



Two Heart-Driven Campaigns are Fundraising and Partying for Votes

Page 2

Carmichael Times

Volume 36 • Issue 44

Serving Carmichael and Sacramento County since 1981

October 28, 2016

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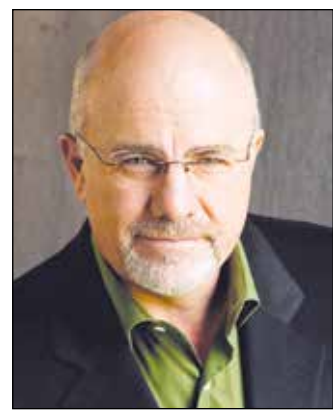
Page 3

UP OR DOWN IT'S YOUR CALL



Page 5

MOTHER IS 95 YEARS OLD; WHERE SHOULD RETIREMENT GO?



Page 5



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Honoring Sacrifices



Army National Guardsman paraded Hummers and mess dress for a formal regimental celebration in Carmichael.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Army brass recently polished off a milestone banquet in the Milagro Centre's convention area.

The "Night Stalker Ball" united staff and families of California Army National Guard's 1st Battalion, 184th Infantry Regiment.

In anticipation of a future overseas deployment, the event celebrated the regiment's many years of service. The Modesto-based unit draws personnel from communities from Auburn to Visalia. Almost 350 guards and dates rubbed braided shoulders at the ball.

Since September 11, 2001, battalion staff have seen prolonged overseas deployment. Two units

served for eight months in Kuwait for Operation Desert Spring (2002). Seven hundred members also deployed for Operation Iraqi Freedom, serving in Bagdad during 2005. This effort earned a Valorous Deployment Award for the entire unit. A commanding officer confirmed that the battalion again stands ready to deploy overseas.

Sacramento WW II veteran Billy Adams (94) was a banquet guest of honor. Invited speaker Assemblyman Ken Cooley said that the 184th reminds citizens how costly is the defense of American Liberty. "Thank you for your services and sacrifices," said Cooley, "to preserve America as a city set on a hill." ★

Taking Back A Promise to Our Vets

Senator Nielsen on Forced Repayment by Vets

SACRAMENTO, CA (MPG) - Chair of the California State Senate Veterans Affairs Committee, Senator Jim Nielsen (R-Gerber), telephoned the Chairman of the House Armed Services Committee, Rep. Mac Thornberry (R-Texas), and members of the California Congressional Delegation to urge them to take action to end the aggressive collections of enlistment bonuses that were granted to California Army National Guard Members.

The Army provided these bonuses to our Guard Soldiers as an incentive to reenlist and redeploy into combat zones. Senator Nielsen issued the following statement:

"Our service men and women who made the extraordinary commitment to extend their active duty deployments in Iraq and Afghanistan did so with honor.

"This action by the federal government is outrageous and must be corrected immediately, as numerous veterans have been devastated financially by these collection actions.

"This is a betrayal of our Soldiers. I am confident that Chairman Thornberry and members of Congress will right this wrong.

"In the coming days, Assemblymember Jacqui Irwin (D-Thousand Oaks), Chair of the Assembly Veterans Affairs Committee, and I will work together on a bipartisan, bicameral communication to the Congress to resolve this problem."

Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba.

Source: Office of Senator Nielsen ★

Foster Youth to Shine at Philanthropy Luncheon



Local foster youth walk the runway in last year's United Way Women in Philanthropy Luncheon fashion show. Photo courtesy United Way

SACRAMENTO REGION, CA (MPG) - Local residents can help foster youth at United Way's 15th Annual Women in Philanthropy Luncheon from 11 a.m.-1 p.m. on Nov. 9 at Memorial Auditorium, 1515 J Street, Sacramento. The event, sponsored by AT&T, will include a fashion show, gourmet lunch, presentations by local foster youth and an announcement about the future of the group. Tickets are \$75-\$125 and can be purchased at www.yourlocalunitedway.org.

"We have an entertaining and heartfelt program planned for this year including stories from foster youth, successes from the program, a fashion show and a big announcement about Women in Philanthropy's exciting future," said Stephanie Bray, president and CEO, United Way California Capital Region. "This is an amazing opportunity for local foster youth to sit side by side with some of the region's most

powerful women and community members who care deeply about their future."

