



'Tis the Season to be German

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Donations Needed for Baby Basket Drive for New Moms at Sacramento Life Center

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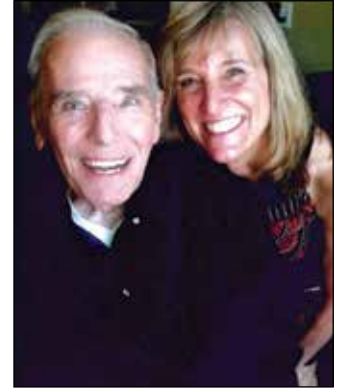
Carmichael Times

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December 9, 2016

HOPE FOR FAMILY CAREGIVERS DURING THE HOLIDAY SEASON



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BLUE LIVES MATTER



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GOVERNOR BROWN AND FIRST LADY HONOR INDUCTEES



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Festival a Holiday Hit

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A crisp and starry night blessed the annual tree lighting in Carmichael Park last week.

Carmichael honorary mayor Julie Woodworker Hubbs ignited thousands of bulbs on a 50ft Christmas tree. The festival was among Hubbs' farewell mayoral events; her official year in office ends by new year. Hundreds of local families enjoyed the ceremony, which included big band Christmas music, children's activities, firefighter displays and a visit from Santa Claus.

Preceding the illuminations, a smaller ceremony paid tribute to community pillar Cathryn Snow. Snow's recent passing ended a life of volunteerism, including many years as a benefactor of Carmichael Kiwanis, the Chamber of Commerce and the Carmichael Presbyterian Church. Members of these organizations joined the Snow family in unveiling a plaque attached to the club directory sign near Grant Avenue. Its inscription lauded the leader's "Life of service to the Carmichael community." Among beautification and fundraising programs, Kiwanis president Snow spearheaded a 2012 project that erected the 12 ft landmark.

"This is a great honor for our family," said her son Jeff Snow. "In everything she did, my mother wanted to beautify the world around her."

Cathryn Snow's plaque - and the Carmichael park illuminations -- may be viewed at the park's Fair Oaks Boulevard frontage. ★



A plaque was dedicated to the memory of community benefactor Cathryn Snow. Her son Jeff (kneeling) joined service organization leaders Michael Rockenstein (left), Linda Melody and Linda Martin. Honorary Mayor for 2016 (below left), Julie Woodworker Hubbs reigned over the carnival of lights. As inscribed by the Carmichael Chamber of Commerce and Kiwanis, the new plaque (below right) recalls Cathryn Snow's devotion to community.



Goodwill Re-opening Arden Store as a Furniture Outlet

SACRAMENTO, CA (MPG) - Goodwill Sacramento Valley & Northern Nevada is excited to announce the re-opening of its Arden Way Store as a furniture outlet. The store, located at 2265 Arden Way in Sacramento, will open on Tuesday, December 6, 2016 at 11am. Regular store hours will be 11am - 7pm, seven days per week.

Goodwill's first furniture store in the region will employ 8 team members, and features 10,000 square feet of retail space, and an opportunity to find that piece of furniture at a bargain price without having to drive all over Sacramento!

Donations can be dropped off at the nearby Alta Arden store, contributing to a greener community while supporting Goodwill's services to thousands of people living in the region. Recycling, reducing and reusing is at the heart of Goodwill's stores and Donation Xpress centers, to move the needle on environmental concerns and reinvest the revenue back into the community - a win-win for all!

The items that are generously donated by the community help support Goodwill's training and employment programs for disadvantaged youth, adults, seniors and veterans, along with supporting various community non-profits that offer shelter, housing, emergency services, food and resources. The sale of donated goods in stores provides critical funding to support these programs that together have provided over 500,000 services to disadvantaged individuals so far this year.

"Successful stores are critical to Goodwill's mission, as retail revenue helps support the agency's many human services, providing support for five area non-profits" states Karen McClafin, Chief Development Officer for Goodwill. "We provide critical back-office functions as well as fundraising and grant writing to our partner organizations - Next Move/Francis House Center, People of Progress, Wind Youth Services and Community Link Capital Region - who offer coordinating support services to disadvantaged people." ★

Source: Goodwill



ECOS Presents Environmental Awards



Chris Lewis of the California Native Plant Society and Marty Maskall of Fair Oaks EcoHousing

SACRAMENTO, CA (MPG) - The Environmental Council of Sacramento (ECOS) presented the 43rd Annual Environmentalist of the Year awards on November 16th at a festive event at the Sierra 2 Center.

Carmichael resident Chris Lewis and Fair Oaks resident Marty Maskall were both named Environmentalists of the Year.

The Mather Alliance was named Coalition of the Year for their outstanding work to protect the Mather Vernal Pools, and Sacramento County Supervisor Don Nottoli was named Public Servant of the Year for advocating for the conservation of the Mather Vernal Pools. Sacramento's Mayor-Elect Darrell Steinberg presented the award to Don Nottoli and shared his environmental vision for Sacramento.

Chris Lewis was named for 30 years of work with the California Native Plant Society, Sacramento Valley Chapter and Elderberry Farms, a native plant nursery. A retired civil

servant, Chris has been a tree-hugger and reluctant gardener most of her life. In the 1980s, she started volunteering with the California Native Plant Society (CNPS). Chris is still active with CNPS, and is now also the Director of the Elderberry Farms Native Plant Nursery, located at Soil Born Farms at the American River Ranch. Chris says: "It's the hundreds of volunteers who make the nursery such a success. I'm pleased to see the interest in adding native plants to back yards and front yards, with the result of attracting native insects and song birds." For more information, visit www.sacvalleycnps.org.

Marty was named for her efforts to establish Fair Oaks EcoHousing, soon to be built on New York Avenue near Fair Oaks Boulevard. The cohousing community will have 30 privately-owned townhomes clustered around shared open space and common facilities. A large central clubhouse is the heart of the neighborhood for a variety of activities,

including shared meals several times a week. Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Marty says: "I'm looking forward to living in a friendly and sustainable neighborhood close to Fair Oaks Village. We plan to break ground in early 2017, with move-in scheduled for Spring 2018." Fair Oaks EcoHousing is welcoming prospective residents at free site tours. For more information, visit www.FairOaksEcoHousing.org.

