation? I can't give you an accurate answer off the top of my head, because this is a difficult thing. It would probably depend on things like the extent of her depression, how long it's been manifested, and what it has done in her life.

That's one of the reasons I'm advising you to see an insurance broker. A broker doesn't represent just one company; they represent several companies. They can shop around in a given situation, and find someone to write something you might not get written otherwise. They can also shop around for the best possible price, and you get the efficiencies of the marketplace working for you.

God bless you both, Julie.
 —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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SATURDAY, MARCH 18, 2017 AT 8:00 PM
 Pre-concert talk at 7:00 PM by Conductor Donald Kendrick
 Sacramento Community Center Theater

PLAN TO GET YOUR TICKETS EARLY for this unique concert experience

- British chorus and orchestra gems from the era by Vaughan Williams, Stanford, Parry, Elgar, Holst
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Donald Kendrick | Music Director

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Dare to Live Without Limits

Don't Try and Don't Take No by Bryan Golden

It seems like a positive statement when someone announces they are going to give something a try. Isn't their intention to attain a specific goal admirable? Doesn't trying demonstrate a desire to succeed? In reality, trying is a back door to failure.

After trying and failing, the phrase we then hear is, "Well, at least I gave it my best try." A person taking this approach avoids feeling guilty as they might if no attempt was made. Then, after their failed bid, they give up on their objective as being unobtainable.

Success requires unwavering determination and commitment. For successful people, failure is not an option. The problem with trying is that it is less than a full and total commitment. Trying is the equivalent of, "let's see what happens."

Many things you attempt will not initially work out as planned. Those who give something a try give up at the first obstacle. For them, a setback is a roadblock. Failure is assured only when you give up. Success rarely occurs at the first attempt. Success requires adjusting as needed, knowledge, and experience.

Rather than giving something a try, commit to doing it. Be willing to do whatever is necessary to reach your objective. This

requires time and dedication. When something doesn't work as expected, it's a learning experience, not failure.

Willpower is the force that propels you to your destination. You must turn setbacks into comebacks. When something doesn't work, make an adjustment and move forward. Learn from experience. Avoid whatever didn't work while repeating those things that did.

The road to success is filled with naysayers. Critics abound who are eager to inform you as to why you will not, cannot, or should not be successful. They will offer an endless barrage of reasons for failure.

Failure is assured when you take no for an answer. The reasons for allowing "no" to stop you are varied, but the result is always the same. Seeking acceptance is one motivation. The fear of being rejected compels you to take this bad advice.

Concern about ridicule is another justification for taking no as an answer. Why risk being laughed at if you should fail? The reasoning is that it's easier to play it safe rather than going out on a limb.

Fear of criticism is a powerful driving force. We grow up seeking to please others. From a young age we learn the supposed

benefits of avoiding denunciation.

Now that you know what pitfalls to avoid, here is the strategy utilized by successful people. Start with an understanding of what it is you really, really want. Your goal must be important to you. It has to be yours rather than imposed on you by someone else. You need to have a burning desire for its achievement.

Next, tell your mind that you will achieve your objective. You will do whatever it takes, for as long as it takes, in order to be successful. Visualize what it will feel like once you are where you want to be.

Obstacles, pitfalls, setbacks, disappointments, and problems are a normal part of the process. Don't be deterred when they are encountered. Ignore the naysayers. They always find you. It doesn't matter what other people say, think, or do. Stay on your path, always keeping your objective in mind.

An interesting side note is that as you become successful, your detractors will miraculously turn into supporters. Nothing succeeds like success.

Success requires willpower, not try power. There is nothing to be achieved by giving up. Failure is not an option. There is always a way to reach your destination.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columist.com or write him c/o this paper. © 2011 Bryan Golden. ★

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Sacramento County DA Reports



Defendant Convicted of Charges, Stemming from Domestic Violence Defendant Convicted for Series of Sexual Assaults, Robberies

DATE: February 3, 2017
CASE: Scott Williams (Case #16FE018556)

PROSECUTOR: Deputy District Attorney Erin Blake, Domestic Violence Unit
Keenan Scott Williams was convicted by a jury of domestic violence with great bodily injury, battery causing serious bodily injury, false imprisonment, criminal threats, and unlawful possession of a firearm. The jury also found true that Williams suffered prior convictions for first-degree burglary and assault with force likely to produce great bodily injury at the direction of a criminal street gang.

On September 23, 2016, Keenan Williams was with the victim at her apartment when he started accusing her of cheating on him. When the victim denied the allegations, Williams repeatedly struck her on her face, chest, legs, and back. Williams threw the victim into the shower, and ripped off her clothes. When the victim tried to escape, Williams grabbed her and choked her until she lost consciousness. Williams eventually let the victim go to bed that night. The following morning, he again accused the victim of cheating. Williams dragged the victim into the bedroom where the victim's gun was located, and told her he was going to shoot her. Williams repeatedly struck the victim in her face and shoved the gun against her lips, breaking her front tooth. Williams then took the victim's wallet, iPad, cell phone, and gun before leaving the apartment in the victim's car. As a result of the attack, the victim suffered a head injury, a laceration over her eye, and bruises all over her body.

Williams faces a maximum sentence of 41 years to life in prison. Sentencing is set for March 24, 2017, at 9:00 a.m. in Department 17 before the Honorable Delbert Oros.