United Way's Women in Philanthropy brings local women together to end poverty for local foster youth by helping them become financially prepared for life after foster care. This focus is part of the Square One Project, United Way's 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across the region, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones to prepare for success in college. To learn more about United Way's Women in Philanthropy, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications ★

A Pipeline to Sustainability

SACRAMENTO COUNTY, CA (MPG) - The American River Pipeline Conveyance Project (Project), conceived in 2011, is an example of regional partners coming together to solve water supply reliability issues at a local level.

The Project was developed to provide a replacement water supply for Golden State Water Company's (Golden State Water) customers in Gold River and parts of the City of Rancho Cordova utilizing existing treatment capacity at Carmichael Water District's (CWD) Water Treatment Plant. The project enables CWD to divert and deliver up to 4.5 million gallons of water per day. The replacement water supply originates from the remediated Aerojet Rocketdyne groundwater discharged to the American River at Buffalo Creek.

Longer-term regional benefits include reduced groundwater pumping during

wet years, which will help better manage the underlying groundwater basin. Working with the Regional Water Authority, a portion of the project funding was procured from the State under the Governor's Water Action Plan (Proposition 84). The project is one of 17 Sacramento-area projects awarded \$9.7 million in California Department of Water Resources grants in 2014 for projects designed to help shore up the area's water supply reliability during the drought and beyond.

"The American River Pipeline Project and other grant-funded projects in the greater Sacramento region are outstanding examples of DWR's commitment to addressing California's water challenges with Integrated Regional Water Management where partnerships, like this one, are formed to work together to develop solutions

which will both address drought challenges and long-term water reliability" said California Department of Water Resources Deputy Director for Integrated Water Management, Gary Bardini.

This project adds to an evolving network that ties many of the region's water providers together via pipes to improve supply reliability for all of us," said Golden State Water Company Senior Vice President of Regulated Utilities, Denise Kruger. "In times of drought or water supply emergencies, we now have the ability to transport water to neighboring communities or receive additional supplies for our customers in Rancho Cordova and Gold River."

For additional information regarding the American River Pipeline Project, please contact Carmichael Water District at (916) 483-2452. ★



(From L to R) Paul Schubert, Golden State Water Company; Steve Nugent, Carmichael Water District and Aerojet Rocketdyne's Scott Goulart turned the golden valve key at a dedication ceremony in Northern California this morning for the American River Pipeline Conveyance Project that will expand regional water supplies. Photo courtesy Aerojet General

Mayoral Rivals Party for Votes



Candidate Katie Pexa (second right) joined thirsty frauleins at the Oktoberfest at Carmichael's Milagro Centre.



Ukulele lady. Candidate Danielle Gourley (center) joined bandmembers who entertained at her recent fundraiser dinner.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - As political rivalry boils nationwide, Carmichael's honorary mayoral race nears an end. For the benefit of Carmichael Chamber of Commerce, two dollar-driven campaigns are parrying and partying for votes.

A victorious candidate will be declared November 15 and the 2017

mayor begins service in January. Rivals Danielle Gourley and Katie Pexa have sponsored benefits of physical, artistic and edible appeal. Farmers Insurance agency owner Pexa fronted a phalanx of joggers for an Alzheimer's fun run and sold team-Pexa tee shirts. Her "Wine, Women and Music" event was hosted by Downtown & Vine restaurant.

Gourley's All For You Home Care employers sponsored a Carmichael

street clean up. Bunco nights and ice cream socials sweetened the fundraising pot. The candidate is also making and selling seasonal door wreaths to enrich her campaign. A senior ukulele band last week serenaded boosters during her dinner benefit at El Papagayo Restaurant. The candidate's two-year-old son Jackson nearly stole the show. "He really enjoys all my events," says mom. "This time, he wore a two-piece

suit and got to dance to the band."