The ECOS mission is to achieve regional and community sustainability and a healthy environment for existing and future residents. By working with member organizations, local government, and community groups, ECOS energizes and brings positive change to the Sacramento region as we strive to develop thriving communities. For more information, visit www.ecosacramento.net.

Source: ECOS



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Hope for Family Caregivers During the holiday Season

By Kristin Thébaud

CARMICHAEL, CA (MPG) - Carmichael resident Lisa Culp remembers her parents saying bedtime prayers with her as a child and tucking her into bed at night. So when her father, Neil Culp, was stricken with Lou Gehrig's disease in 2012 – just one month after her mother passed away – she cherished their nighttime routine.

"I would say the same prayer for him every night, tell him how much we all loved him, kiss him on each cheek and tuck him into bed," Culp said. "That is one of my most cherished memories of my time with him."

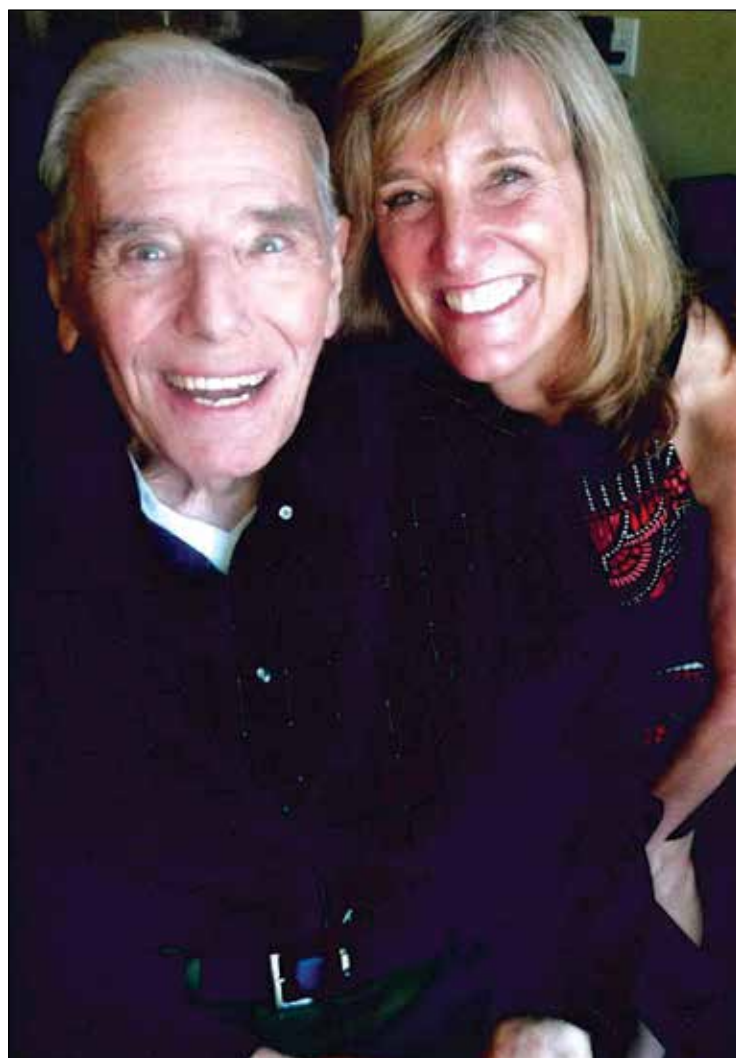
Culp, executive director of Women's Empowerment in Sacramento, was leading a rapidly growing nonprofit and still coping with the shock of her mother's unexpected death after surgery, when her father received his diagnosis in August 2012. Five months later, as the disease also known as ALS progressed, she and her partner moved into her father's Sacramento home to care for him.

"My parents were married for 53 years, and it seemed so cruel that after all of those years together, he would then have to suffer this debilitating disease alone in the home they built together," Culp said. "It was a joy to move in with him and give back to him the love he had given to his family, patients and country as a veteran, one of Sacramento's first oncologists and a father of four."

The Family Caregiver Alliance says that stress, frustration and anger are common feelings for caregivers during the holidays. Culp shared her story with the *Carmichael Times* hoping to provide support and encouragement to others caring for a loved one with a debilitating disease such as ALS.

ALS is a progressive neurodegenerative disease that affects the motor neurons that control voluntary muscle movement, so people with later-stage ALS can become completely paralyzed and eventually can no longer breathe.

Despite the challenges of caring



"You become amazed at all you can do," Lisa Culp said. "But each of these things was just another expression of love."

for someone whose body could no longer function in the same way, Culp describes this as one of the best times of her life. Because her father was a busy oncologist working 12-hour days when she was young, she soaked up the opportunity as an adult to have breakfast and dinner with her father every day and to sit and talk over a glass of wine. Even when he began using a walker, they would turn on his favorite jazz music at night and dance around the living room. He was accustomed to cooking gourmet meals, so it became his job to select the recipe, and then Culp would shop for the ingredients and cook.

Because so many friends and colleagues would stop by after work to visit with her dad, Culp began making and freezing

appetizers so she could easily heat them up and her father could sit with friends and enjoy food and wine. When he began having trouble chewing and swallowing, she would make appetizers that were small bites so they would be easy for him to eat while he entertained.

As the disease progressed, Culp had to face frightening challenges, such as when her father would choke on food and no longer could cough it up. She would have to hook him up to a machine that helped him cough.

"You become amazed at all you can do," Culp said. "But each of these things was just another expression of love. Some men are too macho to accept help, but he accepted it with grace."

Fortunately, she was connected to The ALS Association Greater

Sacramento Chapter, whose staff not only provided her with emotional support, but with practical advice and equipment.

"The people at The ALS Association were always so honest," Culp said. "They never tried to make it all okay. They knew he was dying and they just wanted to provide dignity and comfort and grace to the whole process. They were just so real. That's all you can ask for: the truth delivered with kindness."

Culp attended The ALS Association support group, finding strength in learning what was to come as others shared their experience. Staff at The ALS Association helped Culp navigate health care paperwork through his coverage, veteran benefits and Medi-Cal. The nonprofit also provided a lending closet, from which Culp borrowed walkers, wheelchairs and more until his benefits came through. Staff also helped set up his hospital bed and equipment.