DATE: February 8, 2017
CASE: Jerry West Jr. (Case #15F05919)
PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault

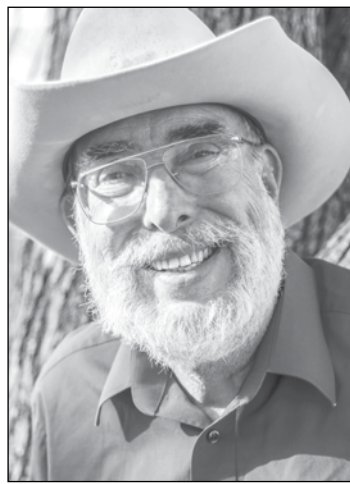
Prosecution Unit

Jerry West Jr. was convicted by a jury of two counts of forcible oral copulation, two counts of assault with intent to commit forcible oral copulation, attempted forcible copulation, two counts of assault with a semi-automatic firearm, kidnapping for purposes of robbery and oral copulation, four counts of robbery and carjacking. The jury also found true multiple use of a firearm allegations and a multiple victim allegation.

On August 31, 2015, Jerry West put a gun to a female victim's head, demanded her cellphone, groped her and demanded oral copulation. He then fled in the victim's vehicle. On September 22, 2015, two women were in a car that had just parked. West opened the car door, put a gun to the passenger's head and demanded property from her. He then put the gun to the driver's head, demanded her property and struck her in the head with the gun. West groped both victims while pointing the gun at them and forced the passenger to orally copulate him. When the driver began a struggle with West for the gun, West fired the gun at both victims and missed. West then grabbed the victims' purses before fleeing. On September 25, 2015, West grabbed another female victim and covered her mouth so tightly that she couldn't breathe. West dragged the victim into Southside Park, where he demanded her property, groped her and demanded that she orally copulate him. He continuously threatened her life if she screamed or ran. The victim was able to break free and ran to a nearby residence where she called 911. The victim's iPhone was tracked, leading officers to West. DNA evidence linked West to the two prior assaults.

West has two prior 2008 strike convictions for carjacking two separate victims. He faces a maximum sentence of 330 years to life in prison. Sentencing is set for April 7, 2017, at 1:30 p.m. in Department 24 before the Honorable Shelleyanne Chang. ★

Slim Randles' HOME COUNTRY



Don't Let Anyone Tell You Being The Official Town Dog is Easy

have to see them safely across the street and to school each morning. Must be band day, because I see a lot of instrument cases. Martin gets smiles from the children. I get smiles AND ear rumbles, so what do you think of that!

Once those kids are safely across, the time is pretty much my own until the final bell rings in the afternoon. That would be after I get snacks at the back door of the Mule Barn and after my nap curled up against the brick wall of the drugstore downtown. You ever notice how those bricks hold the sunshine in them? Better than that white wall on the newspaper office.

This is a good day to stop by the Rest of Your Life retirement home and check on Pop Walker and Mabel Adams. Oh, I make the rounds and check on everybody, of course, but I have to admit those two are my favorites.

If today is band day at school, tomorrow will be sale day at the sale barn at the edge of town. That's when the men bring their dogs in from the ranches to look at cows. They yell and talk funny. Not the dogs, of course. Getting your sniffing up to date is always a good thing.

Love, Billy

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CLUES

- ACROSS**
1. Upright monument
6. Likewise
9. *Eagle's talon
13. *Entrances to ground-hogs' burrows
14. Objective male pronoun
15. Curaçao neighbor
16. Islam's Supreme Being
17. A in IPA
18. More silent
19. *Beaver-like rodent
21. *a.k.a. Brown bear
23. Popular Thanksgiving tuber
24. SWAT attack
25. Between game and match
28. O. Henry's "The Gift of the ..."
30. Make numb
35. ___ sack
37. Drinks through a straw
39. Red Sea peninsula
40. Beyond natural
41. Single-mast boat
43. Soda pop recyclables
44. Little Boy and Fat Man
46. Way, way off
47. "Cogito ___ sum"
48. It's meant to be
50. *Great leaper
52. Who's from Mars?
53. Not that
55. Bobby sox dance
57. *Nocturnal mask wearer?
61. "Red sky at night, sailor's ___"
65. Cool & distant
66. Public health approver
68. One who dares
69. Reg. alternative
70. Singer-songwriter Stewart
71. Acustom
72. One of many in an arena
73. "Four score and seven years ___"
74. Norbert, to his momma?

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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF VADIE JEAN CONLEY, AKA VADIE JEAN WILLIS CASE No. 34-2017-00206275

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Vadie Jean Conley, aka Vadie Jean Willis. A Petition for Probate has been filed by City of Sacramento in the Superior Court of California, County of Sacramento, requesting that Michael Brumbaugh, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: March 15, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Eurk O'Bryant 18826 North Lower Sacramento Road Suite H Woodbridge, California 95258 209-924-4990 Publish: February 17, 24, and March 3, 2017 WILLIS 170115 03-03-17

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARK PHILLIP ROOKARD CASE No. 34-2016-00203461

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Mark Phillip Rookard. A Petition for Probate has been filed by Geoffrey W Rookard in the Superior Court of California, County of Sacramento, requesting that Geoffrey W Rookard, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: April 4, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Geoffrey Rookard 3932 Oak Villa Circle Carmichael, CA 95608 916-233-6419 Publish: February 17, 24, and March 3, 2017 ROOKARD 170115 03-03-17

NOTICE OF PETITION TO ADMINISTER ESTATE OF FRANK PAUL MENCARINI CASE No. 34-2017-00207138

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Frank Paul Mencarini. A Petition for Probate has been filed by Leila Strickland in the Superior Court of California, County of Sacramento, requesting that Leila Strickland, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: April 20, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: David R. Morris 5137 Golden Foothill Parkway Suite 110 El Dorado Hills, CA 95762 916-789-9810 Publish: February 24, March 3, and 10, 2017 MENCARINI 170220 03-10-17