Pexa's most recent fundraiser was an Oktoberfest at Milagro Centre. The event offered brats, chicken and libations from Milagro tenant River City Brewery. Mesa Mercado Restaurant poured margaritas. Pexa stacked raffle tables high and a lucky supporter rode off on a prize bicycle; another scored a diamond ring donated by jeweler Sharif. Unlike the bigger election occupying

most Americans, Carmichael's mayoral race is no mud-slinging melee. Both Pexa and Gourley declare: "We're business people helping other businesses people. Whoever wins, the whole community will benefit from our efforts." Both candidates have pledged a portion of their fundraising to assist Alzheimer's charities.

Learn about Gourley and Pexa's campaigns at www.carmichaelchamber.com ★

Special Report on 'Body Art Ink' at Work

SACRAMENTO REGION, CA (MPG) - Generational change is often expressed in how styles affect people as fads come and go. How your appearance affects a career may not be front of mind, but first impressions are important in work. Employment often means change to meet company or corporate culture your career path requires. While clothing or hair styles are easy to change 'body art' like full sleeve, facial tattoos, piercing and ear gauging are more permanent. When asked 'Is visible body art a positive or a negative in applicants?' Sacramento's top regional firms shared their opinions on this fad. Just ten percent (10%) felt body art was a positive in job applicants. The majority, sixty-five percent (65%) say body art is a negative!

Some didn't answer, and over twenty percent (20%) also say that hiring applicants with body art might depend 'on the job and the person'. When asked specifically, fifty-six percent (56%) say full sleeve tattoos were acceptable, but most placed them in field or non-public contact jobs, or required they be covered. Sixty-two percent (62%) polled say facial tattoos and ear gauging were unacceptable.

In anecdotal comments hiring professionals polled by Pacific Staffing say 'covering it', 'extreme content', specific safety and sanitary issues would also be factors. Contacted directly by phone between August 19 and September 22 some report having no formal policy regarding body art at work. However, those

surveyed also were unanimous in declaring violent, gang-related images and other extreme tattoos, facial piercings or ear stretching/gauging as inappropriate for the workplace.

While four percent (4%) of Construction/Property Development companies plan to reduce workforce in October, November and December, primarily for seasonal change, sixty-seven percent (67%)

of Sacramento's top firms are hiring through the end of the year. Every Retail firm polled is hiring!

Workforce expansion continues in the fourth quarter and hiring motivated by attrition forty-seven percent (47%) of regional demand. Fourteen percent (14%) also say seasonal needs are part of their

hiring motivation.

High demand for sales crosses all industry sectors with customer service, IT, RN's, Class A drivers, accounting/finance, general office and cooks also sought by regional employers.

Pacific Staffing discovered wages, retention and qualified applicants as concerns of regional employers. Some also say benefit enrollments, minimum wage changes and specific skills are challenges in the last quarter of 2016.

Report by Pacific Staffing. For more information, employment blogs & market surveys go to www.pacificstaffing.com. ★

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Unselfishness Transforms Society

SACRAMENTO COUNTY, CA (MPG) - "Teaching people how to think unselfishly is the most important thing Americans can do for one another," says small businessman Gene Ullmann of Long Island, NY. When he talks about his life, you can feel the generosity of his spirit. He says one of his greatest joys in life is knowing that his 40 employees can go home to their families in the evening, pay their mortgage and live comfortably.

Lois Carlson feels the same way. In fact she is devoting her lecture circuit for the 2016 season to the topic "The Healing Power of Unselfishness." She will be giving her hour-long talk Thursday evening November 17, 2016 at 7:30 PM at First Church of Christ, Scientist at 4545 Kenneth Avenue, Carmichael, sponsored by its members which commit to using their religious teachings to strengthen society.

Carlson brings to her talk the experience of 40 years in the



Lecturer Lois Carlson

healing ministry of Christian Science. She is an avid, published author & poet and teaches a course on Christian Science annually in Chicago.

The premise of her presentation is that unselfishness is an indwelling quality of God's children and finds a secure foundation in God's loving care for creation. Anchored in the Bible and the teachings of Christ Jesus,

her remarks will show how honoring unselfishness as an innate quality has a direct impact on the health of the body and a general sense of well-being. The writings of Christian Science founder, Mary Baker Eddy, will also be referenced.