As the disease progressed and her father was down to only 90 pounds, Culp had to feed him through a feeding tube. One night they tried a contraption that his doctor insisted he use to transport from his chair to his bed.

"It caused my dad so much pain and crumpled his whole body," Culp said. "It was just horrid seeing the tears coming down his face. I promised him we would never use it again."

While those moments were agonizing, Culp's biggest fear was that her father would die choking or gasping for air and that she would be right there, unable to help.

"The caring people at The ALS Association reassured me that nine times out of 10, people with ALS die in their sleep," she said. "And that's exactly what happened."

In July 2014, as his adult children and grandchildren were laughing over old memories, Neil Culp passed away in his sleep.

"He took a nap and never woke up," Culp said. "No struggle, nothing traumatic. He died the way he lived, with tremendous grace and compassion."

For others caring for a loved one with a terminal illness, Culp has wisdom to share.

"The last thing your loved one needs is for you to be burnt out," she said. "Make sure to take care of yourself – join a support group, lean on your friends and caring colleagues. You have to be really forgiving of yourself and focus on the reason you're doing this, because there's nothing more precious than those moments."

Culp especially recommends cherishing the daily rituals, such as combing her father's hair each morning so it was parted exactly how he liked it.

"It's the same kind of love you have for your child or the love of your life," Culp said. "All of those idiosyncrasies are so endearing and

you miss them after they're gone."

She also recommends clear boundaries: When you are at work, focus on work. When you are at home, focus on home.

For Culp, getting in touch with The ALS Association was critical, and she recommends contacting the nonprofit that has expertise in the disease or condition a loved one is facing.

"I would do anything for The ALS Association," Culp said. "They were there to get us through a really tough time."

Culp never regretted packing up and moving in with her father, despite the frightening and fatiguing days.

"He would have felt trapped in his home if we hadn't been there," Culp said. "He was able to still enjoy his garden and loved ones and all of the beauty and moments of life that he still had – all the things he could still do, despite the things he couldn't. I am deeply grateful for the opportunity to have spent those excruciatingly beautiful 18 months with my dad."

To better care for family caregivers and their loved ones with ALS, The ALS Association Greater Sacramento Chapter is now offering small grants to local families so they can afford in-home care, transportation and necessary equipment. For more information about the local chapter and grants, or to make a donation, visit www.alsac.org. ★

"A Christmas Journey" Benefit

SACRAMENTO REGION, CA (MPG)

- The holiday season is a special time of year - the sights, the sounds, the gatherings with friends, the opportunity to reach out and help others who are less fortunate. On December 18 at 4 p.m., 3235 Pope Avenue, you are invited to help others while enjoying an afternoon of holiday music from around the world with Bel Tempo, a community handbell choir sponsored by Northminster Presbyterian Church.

This year's concert, "A Christmas Journey," is a benefit for St. John's Program for Real Change, previously known as St. John's Shelter for Women and Children. It provides the ability to rise above devastating, negative elements and achieve job-readiness and



This year's concert, "A Christmas Journey," is a benefit for St. John's Program for Real Change, previously known as St. John's Shelter for Women and Children.

self-sustainability.

The concert has become a holiday tradition for music lovers of all ages. In addition to handbell music, Bel Tempo will be joined by a soloist on English horn; and a variety of percussion instruments will also be highlighted. Audience members will also have

a chance to ring-along with hand chimes and join in a Christmas carol sing-along. There is no fee for the concert. Instead, a freewill offering will be taken to benefit St. John's Program for Real Change.

For more information, call (916) 487-5192 or go to northminsteronline.org. ★

Schola Cantorum: From Heaven on High

Music for the Christmas season - Celebrating Schola's 25th Anniversary

SACRAMENTO REGION, CA (MPG)

- Sacred Heart's Schola Cantorum and Conductor Donald Kendrick will present a Christmas Concert in Sacred Heart Church, 39th at J Street in Sacramento, on Saturday, December 17th at 8 PM and on Sunday, December 18th at 2 PM.

Schola's 25th anniversary Christmas program entitled From Heaven On High will feature new and traditional carols from many centuries, beginning with chant in darkness. The choir will also sing new arrangements of carols by American composers that will feature Beverly Wesner-Hoehn,

Harp, Cindy Behmer, Oboe, and Ryan Enright, Organ. The performance includes works by Culloton, Wilberg, Paulus, Warland, Willcocks, Stopford and Rutter. Schola has five Christmas CDs and additional CDs featuring music for the liturgical year. The CDs will be available at the concert.

Schola Cantorum has appeared in concert throughout the West Coast and in England, Spain, Italy, Canada and Austria. In 2007 Schola performed in the Vatican for the Pope and they returned to Italy in 2013 to sing in St. Peter's in Rome. Schola will celebrate its

25th anniversary with an international tour to Berlin, Leipzig, Dresden and Prague in June 2017.

Saturday, December 17, 2016 at 8 PM
Sunday, December 18, 2016 at 2 PM

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'Tis the Season to be German



German-born crafter and vendor Ingeborg Bayloq welcomed customers with open arms and traditional embroidery.



American River Community Church and Chamber of Commerce supporters dedicated the congregation's first annual German Christmas Market.

Words and pictures by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael's holiday gift season got off to an early start with a German-style Christmas Market hosted by the American River Community Church. All-day rain on festival day was not a problem

for dozens of vendors. Booths and wares were hurriedly moved to the shelter of the church's halls and covered breezeways.

The church is among Carmichael's longest-established places of worship and is active in community life. Event attendees were boosted by the Sacramento German community,

for whom gift markets – fragrant with sausages and sauerkraut – are beloved Christmas traditions. German-born Church member Heidi Cadena organized the festival as a fundraiser for the congregation's ministries.

Learn about the American River Community Church at www.arconline.org ★



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**Commentary
by Senator Ted Gaines**

A handful of California families will find it hard to celebrate the holidays this year because they lost their fathers and brothers to senseless violence.

On October 19, Sheriff's Deputy Jack Hopkins of Modoc County responded to a disturbance call and was shot and killed in the line of duty. He was only 31. On October 6, Los Angeles County Sheriff's Sgt. Steve Owen was shot dead responding to a burglary. The two deaths are a somber reminder that for our peace officers, their lives are on the line every time they are on patrol.