NOTICE OF HEARING DECEDENT'S ESTATE OR TRUST

NOTICE is given that Jesse Bruinsma has filed Authorization to Administer Under the Independent

DOWN

1. Pillow that's not for sleeping
2. Cough syrup balsam
3. Corner pieces
4. Prone to communicate secret info
5. Hindu retreat
6. Not this
7. Tin Man's necessity
8. Last letter of Greek alphabet
9. Actress Penelope
10. Figure skating jump
11. Cain's unfortunate brother
12. Extra cautious
15. NaNH2 and H3CONH2, e.g.
20. What hoarders do
22. Human cage part
24. Heists
25. *Striped stinker
26. Boredom
27. Flyer holders
29. *Desert monster
31. Likable
32. Take a piece from
33. Canine affliction
34. *a.k.a. buffalo
36. Poe's "Annabel Lee", e.g.
38. *Fly like an eagle

42. Nasa mission, e.g.
45. Depart
49. Short for although
51. *Not Bald one but ___
54. Prefix with red
56. Baby grand
57. X-ray units
58. Away from wind
59. Kind of cola
60. *Snowshoe's seasonal change
61. Carpenter's groove
62. *Earthworms to a badger, e.g.
63. Lemongrass, e.g.
64. 3-point shot
67. *Prairie ___

SUMMONS

SUMMONS (Family Law)
NOTICE TO RESPONDENT (Name):
Kulwinder Kaur
Petitioner's Name is: Zail Singh
CASE NUMBER: 16-FL04985

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and file a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp/), at the California Legal Services website (www.lawhelp.ca.gov/), or by contacting your local county bar association. NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs

that the court waived for you or the other party. The name and address of the court are: Superior Court of California, County of Sacramento 3441 Power Inn Road Sacramento, CA 95826 The name, address, and telephone number of petitioner's attorney, or the petitioner without an attorney are: Zail Singh 2055 West El Camino Ave #848, Sacramento, CA 95833 916-606-1526 Date: August 17, 2016 Publish: February 24, March 3, 10, and 17, 2017 SINGH 170220 03-17-17

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Solutions on Page 6

How to Cut Infrastructure Costs in Half



Commentary by Ellen Brown

Americans could save \$1 trillion over 10 years by financing infrastructure through publicly-owned banks like the one that has long been operating in North Dakota.

President Donald Trump has promised to rebuild America's airports, bridges, tunnels, roads and other infrastructure, something both Democrats and Republicans agree should be done. The country needs a full \$3 trillion in infrastructure over the next decade. The \$1 trillion plan revealed by Trump's economic advisers relies heavily on public-private partnerships, and private equity firms are lining up for these plumbing investments. In the typical private equity water deal, for example, higher user rates help the firms earn annual returns of anywhere from 8 to 18 percent — more even than a regular for-profit water company

might expect. But the price tag can come as a rude surprise for local ratepayers.

Private equity investment now generates an average return of about 11.8% annually on a 10-year basis. For infrastructure investment, those profits are made on tolls and fees paid by the public. Even at simple interest, that puts the cost to the public of financing \$1 trillion in infrastructure projects at \$1.18 trillion, more than doubling the cost. Cities often make these desperate deals because they are heavily in debt and the arrangement can give them cash up front. But as a 2008 Government Accountability Office report warned, "there is no 'free' money in public-private partnerships." Local residents wind up picking up the tab.

There is a more cost-effective alternative. The conservative state of North Dakota is funding infrastructure through the state-owned Bank of North Dakota (BND) at 2% annually. In 2015, the North Dakota legislature established a BND Infrastructure Loan Fund program that made \$50 million in funds available to communities with a population of less than 2,000, and \$100 million available to communities with a population greater than 2,000. These loans have a 2% fixed interest rate and a term of up to 30 years. The proceeds can be used for the new construction of water and treatment plants, sewer and water lines, transportation infrastructure and other

infrastructure needs to support new growth in a community.

If the Trump \$1 trillion infrastructure plan were funded at 2% over 10 years, the interest tab would come to only \$200 billion, nearly \$1 trillion less than the \$1.18 trillion expected by private equity investors. Not only could residents save \$1 trillion over 10 years on tolls and fees, but they could save on taxes, since the interest would return to the government, which owned the bank. In effect, the loans would be nearly interest-free to the government.

New Money for Local Economies

Legislators in cash-strapped communities are likely to object, "We can't afford to lend our revenues. We need them for our budget." But banks do not lend their deposits. They actually create new money in the form of bank credit when they make loans. That means borrowing from its own bank is not just interest-free to the local government but actually creates new money for the local economy.

As economists at the Bank of England acknowledged in a March 2014 report titled "Money Creation in the Modern Economy", the vast majority of the money supply is now created by banks when they make loans. The authors wrote:

The reality of how money is created today differs from the description found in some

economics textbooks: Rather than banks receiving deposits when households save and then lending them out, *bank lending creates deposits*. . . . Whenever a bank makes a loan, it simultaneously creates a matching deposit in the borrower's bank account, *thereby creating new money*. [Emphasis added.]

Money is not fixed and scarce. It is "elastic": it is created when loans are made and extinguished when they are paid off. The BOE report said that private banks now create nearly 97 percent of the money supply in this way.