Carlson will challenge her audience to think beyond themselves and consider what media sources they are allowing to influence their thinking. Introduced is the value of The Christian Science Monitor, an international daily newspaper. Designed to promote the progress of civilization, the newspaper cultivates in its readers a deeper compassion and hope as they consider the news of the day. Recognized as upholding a gold standard for journalism for over a hundred years, it has won Pulitzer Prizes.

There is no admission fee for this talk and all are welcome.

Source: First Church of Christ, Scientist, Carmichael ★

Senator Gaines Asks Brown to Support Veterans in Bonus Repayment Fiasco

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has sent the following letter to Governor Jerry Brown requesting that he take action to support the California National Guard veterans being forced to repay enlistment bonuses:

Dear Governor Brown,
I am writing to ask you to be a champion for more than 10,000 California National Guard veterans who are currently being subjected to an unbelievable injustice.

The Los Angeles Times recently reported that these Guard members have been ordered to repay enlistment bonuses they received as a condition for enlisting or reenlisting in the Guard during the

height of the wars in Iraq and Afghanistan, when the nation was desperate for combat soldiers to carry out its missions.

These soldiers deployed in combat roles and risked their lives in service to freedom and their fellow Americans. Now, due to incompetence and mismanagement in the enlistment bonus program, the Department of Defense is demanding repayment from these soldiers a decade after the fact.

This is unacceptable. The time for certainty in this program was BEFORE these fighting men and women shipped off to war. To demand these bonuses back now is little more than a cruel bait-and-switch for our combat veterans. The calculation in this travesty is entirely backwards

— it is the country that owes, and will continue to owe, a debt to these soldiers.

Thank you in advance for working with California's legislative delegation in Washington to ensure that our veterans are being honored for their service and not suffering from this betrayal at the hands of the Pentagon.

Sincerely,
TED GAINES
Senator, 1st District

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.

Source: Office of Senator Gaines ★

Wall of Honor Event Planned for November 5th

Carmichael Recreation and Park District Honors Local Fallen Heroes

SACRAMENTO COUNTY, CA (MPG) - Join Carmichael Recreation & Park District for the annual Wall of Honor event honoring our local fallen heroes. The event is held at Patriots Park and recognizes members of the community who have given their lives in the line of duty. The Carmichael Recreation and Park District celebrated the Grand Opening of Patriots Park on November 15, 2008.

The event is scheduled for Saturday, November 5th at 10:00 am at Patriots Park, 6825 Palm Avenue, Fair Oaks.

The 3.68 acre park offers the most modern of park design features; walking paths, a playground, picnic area, basketball court and a

butterfly garden, but the most unique feature is the Wall of Remembrance, situated in the middle of the park. Thirteen former inductees to the Wall of Remembrance will be honored at the event and additional activities include a live bagpiper and the singing of the National Anthem.

Light refreshments will be served. Guest speaker this year is Sacramento County Supervisor, Susan Peters.

Admission to the event is free. Special thanks to event sponsors including Starbucks (Manzanita & Fair Oaks). For more information, visit carmichaelpark.com or call 916.485.5322.

Source: CRPD ★

Chamber of Commerce Hosting Special November Business Luncheon



The Carmichael Chamber of Commerce is hosting their November Business Luncheon on **Tuesday, November 15 from 11:30 am – 1:00 pm**. Please note, this month the luncheon will be held upstairs in the multipurpose room at **Christ Community Church, 5025 Manzanita Ave in Carmichael**.

Our guest speaker will be from Women's Empowerment. Women's Empowerment educates and empowers women who are homeless, with the skills and confidence necessary to secure a job, create a

healthy lifestyle, and regain a home for themselves and their children. During the luncheon we will also be announcing the 2017 Honorary Mayor of Carmichael and voting for our 2017 Board of Directors. The luncheon will be **catered by Capital City Catering**.

The luncheon sponsor is Consolidated Communications. The cost of the luncheon is \$18 for Chamber members and \$23 for guests. To reserve your spot, please go **online to www.carmichaelchamber.com or call 916-481-1002**.



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Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Up or Down it's Your Call

Set your intention to be happy regardless of your circumstances.

Instead of temperatures, imagine words on a meter with emotions like miserable, overwhelmed, worried, desperate, optimistic, hopeful, happy, and blissful.