Each of these losses, hundreds of miles apart in our vast state, was a tragedy. But the same month, something far more sinister played out here, showing that America and our law enforcement have entered a new, more dangerous and shameful era that threatens the foundation of the lawful and civil society we enjoy.

Two Palm Springs police officers, Lesley Zerebny, 27, and Jose "Gil" Vega, 63, were murdered in a planned attack committed by John Hernandez Felix. These deaths did not occur during the commission of another crime, they were the crime. Felix set a trap for the officers and ambushed them, shooting them down in cold blood. It was not a one-off event.

In late November, a San Antonio policeman was ambushed murdered as well. And, devastatingly, this summer's hateful and violent anti-police protests culminated in the sickening assassination of five innocent police officers in Dallas. I only wish that the list was complete, but it's not.

Driven by the media's hysterical coverage of any shooting death that fits their political narrative of minority oppression at the hands of police, we're trending into and upside down world where the protectors are viewed as predators. That's wrong. It's the open, politically inspired murder of police that is the real "hate crime" epidemic.

In this overheated environment, it's little surprise that year-over-year law enforcement firearm-related deaths are up 67-percent in 2016.

This growing hostility towards the police is terrible for the men and women who serve to keep us safe, and it's changing the way they police, with distressing effect.

The "Ferguson Effect" describes a retreat from effective, proactive policing that has been one driver of a multi-decade crime decline that is in danger of reversing. It's a term rooted in the Ferguson Police shooting of strong-arm robber Michael Brown, where the infamous and false "hands up, don't shoot!" became the big lie slogan of rioters, activists, and a complicit, left-wing media and political cabal.

Police around the country, fearful of becoming a media story, or tired of the jeering, snarling mobs that now surround and confront them in the course of their duties, have predictably began interacting more cautiously and less frequently with the public, to dire effect.

In Chicago, for example, police stops were down 90-percent in the first part of 2016, compared to 2015. Shootings

in that city have skyrocketed. Heather MacDonald, a scholar at the American Enterprise Institute, blames the crime spike in Chicago (and other cities – it's not a Chicago-specific phenomenon) on the abandonment of "broken windows" policing that sees police actively intervening in small, low-level public enforcement crimes. This retreat leads to disorder and emboldens criminals to commit more serious crimes. It's a troubling shift in nationwide policing.

To make it worse, California is undertaking an unprecedented de-incarceration effort that is putting tens of thousands of criminals back out on the streets before their sentences are complete and making it more difficult to put offenders behind bars.

"Realignment," 2014's Proposition 47, and this year's Proposition 57, all send a strong

message to California criminals that the state is not interested in punishing them for their crimes.

It seems simple to understand that if you introduce more criminals into society, the result will be more crime. True to form, California violent crime jumped 11-percent in the first six months of 2015, compared to 2014. Expect crime to spike even higher.

This is the worst possible time for the police to step back because they fear attacks, shaming or other fallout from simply doing their jobs to preserve law and order and keep us safe. The environment that has inflamed and emboldened sick criminals to murder public safety officers must change. It's a dangerous job where officers make life-and-death decision in a fraction of a second, and they deserve wide latitude from the public and our deepest thanks.

Are there abuses of police

power and individual officers who use bad judgment? Of course. And it's incumbent on us to hold those bad actors accountable. But it's foolish to attribute sins of the individuals to the whole profession.

FBI Director James Comey said in October that the "narrative that policing is biased and unfair...threatens the future of policing." Director Comey should not have stopped there. A media-fueled degradation of respect for law enforcement threatens much more than the future of policing, it threatens the safe, civil society that we take too much for granted.

Honor our police.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★



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Sunday, December 18, 4 P.M.
Benefit for St. John's Program for Real Change.

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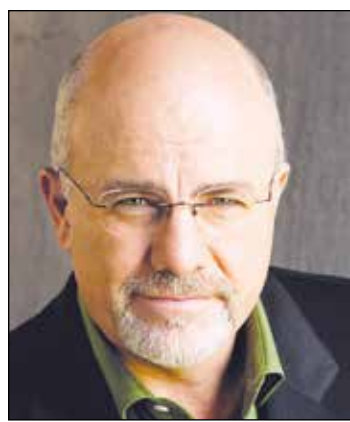
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Dave Says

Dying car, or kill the student loan?

Dear Dave,
 I'm 38 years old, and I've got \$12,000 in student loans still hanging over my head. It's the only debt I have. I make \$30,000 a year, and I've managed to save \$12,000, but I'm also driving a junky, old car that will have to be replaced soon. Should I split the money I've saved and buy a \$6,000 car while paying off \$6,000 of the student loan?

- Phil

Dear Phil,

If I'm in your shoes, I want that student loan out of my life as quickly as possible. At the same time, I don't want you living life without some money in the bank.

If you've followed me for very long, you know I teach the Baby Steps when it comes to getting out of debt and saving money. Baby Step 1 is to save a beginner emergency fund of \$1,000. Baby Step 2 is to pay off all debt, except for your home, using the debt snowball method. The third Baby Step is to build a fully funded emergency fund of three to six months of expenses.

You don't have quite enough on hand for your idea and to have something left over. I recommend paying off \$11,000 of the school

loan now and then finishing it up as you go. It won't take much more time. Limp along in the beater for a little while longer and then, when you have no student loan debt, finish your emergency fund and start a car fund.

I talk to a lot of people your age who still have student loan debt. But you have the opportunity to punch its lights out in a hurry. If you pour on the coals, you should be able to save money and get a better car in just a few months!

—Dave

The teacher was wrong

Dear Dave,

My daughter is in her first year of college. Recently, her math instructor walked students through the process of getting a credit card and building credit. We've always followed your plan and taught her to do the same. When she asked the instructor if no credit score was as good as a high credit score, the instructor said no. He told the class the only way to buy a home without a high credit rating is by having a huge amount of assets or savings. I think I know your answer, but how do I explain this to an 18-year-old?

- Allison

Dear Allison,

Well, the first thing you explain is that college instructors — even tenured college professors — can be absolutely wrong sometimes.