Richard Werner, Chair of International Banking at the University of Southampton in the UK, argues that to get much-needed new money into local economies, rather than borrowing from private investors who cannot create the money they lend, governments should borrow from banks, which create money in the form of deposits when they make loans. And to get that money interest-free, a government should borrow from its own bank, which returns the interest to the government.

Besides North Dakota, many other states and cities are now exploring the public bank option. Feasibility studies done at both state and local levels show that small businesses, employment, low-cost student loans, affordable housing and greater economic stability will result from keeping local public dollars out of the global banking

casinos and in the local community. Legislation for public banks is actively being pursued in Washington State, Michigan, Arizona, Philadelphia, Santa Fe, and elsewhere. Phil Murphy, the front-running Democratic candidate for New Jersey governor, is basing his platform on a state-owned bank, which he says could fund much-needed infrastructure and other projects.

New Money for a Federal Infrastructure Program

What about funding a federal infrastructure program with interest-free money? Tim Canova, Professor of Law and Public Finance at Nova Southeastern University, argues that the Federal Reserve could capitalize a national infrastructure bank with money generated on its books as "quantitative easing." (Canova calls it "qualitative easing" — central bank-generated money that actually gets into the real economy.) The Federal Reserve could purchase shares, whether as common stock, preferred stock or debt, either in a national infrastructure bank or in a system of state-owned banks that funded infrastructure in their states. This could be done, says Canova, without increasing taxes, adding to the federal debt or hyperinflating prices.

Another alternative was proposed in 2013 by US Sen. Bernie Sanders and US Rep. Peter DeFazio. They called for a national infrastructure bank

funded by the US Postal Service (which did provide basic banking services from 1911 to 1967). With post offices in nearly every community, the USPS has the physical infrastructure for a system of national public banks. In the Sanders/DeFazio plan, deposits would be invested in government securities used to finance infrastructure projects. Besides financing infrastructure without raising taxes, the plan could save the embattled USPS itself, while providing banking services for the one in four households that are unbanked or under-banked.

Reliance on costly private capital for financing public needs has limited municipal growth and reduced public services, while strapping future generations with unsustainable debt. By eliminating the unnecessary expense of turning public dollars into profits for private equity interests, publicly-owned banks can allow the public to retain ownership of its infrastructure while cutting costs nearly in half.

Ellen Brown is the founder of the Public Banking Institute and a Fellow at the Democracy Collaborative. She is the author of a dozen books including the best-selling *Web of Debt*, on how the power to create money was usurped by a private banking cartel, and *The Public Bank Solution*, on how the people can reclaim that power through a network of publicly-owned banks. ★

Pipeline Populism: Complete, Build

By Robert L. Bradley Jr.

President Donald Trump is about to give the U.S. economy a power-up. He just approved the long delayed construction of two megaprojects, Keystone XL and the Dakota Access pipelines.

This means more domestic energy, more economic growth, and more jobs for Americans. But it also means more theatrics from environmental extremists. The new president and his team should hang tough and ignore their doomsday predictions.

Keystone XL will transport oil from Canada to Nebraska. The Obama administration blocked Phase IV, claiming it would "undercut" America's role as a leader in the fight against climate change.

The Dakota Access pipeline will carry 500,000 barrels of oil a day. The Obama administration stopped construction when it was nearly complete. This came after protests promoting the baseless claim that the pipeline would harm the drinking water of the Standing Rock Sioux Tribe.

President Trump, in his first full week in office, brought both pipeline projects back to life. He promised to streamline "the incredibly cumbersome, long, horrible permitting process" and cut unnecessary environmental regulations. This is good news.

Green Hysteria

To say that the reaction from extreme greens was overwrought would be an understatement.

"Keystone XL is a carbon bomb that would cook the planet," cried the environmental advocacy group 350.org.

"Donald Trump has been in office for four days and he's already proving to be the dangerous threat to our climate we feared he would be," squealed Michael Brune, executive director of the Sierra Club.

Such hyperbole and misdirection are at least a half-century old. In the 1960s, Paul Ehrlich et al. warned us about mass starvation from the population bomb. The famine scare continued in the 1970s with resource exhaustion.

Now, climate-alarmist smears are being recycled to drum up fundraising dollars for environmental groups.

Eco-friendly, Economical

Histrionics aside, there are good reasons why the new president is moving forward with the pipelines.

Pipelines are the safest way to move oil — safer, in fact, than rail or road. The great majority of energy transported via pipeline — 99.999 percent — reaches its final destination safely.

That's because pipelines are carefully constructed and monitored. The industry constantly upgrades its systems to include the most advanced safety technology.

What's more, federal and state governments alike have reviewed Keystone and Dakota and concluded that they are safe for the environment.

Even the Washington Post Editorial Board recently

acknowledged the overreach by environmental activists.

Dakota Access poses no threat. The pipeline will be placed deeper and farther away from existing infrastructure than mandated by government regulations.

To ramp up fears around these pipelines, activists are pointing to two oil spills. Neither is cause for alarm. The more recent of the two caused no injuries and did not get anywhere near drinking water supplies. The other did not even take place in the United States.