A few years ago my daughter took a personal finance class

in college, and on the first day the instructor went on a rant saying Dave Ramsey is stupid. He didn't know I was her dad, but she went through the entire class and never said a word. When she called home and asked what she should do, we told her to take the class and give him the answers he wants on the tests. We reminded her that she's just taking a class, and that doesn't mean she has to form her life opinions around what that guy thinks.

Sit down with your daughter and gently explain in this instance her instructor doesn't have a clue what he's talking about. Explain to her you can get a home loan even if you have no credit score. People do it all the time. There are places like Churchill Mortgage that would be happy to give her an example of this process. It's called manual underwriting. All you have to do is make a reasonable down payment, have two years at the same job, and provide two years of tax returns.

Hope this helps, Allison!

—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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Slim Randles' HOME COUNTRY



"How Do You Spell Plethora?"

stand winter," Dud continued, "which shows he has a proclivity for intransigence on that particular subject."

We looked at him some more. "If he were to take up a winter hobby," he continued, "he could stop being intransigent and enjoy things more."

Even Herb was staring at him now.

"I usually," said Herb, "enjoy a proclivity in that direction, but winter is pretty boring, so maybe I really should be intransigent on this point."

"Well Herb," said Dud, "even though you might have a proclivity this season for being intransigent on your attitude about winter, you could kinda ease up and consider a hobby. That way you'd be showing a proclivity for transigence."

"Transigence?" said Doc. "I thought those were people who lived under bridges. You might want to look that one up, Dud."

Dud blushed as we laughed. "Say Dud?" said Steve, the cowboy. "Wasn't proclivity last month's word?"

"Yes," said Dud, "and I believe I've used it a couple of dozen times already."

"And now this month's word is intransigence, right?"

Dud nodded.

"Well then," said Doc, "it looks like you are going to have a proclivity for saying intransigence this month. That's a veritable plethora of proclivity my friend."

Dud pulled out a pencil and grabbed a napkin.

"How do you spell it, Doc?"

"Spell what?"

"Plethora."

We just groaned. Sometimes education can be ugly. **Need a stocking stuffer? How about "A Cowboy's Guide to Growing Up Right," from LPDpress.com? ★**

"I can't stand winter," said Herb Collins, who had dropped in at the Mule Barn's philosophy counter for a quick cup. "There's nothing to do."

"Get out and enjoy it," suggested Doc. "Go skiing. Go ice fishing. Build a snowman. Do something. Then you'll feel better."

"I don't think your advice will take," said Dud. "Herb seems to be intransigent on this one."

We all looked at Dud. "You see, he said he couldn't

"For unto you is born this day in the city of David a Saviour, which is Christ the Lord." Luke 2:11



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Governor Brown and First Lady Honor 2016 California Hall of Fame Inductees



10th class of California Hall of Fame Inductees. From left to right: Isabel Allende, Harrison Ford, Alicia Gwynn (representing Tony Gwynn), Ray Smith (representing Corita Kent), Governor Brown, First Lady Anne Gust Brown, William J. Perry, Maria Shriver, Russ Solomon and George Takei.

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. and First Lady Anne Gust Brown joined the California Museum to award the Spirit of California medal to eight Californians inducted into the California Hall of Fame this evening.

This year's inductees include: acclaimed author Isabel Allende; film icon Harrison Ford; baseball legend Tony Gwynn; distinguished artist and social justice advocate Corita Kent; former U.S. Secretary of Defense and nuclear deterrence expert William J. Perry; groundbreaking journalist and former First Lady of California Maria Shriver; music business pioneer Russ Solomon; and celebrated actor and activist George Takei.

"This year's inductees represent the latest of an endless series of geniuses and creators," said Governor Brown. "Tonight, we celebrate achievement, vision and the artistic."

Inductees and family members of posthumous inductees received the Spirit of California medal from the Governor and First Lady in the official state ceremony this evening at the California Museum in downtown Sacramento. This year marks



Governor Brown and California Hall of Fame inductee Harrison Ford. Photos by: Joe McHugh, California Highway Patrol. All photos provided by the Office of Governor Brown.

the 10th annual award ceremony.

In addition to the ceremony, inductees will be commemorated with an exhibition of artifacts highlighting their lives and achievements, which opens to the public at 10:00 a.m. tomorrow, Thursday, December 1 at the California Museum.

This year's recipients join 96 Californians previously inducted into the California Hall of Fame for making remarkable achievements across a variety of California industries and areas of influence, including science, philanthropy, sports, business, entertainment, literature, technology, activism and politics.

For more information on the California Hall of Fame, please visit <http://www.CaliforniaMuseum.org/california-hall-fame>. ★

IRS Announces "National Tax Security Awareness Week"

SACRAMENTO REGION, CA (MPG)

The Internal Revenue Service and its Security Summit partners today announced the start of "National Tax Security Awareness Week." As part of the Security Summit effort, the IRS, the states and the tax community will share a variety of information throughout next week to educate taxpayers on steps they should take to protect themselves from identity theft and tax scams as well as protect their valuable financial data in advance of the upcoming filing season.

The week, which runs Dec. 5-9, will feature a series of consumer warnings and tips that will be released daily and featured on the Taxes. Security. Together. web page.

The IRS, state tax agencies and the tax community came together in 2015 to combat tax-related identity theft as a coordinated partnership. But they realized one partner was missing: taxpayers.

The IRS and its partners need the help of all taxpayers to help protect important tax and financial data. The Security Summit also needs the help of tax professionals and businesses to share information and help educate clients and employees about security measures.

"With holiday shopping underway and the 2017 tax season about to begin in January, we are entering a period where

many people will be using sensitive financial and tax data on their computers," said IRS Commissioner John Koskinen. "In the months ahead, more than 100 million tax returns will be completed on laptops and desktops by taxpayers and tax professionals, making this the perfect time to take steps to protect your valuable information. As the holiday season approaches, we also encourage everyone to look out for friends and family who may not be tech savvy and may be leaving their computers vulnerable to

identity thieves."

The IRS and its partners will be promoting a range of topics related to computer security and tax scams, reminding taxpayers to:

Always use security software with firewall and anti-virus protections. Make sure the security software is always turned on and can automatically update. Encrypt sensitive files such as tax records you store on your computer. Use strong passwords; Learn to recognize and avoid phishing emails, threatening phone

calls and texts from thieves posing as legitimate organizations such as your bank, credit card company and government organizations, including the IRS. Do not click on links or download attachments from unknown or suspicious emails; Protect your personal data. Don't routinely carry your Social Security card, and make sure your tax records are secure. Treat your personal information like you do your cash; don't leave it lying around.

Source: IRS Media ★

CDPH Offers Food Safety Tips for the Holidays

SACRAMENTO REGION, CA (MPG)

With the holiday season approaching, the California Department of Public Health (CDPH) reminds consumers to use safe food preparation and storage measures to prevent foodborne illness. Bacteria that can be found in foods such as meat and poultry may cause illness if they are insufficiently cooked, inadequately cooled or improperly handled.

"We can help ensure that foodborne illnesses don't ruin our holidays by properly preparing and handling meat, poultry and other foods," said CDPH Director and State Public Health Officer Dr. Karen Smith.

About 48 million illnesses,

128,000 hospitalizations and 3,000 deaths in the U.S. each year are related to foodborne diseases, according to the Centers for Disease Control and Prevention (CDC).

Foodborne diseases can be prevented by: washing hands with soap and warm water before and after food preparation, and especially after handling raw foods; cleaning all work surfaces, utensils and dishes with hot soapy water and rinsing them with hot water after each use; cooking food thoroughly and refrigerating adequately between meals.

Symptoms of foodborne disease can include diarrhea, which may be bloody, vomiting, abdominal cramps and

fever. Most infected people recover from foodborne illnesses within a week. Some, however, may develop complications that require hospitalization. Young children, the elderly, pregnant women and people with weakened immune systems are at highest risk for potentially life-threatening complications.

Additional information about food safety is available on the U.S. Department of Agriculture Meat and Poultry hotline at 1-888-MPHotline (1-888-674-6854). Consumers can also access the national Partnership for Food Safety Education's Fight BAC! Website www.cdph.ca.gov

Source: CDPH ★

Kool & The Gang To Perform At Thunder Valley Casino Resort On New Year's Eve

SACRAMENTO REGION, CA (MPG)

Thunder Valley Casino Resort is proud to announce that tickets will go on sale for their New Year's Eve headliner Kool & the Gang tomorrow, September 9 for Thunder Rewards members and Saturday, September 10 for the general public.

Kool & The Gang will be performing two shows in Thunder Valley's Pano Hall on New Year's Eve - one at 7:30 p.m. and the other at 10:30 p.m. Kool & The Gang will perform their legendary hits like Too Hot, Get Down On It, their newest hit single Sexy, and to top it off, Celebration. Good times are here to kick off 2017!

"New Year's Eve is going to be a huge

celebration this year at Thunder Valley," said Dawn Clayton, General Manager of Thunder Valley Casino Resort. "While our New Year's Eve headliner Kool & The Gang will be a significant draw, Thunder Valley will also offer diverse entertainment options and promotions throughout the casino, so there is sure to be an option for all Thunder Valley guests."

Tickets for this event go on sale exclusively for Thunder Rewards members at the Thunder Valley Box Office inside the casino at 10AM on Friday, September 9; tickets go on sale to the public at 10AM on Saturday, September 10.

For more information on upcoming New

Year's Eve celebration, visit www.thundervalleyresort.com

The resort features 14 restaurants and bars and is home to a luxury, 17-story hotel with a large banquet and entertainment hall capable of hosting events for up to 850 guests. An expansive outdoor pool offers private cabanas with hi-def TVs, dressers and changing area. Coconut Bar features poolside food and beverage service.

For more information on upcoming promotions, entertainment and ticket sales, or to make a reservation at Thunder Valley's AAA Four Diamond resort, visit www.thundervalleyresort.com. ★



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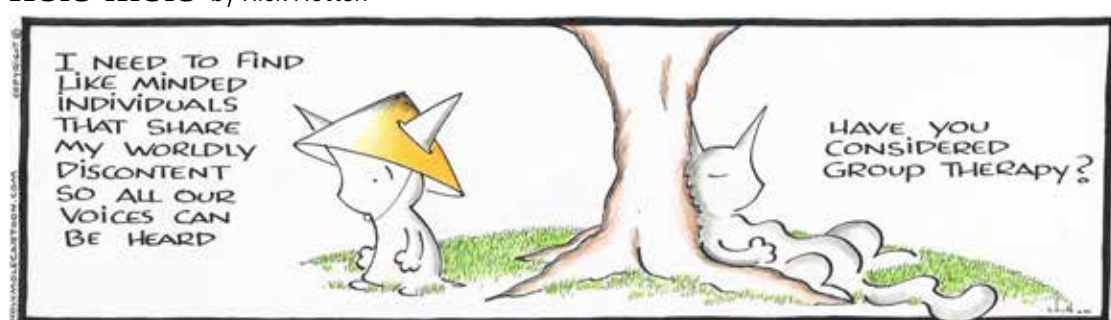
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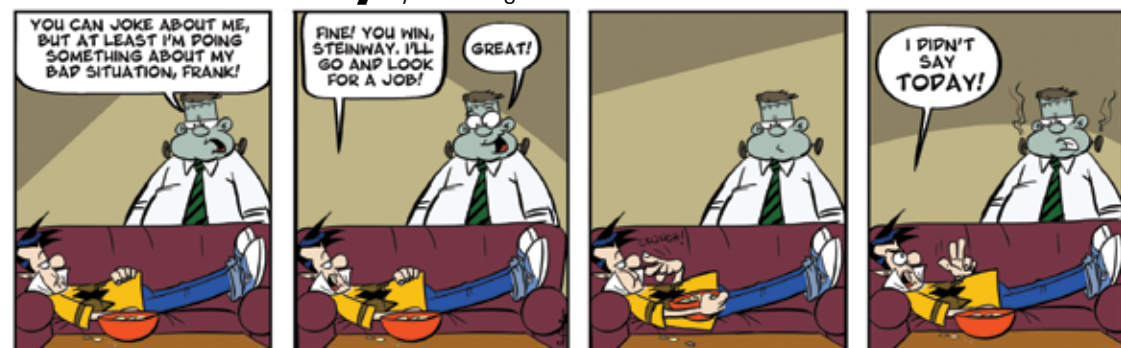
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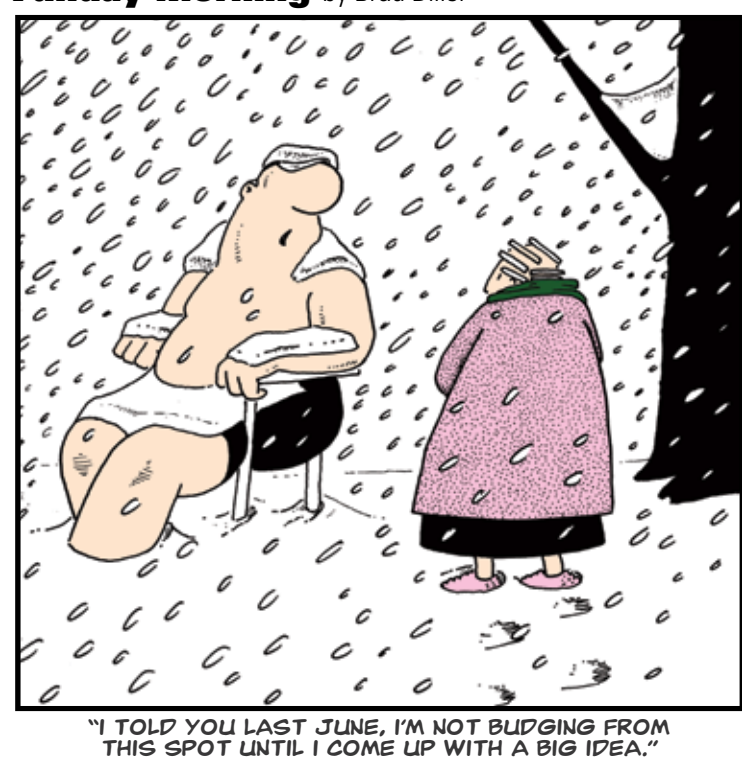
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Sacramento County DA Reports