Pipeline to Jobs

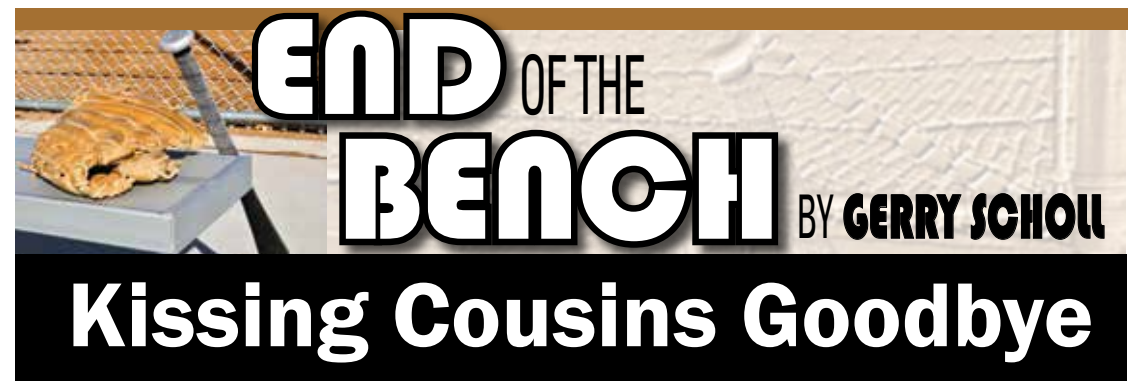
The pipelines are not only environmentally friendly, but also economically beneficial. Keystone XL would involve 42,000 jobs in construction and add \$3.4 billion to U.S. GDP.

Dakota Access, which has already involved 12,000 jobs, will produce \$55 million in taxes. It will spur millions of dollars in investment.

President Trump should be applauded for his decision to kick-start the construction of the Keystone XL and Dakota Access pipelines.

One can only hope that the Democratic Party returns to its roots as the party of the small person, now known as the forgotten man and forgotten woman. Fossil-fuel populism, not environmental extremism, is winning politics.

Robert L. Bradley Jr. is the founder and CEO of the Institute for Energy Research. ★



"Get out of my face! That's all I ask...I don't care who you are. Don't get in my face!"

A memorable quote from long ago has slowly been rising from the depths of the subconscious of many a Sacramento Kings fan. And now, those fans can give thanks to baseball Hall of Famer Randy Johnson for putting into so many words what has been brewing in a cauldron of disgust for a number of years.

Johnson's sentiments arose during a confrontation with a cameraman upon his arrival in New York City when he joined the Yankees in 2005. Now they can be shouted out by all the long-suffering fans of the Kings that always hoped DeMarcus Cousins could make the needed adjustments to his on-court demeanor and behavior. In short, they have grown weary of his sour puss.

That weary contingent are the ones rejoicing over the departure of the Kings' three-time, All-Star center in a trade with the New Orleans Pelicans Sunday night. It's beyond time for a new look for the Kings. They have their new arena downtown, Golden 1 Center — new arena needs a new product, not the same old, same old tired, losing look. It's about time to wipe that smirk off the face.

As Cousins was "leading" the Kings through their eleventh consecutive losing season with no playoff appearances, it was uncomfortably obvious that the franchise could not continue forward along a similar path by committing some ungodly sum above \$200 million to the volatile star. So the team made a move, receiving guards Buddy Hield, Tyreke Evans and Langston Galloway, and two 2017 draft picks. For the weary, the biggest move was a matter of addition-by-subtraction.

Cousins, 26, was in his seventh season with the Kings and, to his credit had improved his own game on the floor and has been a

consistent goodwill contributor within the Sacramento community throughout his stay. He is averaging a career-high 27.8 ppg. (fourth in the NBA), 10.6 rebounds (11th) and 4.8 assists. But the high-water mark during his run was only 33 wins.

The blockbuster deal has caused assorted critics from across the land to rip into the Kings, general manager Vlade Divac and owner Vivek Ranadive, of course. Admittedly, the Kings might have been able to make a better deal, perhaps by waiting until Thursday's trade deadline. Perhaps they should've been able to pull off the "better deal" Divac said they were working on two days earlier. Who's to say?

Unfailingly, something had to be done, and just about everyone recognized that, including the teams around the league. Moving ahead with Cousins and his tantrums, confrontations with officials, members of the media, coaches, teammates, etc., etc., and his suspensions resulting from his league-leading collection of momentum-deflating technical fouls was not an admirable option for the Kings. Many other teams wanted nothing to do with that explosiveness either. And what players are going to enjoy playing with the guy?

As one member of Sacramento's KHTK radio crew put it, "(Cousins) is not a likable player... he's a pain in the ass."

The Kings have been in a no-win situation with Cousins, literally and figuratively. They would have to bite the rebuild bullet and rid themselves of their centerpiece for the sake of creating space for a makeover. Everybody knew it, so they were never likely to receive equitable return.

They did get one, young potential star in Hield, drafted sixth a season ago after four years at the University of Oklahoma, where he ranked second with 2,291 career points. He improved his shooting

figures tremendously in his senior season and averaged 25.0 ppg (No. 2 nationally), was named Big 12 Player of the Year for a second time, won the Wooden Award, and was named a consensus first-team All-American and national player of the year. That and a very lengthy list of other accomplishments shows the 24-year-old native of the Bahamas has done a lot of things right. He has averaged 8.6 ppg as an NBA rookie.

Evans, the former King, has an expiring contract and is likely not to be retained. Galloway, said to be a defense-minded, backup point guard, has averaged 9.0 ppg. since entering the league in 2014 and may have a chance to stick around, as the Kings are clearly not happy with their current roster of guards. Now, the Kings have that, some dollars freed up with which to work and the likelihood of three first-round choices in what is being called a strong draft. Considering the position the team was in, the reboot mode, that just might be as good as it was going to get, as Divac suggested.

Outside observers have trashed the Kings' performance in the matter and pointed toward their recent history of poor management, but many of those of us that have watched (or tried to for as long as we could stand it) game in, game out, year after frustrating year, know you can't judge this trade at face value (pardon the pun).