Defendant Convicted for Series of Rancho Cordova Sexual Assaults Repeat DUI Offender Sentenced for Gross Vehicular Manslaughter Woman Convicted for Murder of 84-Year-Old Man

DATE: November 15, 2016
CASE: Jordan Hudson (Case #14F01257)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

Jordan Hudson was convicted by a jury of assault to commit forcible rape, two counts of assault to commit forcible oral copulation, and committing a lewd and lascivious act on a 15-year-old child with the defendant being at least 10 years older than the victim.

On February 3, 2014, a woman was walking in Rancho Cordova when Hudson attacked and tried to rape her and force her to perform oral copulation on him. The victim fought back and Hudson fled the scene. On February 20, 2014, Hudson attacked an 18-year-old girl as she walked home from her high school. Hudson again tried to force the victim to perform oral copulation on him. This victim also fought back and Hudson fled the scene. Later that day, Hudson grabbed a 15-year-old girl's buttock while she was walking home. The victim pushed him away, but Hudson continued to follow her into her apartment complex. Hudson left the scene when the victim's sister yelled at him to leave.

Hudson was previously convicted of battery for a similar incident that occurred in 2011. He faces a maximum sentence of 21 years in prison. Sentencing is set for December 13, 2016, at 9:00 a.m. in Department 26 before the Honorable Laurel White.

the highway shoulder. At that moment, David Condell and his wife were in their cars on the shoulder. Mr. Condell had just filled his wife's car with gas. While Mr. Condell waited for a break in the traffic before driving back on the highway, Short slammed into the rear of Mr. Condell's car, killing him. Mr. Condell's car then crashed into his wife's car, injuring her. After the collision, Short drove back on the highway and crashed into another car, causing the other car to rollover. There were no injuries from that crash. Short's BAC was .35 percent.

Short has a prior 2010 DUI with a BAC of .36 percent. He also has a prior 2003 DUI from San Diego County.

This case was prosecuted by the Alcohol and Drug Impaired Driver Vertical Prosecution Program. Funding for the program comes from a grant by the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration.

DATE: November 17, 2016
CASE: Tiana Smith-Anderson (Case #13F05990)

PROSECUTOR: Deputy District Attorney Satnam Rattu, Gangs & Hate Crimes Unit

Tiana Smith-Anderson was convicted by a jury for the second-degree murder of Singh B. Singh. The jury also found true that Smith-Anderson used a deadly weapon in the course of the murder. At sentencing, the Court will determine the truth of an additional allegation that Smith-Anderson suffered a prior conviction and prison commitment.

Mr. Singh and Smith-Anderson were acquaintances. On September 8, 2013, Smith-Anderson was alone with 84-year-old Mr. Singh at his Oak Park home. Later that night, Mr. Singh's daughter returned home and went to bed. When she woke up the next morning, she went to check on her father and found him on the bedroom floor covered with a blanket and a large pool of blood. Responding officers found Mr. Singh dead on scene. Singh's autopsy revealed he had been stabbed 26 times.

Tiana Smith-Anderson faces a maximum sentence of 17 years to life in prison. Sentencing is set for January 6, 2017, at 9:00 a.m. in Department 15 before the Honorable Kevin McCormick. ★

Donations Needed for Baby Basket Drive for New Moms at Sacramento Life Center

SACRAMENTO REGION, CA (MPG)

- As local women and teens spend the holidays preparing to become new moms in the coming year, the Sacramento Life Center is holding its annual Baby Basket Drive through Dec. 31 so it can continue to provide a basket of needed items to every patient who gives birth in 2017. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket, which includes formula, diapers, newborn clothes, pacifiers and more.

"Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources that will sustain them long after the baby comes," said Marie Leatherby, executive director, Sacramento Life Center. "We want to encourage women, teen girls and their partners that they are capable of caring for a child. These baskets give new parents a boost of confidence along with much needed supplies."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and



A Sacramento Life Center client receives a baby basket shortly before giving birth. The center is running its annual Baby Basket Drive through December.

a program for women seeking more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.
 Source: Kristin Thébaud Communications ★





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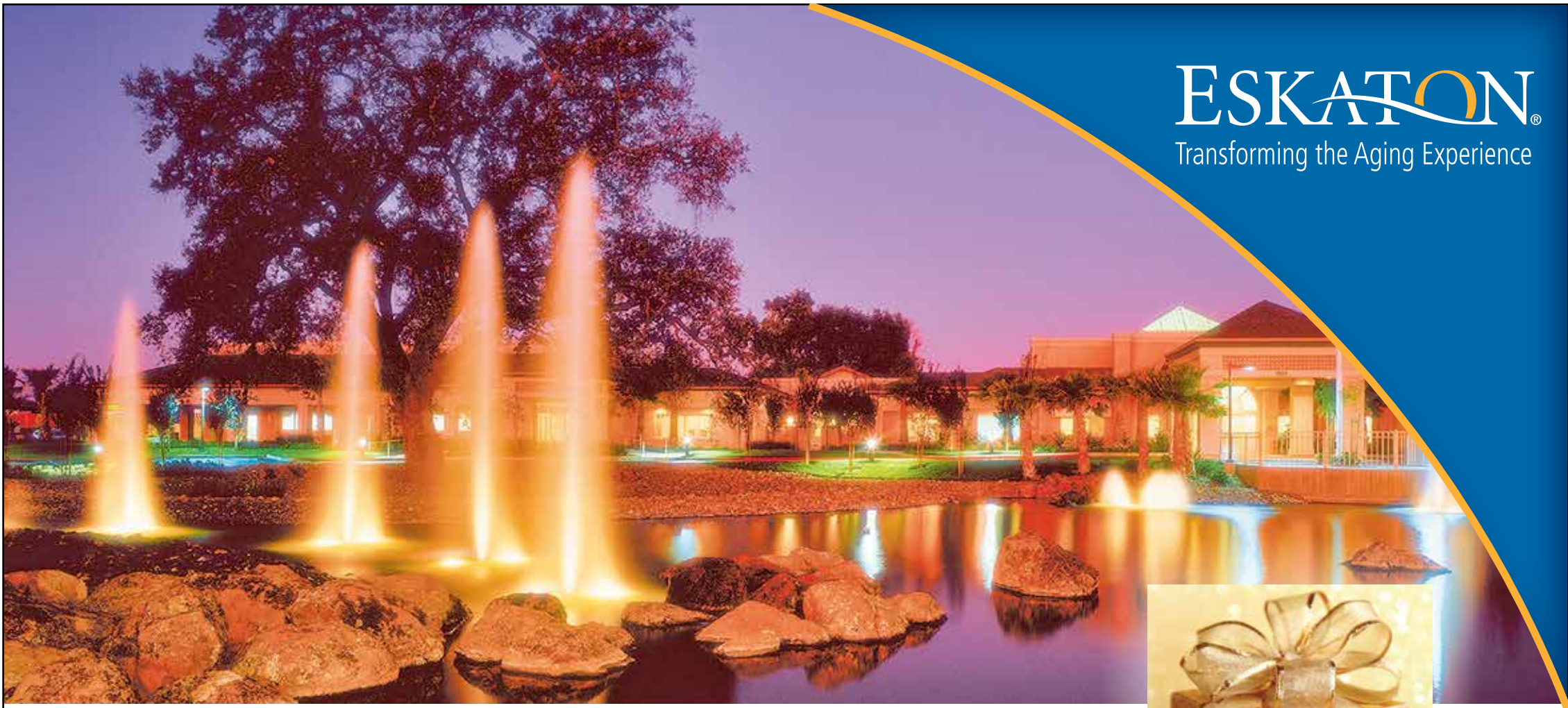
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<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family 4/\$1⁶⁹ Effective 12/7/16 - 12/13/16</p>	<p>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box •Unscented •Double Duty (Clump 'n Seal Regular 19lb \$8.99)</p> <p>Limit 2 Boxes Per Family \$5⁹⁹ Effective 12/7/16 - 12/13/16</p>	<p>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD 13 Oz Can All Varieties except Ideal Balance</p> <p>Limit 2 Cases Per Family \$1³⁹ Effective 12/7/16 - 12/13/16</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 42 Lb Box</p> <p>•Multi-Cat Formula Limit 2 Bags Per Family \$9⁹⁹ Effective 12/7/16 - 12/13/16</p>
<p>WELLNESS CANNED CAT FOOD Full Case All Varieties except Signature & Core 5.5 Oz Limit 1 Case (Everyday Low Price - \$1.69) 15% OFF</p> <p>BENEFUL PREPARED MEALS All Varieties 10 Oz Limit 1 Case \$1³⁹</p> <p>PURINA BENEFUL DRY DOG FOOD •Original •Healthy Weight 31.1 Lb (Selected Varieties 15.5 Lb \$13.99) Limit 1 Bag Per Family \$24⁹⁹</p> <p>PREMIUM CHOICE SCOOPABLE CAT LITTER All Natural Unscented, 50 Lb Bag Limit 2 Bags \$10⁹⁹</p>	<p>9 LIVES DRY CAT FOOD •Grilled Tuna & egg 12 Lb Bag & 13.2 Lb Bonus Bag Limit 2 Bags Per Family \$7⁹⁹</p> <p>NATURE'S MIRACLE CLUMPING CAT LITTER "Natural Care" 10 Lb Bag Limit 2 Bags \$7⁹⁹</p> <p>BLUE BUFFALO NATURALLY FRESH CAT LITTER Super Buy 100% Natural Walnut Based 14 Lb Bag Limit 2 Bags Pellet \$5⁹⁹ Clumping \$9⁹⁹ Multi-Cat Clumping \$10⁹⁹</p> <p>CANIDAE GRAIN FREE PURE ADULT DRY DOG FOOD •Lamb •Bison •Duck •Salmon 24 Lb Bag Limit 2 Bags \$6 OFF OUR REGULAR LOW PRICES</p>	<p>PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case 99¢</p> <p>SCIENCE DIET CANNED CAT FOOD All Varieties 5.5 Oz Limit 1 Case 89¢</p> <p>EVO GRAIN FREE DRY DOG FOOD 28.6 Lb Bag Limit 2 Bags •Turkey & Chicken (Reg & Small Bites) \$41⁹⁹ •Red Meat (Reg & Small Bites) \$49⁹⁹</p> <p>PRECIOUS CAT CLUMPING CAT LITTER 20 Lb Box Cat Attractant Respiratory Relief Limit 2 Boxes \$11⁹⁹ Touch of Outdoors \$7⁴⁹</p>	
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