Divac said, "Winning begins with culture, and character matters," implying that "The man ain't got no culture," (as Paul Simon once wrote). Cousins has always amassed significant numbers, but his style has always somewhat neutralized the talents and effectiveness of his teammates, rather than making them better.

It is well past time for "Boogie" Cousins to boogie. In the eyes and ears of all the fed-up fans, the tune for that dance started playing a long, long time ago. ★

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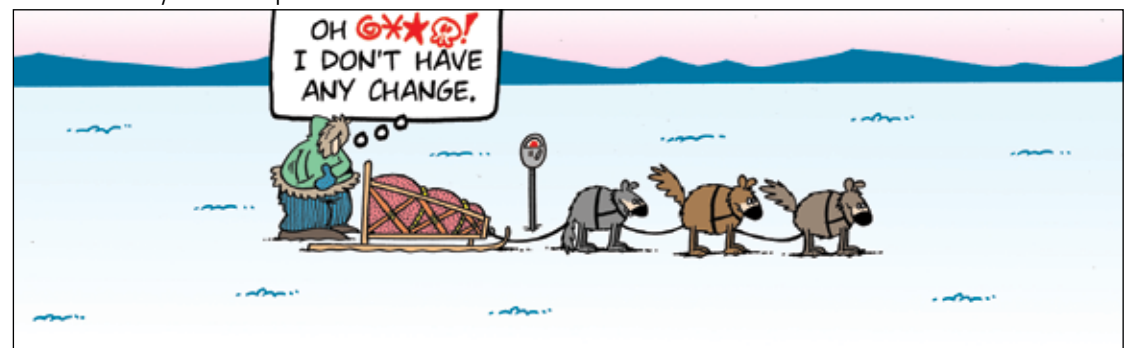
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Vorhees Named Recipient of Don Poole Award

SACRAMENTO REGION, CA (MPG) - Francine Vorhees of Moss Adams LLP was awarded Sacramento Region Community Foundation's prestigious Don Poole Award for her significant contributions to the growth of philanthropy in the region.

"My parents taught me when I was really young that you should give back to the community," Vorhees said as she accepted the award at the Foundation's reception on Wednesday. "I learned from their example the importance of helping others, and I know that, really, we all can make a difference."

She is the seventh advisor to receive the honor, which is awarded to those advisors in the region who most embody the spirit of Poole through personal commitment to charitable causes, devotion to educating clients about charitable giving, and mentorship of fellow advisors to support their clients' philanthropy.

Vorhees has practiced accounting since 1981, including running her own practice and as a partner in a local accounting firm that eventually merged

with Moss Adams, where she leads the trust and estate practice for the firm's California Central Valley office and co-leads the firm's estate planning practice.

"Years ago, when we launched the Philanthropic Advisors' Forum of Greater Sacramento to help strengthen the connection between local advisors and philanthropy, Francine was held up among her peers as the person whose strategic sense, creativity, and dedication would make the Forum a success," said the Foundation's chief executive, Linda Beech Cutler, as she presented the award to Vorhees, adding that she "embodies all that the Don Poole Award has come to represent."

Poole, a veteran estate planning attorney and former Foundation board member, spent 38 years at McDonough, Holland & Allen. He died in 2009, leaving an inspiring legacy for fellow advisors. His practice included creating plans for large and small estates that required sophisticated charitable giving techniques. He believed that it is vital for estate planners to ask about the clients'

charitable intent and to help them reach their goals while achieving favorable tax status. As Poole often stated to clients, "I am going to get you to part with your money and you will like it because the IRS loses and your family and the community wins."

During the reception, the Foundation also honored 15 Bridge Builders-advisors who referred clients to the Foundation to open charitable funds during the past year. Because of their efforts, a number of funds with diverse charitable purposes were brought to the Foundation.

The Sacramento Region Community Foundation has been the trusted steward of charitable assets, a community catalyst for meaningful change and the advocate for shaping vital impact through philanthropy since 1983. The Foundation's mission is to transform our community through focused leadership and advocacy that inspire partnerships and expand giving. Learn more at www.sacregcf.org.

Source: SACREGCF ★

Friendship Circle Presents the Great Bike Giveaway

Every Child Deserves A Bike!

SACRAMENTO REGION, CA (MPG) - Friendship Circle is kicking off its 6th annual Great Bike Giveaway on February 15, 2017. Great Bike Giveaway is an annual national campaign that strives to provide as many bikes as possible to children and teens with special needs. Participants will have one month to earn an adaptive bike through fundraising efforts using an online crowdfunding platform.

More than 74 million kids across the U.S. ride bikes. It's a quintessential part of childhood. Sadly, a key group of children are excluded from the joy and independence of bike riding. Many children with special needs miss out on that essential childhood experience because their physical or cognitive limitations make riding a traditional bike impossible.

The high cost of adaptive bikes makes the dream of riding a bike unreachable for many children with special needs. Many families cannot afford to spend hundreds or thousands of dollars on a bike and unfortunately, insurance companies refuse to cover the costs.

Friendship Circle works with adaptive bike companies from around the United States to secure discounted pricing, making it cost-effective for families to earn appropriate bikes for their children. Adaptive bikes range in size, capability, and price making it easy for every family to find the bike that best meets their child's needs. In just 5 years, Friendship Circle has provided over 900 children with adaptive bikes and the experience of riding their very own bike.

In order to participate in the Great Bike Giveaway families, or participants, will be required to complete a registration form and choose the bike they wish to fundraise for.

To view a full list of available bikes and rules, or to register, please visit bikes.friendshipcircle.org. Friendship Circle is a non-profit organization



Friendship Circle
Great Bike Giveaway
Special Bikes For Special Kids

that provides programs and support to the families of individuals with special needs. In addition to assisting individuals with special needs, Friendship Circle brings together teenage volunteers and children with special needs for hours of fun and friendship. These shared experiences empower the children, our special friends, while enriching the lives of everyone involved. Learn more and see our available programs at www.friendshipcircle.org ★

Harper Introduces Bills to Remediate California's Insecure Elections System

Bills Would Increase Transparency, Limit Outside Influence and Toughen Penalties

SACRAMENTO, CA (MPG) - Assemblyman Matthew Harper (R- Huntington Beach), Vice-Chair of the Elections Committee, recognizes deficiencies in our state elections code and has proposed legislation to solve them. If passed, the "Protect our Votes" package will protect our elections from foreign influence, give voters more information about school bonds, and toughen penalties for voter fraud.

"Improving the integrity and transparency of our elections is a priority," Harper said. "These bills will improve our Democracy for all Californians

and ensure that our elections system is fair."

The "Protect our Votes" package consists of four bills to safeguard the integrity of California's election system:

- **Assembly Bill 774 will limit foreign nationals from donating directly to campaigns.**
- **Assembly Bill 775 will require bona fide delivery services to provide proof that completed ballots were given to them on or before Election Day.**
- **Assembly Bill 776 will require school bond ballot descriptions to provide voters with**

the full costs of the bond.

- **Assembly Bill 777 will increase the penalties against people who fraudulently procure and/or vote with a vote-by-mail ballot.**

Assemblyman Matthew Harper represents the 74th Assembly District; he is the former Mayor of the City of Huntington Beach. The 74th Assembly District includes the cities of Huntington Beach, Costa Mesa, Newport Beach, Irvine, Laguna Woods & Laguna Beach.

Source: Office of Matthew Harper ★

Why the FDA Should Think Like a Surgeon

Commentary by Peter J. Pitts

On a visit to her prenatal physician, Margaret Boeme and her husband received unwelcome news -- their unborn baby had a spinal tumor. Several doctors recommended the Boemes terminate the pregnancy, but the couple refused to give up. Finally, they found doctors willing to perform a risky open fetal procedure to remove the tumor. Twelve weeks later, Boeme gave birth to a beautiful baby girl.

When surgeons take these risks, it's inspiring. But when the FDA does something similar -- in particular, rethinking a new drug's review pathway so that patients without any options can have one -- some consider it scandalous.

That's just wrong. Like a surgeon, the FDA should follow proper procedures, always. But those procedures should allow for advances in regulatory science -- such as the patient voice.

In mid-September, the FDA approved Exondys 51, the first drug specifically indicated for Duchenne muscular dystrophy. DMD is a rare disease that strikes boys as young as three, atrophying their muscles and eventually taking their lives.

While clinical trials were incomplete, they did demonstrate that the drug carries few side effects and holds the potential to slow the progression of DMD.

For patients, the FDA's approval represented a "watershed moment." Until this drug arrived on the scene, DMD sufferers had no viable treatment options whatsoever. Now, they have a chance to live to adulthood. Yet others insist the FDA made a mistake.

Giant insurer Anthem, for instance, claimed the FDA shouldn't have approved the medicine since it did not have sufficient evidence. As a result, Anthem is refusing to cover it. The decision will deprive hundreds of patients of their only chance to reach adulthood.

Two doctors even went so far as to say that the FDA approval represents a "worrying model" for future targeted drug approvals. They urged the FDA not to approve drugs just because they "show positive effects on the body . . . without actually making any measurable difference in patients' health."

In the case of medications for common illnesses, these doctors are correct: There is no compelling need for expedited approval. But for orphan diseases

-- serious and life-threatening diseases that afflict small numbers of patients -- expedited approval makes every difference.

The FDA should continue its rigorous scrutiny before granting approval to new medications. But when patients with rare diseases plead with the FDA to clear a drug that's proven not to be harmful and holds the potential to be helpful -- well, then it would be cruel if FDA policy prohibited it.

The approval of Exondys 51 does not mean a free pass for bad science. Rather, it shows that the FDA is rightly supplementing its scrupulous review process with a dose of compassion for patients. By balancing the need for speed, accuracy, and improved public health, the agency has taken the next step towards a 21st century, entrepreneurial regulatory system and positioned itself as an innovation accelerator.

Like Margaret Boeme's surgeons, the FDA should take a chance when the situation demands it -- and like her surgeons, the FDA should be applauded for doing so.

Peter J. Pitts, a former FDA associate commissioner, is president of the Center for Medicine in the Public Interest. ★

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Is Voter Fraud Rampant In The U.S.?

'The Call For An Investigation Into Election Fraud Is Valid'

Commentary by AMAC

President Trump was dismissed out of hand when he called for an investigation of voter fraud. Former president Barack Obama even called it "fake news." So why does the respected and widely quoted Pew Center on the States say that there is "susceptible to fraud." Pew concluded that there is "evidence that America's voter registration system needs an upgrade."

The fact of the matter is that Pew's research showed that "approximately 24 million-one of every eight-voter registrations in the United States are no longer valid or are significantly inaccurate. More than 1.8 million deceased individuals are listed as voters. Approximately 2.75 million people have registrations in more than one state."

Dan Weber, president of the Association of Mature American Citizens, says he is dismayed to see that there is opposition

to finding out "just how extensive is voter fraud in the U.S. We ignore the fraud potential at great peril to the nation. Whether you are a Republican, a Democrat or an Independent voter we need to at least be concerned by the threat. Thus, Mr. Trump's call for an investigation is, indeed, a legitimate one."

Weber cites numerous reports from authoritative sources that the fraud is real. Most recently The Detroit News found voting scanning machines at 248 of the city's 662 precincts - 37 percent - tabulated more ballots than the number of actual voters counted in the poll books. The discovery was made when Green Party 2016 presidential nominee Jill Stein's called for a recount in Michigan.

"Bear in mind, it was election officials who conducted the recount," Weber notes. He points out that a few years back the Wall Street Journal reported that "coercion and chicanery are made much easier by the

excessive use of absentee ballots. Most of the elections thrown out by courts-Miami, Florida's mayoral election in 1998, the East Chicago, Indiana's mayor's race in 2005-involved fraudulent absentee votes."

The AMAC chief points out "there are some who want to suppress an investigation of voter fraud because it is, indeed, widespread. But, whether that is true or not is not the issue. The issue is that our election system is vulnerable and only a broad-based investigation can find the vulnerabilities. We need to know who is perpetrating the fraud and why. We are a democracy in which every vote counts, but we must have fair and honest elections. It is a sacrosanct tenet of our national culture that must be protected at all costs."

The Association of Mature American Citizens [<http://www.amac.us>] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. ★

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9-11: We Should Never Forget
Sikhs Host Historic Forum with Legislators and Leaders
See Page 12

Carmichael Times
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May I Have This Dog?
107th Founders Day Offers Tu-Tu Much Fun
Story and photos by Susan Maxwell Skinner

Water District Begins Restoration Activities
CARMICHAEL, CA (MPG) - As part of the American River Pipeline Project, Carmichael Water District (District) will begin environmental restoration activities in the American River Parkway to reduce the presence of abandoned facilities. This work includes the removal of concrete debris from the south side of the American River and removal of an existing 33-inch steel water pipeline crossing the river. The work will be completed in stages, including the removal of the pipe, beginning September 13, 2016, starting in the early morning and continuing through approximately 2:00 PM. As a safety precaution the river flow during this period may be reduced from approximately 1,500 cubic feet per second (cfs) to 1,000 cfs. Temporary restrictions on watercraft launching from American River parkway will be in place on Tuesday, September 13, 2016, beginning at dawn and continuing until approximately 1:00 PM. The restrictions will include watercraft launching at Rossmore Bar and all upstream access points. For additional information regarding the American River Pipeline Project, please contact Carmichael Water District at (916) 485-2452, or visit their website www.carmichaelwd.org. Source: Chris Nelson, Public Information Officer.

WE SUPPORT OUR MILITARY

New Administrator Joins Mission Oaks District
CARMICHAEL, CA (MPG) - The Mission Oaks Recreation and Park District has announced the appointment of Daniel Burton as their new District Administrator. Daniel assumed his new position on September 1, following the unanimous approval of the Mission Oaks Advisory Board of Directors and the Sacramento County Board of Supervisors. Daniel was most recently the City Recreation Director for the City of Avater where he implemented and managed many successful projects and programs. During the recruitment and selection process, the district was managed by Interim District Administrator "Daniel has the type of experience and personality that will help him to be successful in his new role with Mission Oaks". District residents are invited to a "meet and greet" reception for Daniel on September 18 from 3-5pm at the Mission Oaks Community Center (1701 Gibbons Drive at Carmichael). Residents wishing to attend are asked to RSVP by calling 488-7276 ext. 3016. Immediately following the reception, Mission Oaks will be presenting Electwood Mask (the highly acclaimed premiere Electwood Mac tribute band) in concert at Gibbons Park from 5-7pm. For more information about the concert or to contact

HER & DAUGHTER MURDERED FOR DEATH OF DISABLED VICTIM
CARMICHAEL, CA (MPG) - A woman and her daughter were charged with the murder of a disabled man in Carmichael. The woman, 34, and her daughter, 24, are accused of killing the man, 45, in Carmichael Park. The man was found with multiple stab wounds. The woman and her daughter were arrested on September 24. In preparation, Gemily West and bound Honor (below right) practiced pua-de-dog in Carmichael Park. Bealyn Carver (top photo) favored slow-dancing with her partner. The contest will offer small and large dog divisions. A kid-and-owner category promises a separate prize.

HERN SHARES VISION OF ARENA
CARMICHAEL, CA (MPG) - A vision of a new arena is being shared by a local business leader. The arena would be located in Carmichael and would provide a venue for various events and sports. The arena would also provide a space for community events and would be a valuable asset to the community.

EXPERIENCE SOON TO MAEL CHURCH
CARMICHAEL, CA (MPG) - A new church is set to open in Carmichael. The church will provide a place of worship and a community for those in the area. The church will also offer various programs and services to the community.

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* Yes, I want to include the Sunday Sacramento Bee. I have enclosed a total of \$21.00 for 6 months of both The Carmichael Times and the Sunday Bee.

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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.

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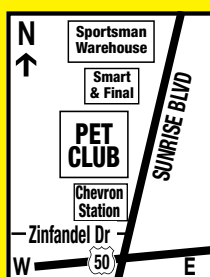
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3 Oz
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42 Lb Bag

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100% Grain Free As Marked
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OUR DISCOUNT PRICE

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All Varieties 5.5 Oz Limit 1 Case **89¢**

FELINE PINE HEALTHY CAT LITTER

20 Lb Bag Limit 2 Bags **\$7.99**

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PENGUIN 350B	75 Gal.	\$45.99

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Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/22/17 - 2/28/17 **\$1.89** PLU 449