When you think about the happy people you know, does one of the attributes, they seem to have in common, a wonderful outlook on life. Happy people seem to have an emotional meter that's programmed for joy and contentment no matter what happens to them. Unfortunately many of us have meters set on negative emotions, but we can always reprogram them for happy by deciding to practice being joyful regardless of the forces outside of us. What's interesting about setting an intention of being happy all the time, is when something pulls you from that place you know it and you can kick in and put yourself back on happy. Abraham Lincoln said: "Most folks are as happy as they make up their minds to be."

Is your meter properly adjusted?

There's no guesswork in knowing when your meter is off. When you realize it consider these four things first: Am I thirsty? Am I hungry? Am I tired? Do I need some fresh

air? Usually one of those four deficiencies will affect your happiness. When those four elements are taken seriously and taken care of, it's much easier to stay on happy.

It can sound selfish to consider your happiness as a priority when there are people in your life who think they need you to consider theirs first. I like to call it enlightened selfishness, because when you take care of your emotions first then you are in a position to serve others in joy. If you don't keep yourself healthy and happy you can't be of the best service to others.

When was the last time you smiled at yourself in the mirror? In Sidetracked Home Executives: from pigpen to paradise one of our rules when Peggy and I got organized was to shower, dress all the way to shoes and put on makeup first thing in the morning.

Excerpt from the book:

One woman returned to class with this story: "I got up like you said we have to do, and I showered, shampooed my hair, and put my makeup on. I felt wonderful! I went to wake up my teenage son, and he said, 'Aw, Mom, you slept in your clothes!'"

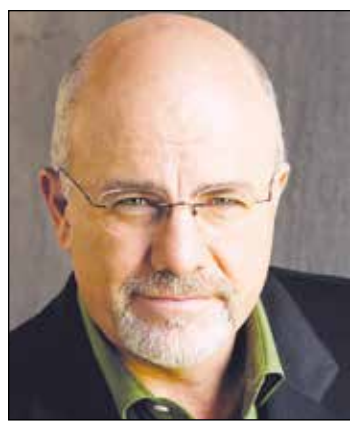
SI remember it was even a bit of a shock to us to

pass ourselves in a mirror and catch a glimpse of a stranger in our house. We began complimenting ourselves for looking so nice. "Oh, now don't you look pretty!" We felt a little strange at first, giving compliments to our image in the mirror, but we decided we needed some positive strokes. Was it egotistical to tell ourselves how well we were doing? NO! We decided that if egotistical people would take some time to tell themselves they were "all right," maybe they wouldn't have to tell everybody else.

To quote Lincoln again, "Everybody likes a compliment."

Now go look in the mirror and tell yourself how much you love YOU and how nice you look, smile and set your meter on HAPPY. Oh, and get a drink of water, get some fresh air, a bite to eat and go to bed at a decent hour.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★



Dave Says

her fearful. I wouldn't take the chance of robbing a 95-year-old lady of her peace to try and do the "proper" thing with money.

However, if she's agreeable to the idea of doing a little better with her money, you could start by moving a little into growth stock or balanced stock mutual funds. But do something like this only if the change won't upset her and leave her fretting over her money. What we want for your mom is financial peace.

—Dave

Mother is 95 years old; where should retirement go?

Dear Dave,

My mom is 95 years old, and she's in amazing health. Financially speaking, she has about \$150,000 in Certificates of Deposit, money market accounts, and savings bonds. Is there a better place she can invest her money?

—Anonymous

Dear Anonymous,

Certainly there are other investment vehicles that will make much more money than CDs, money markets and savings bonds. However, at your mom's age people aren't generally investing for the long haul, unless they're investing it for their heirs.

If she's comfortable with her finances, I'd suggest just leaving things alone. Don't try to force her into something new. At her age she may still have bad memories of the Great Depression and a negative perception of the stock market. In a case like that, mutual funds might make

you make \$28,000 a year but you have \$30,000 in debt, then you need to have a really minimal wedding. Anywhere from \$3,000 to \$5,000 would be reasonable in that kind of situation — and even then it's going to be tight.

The more debt you have in relation to your income, the smaller your wedding expenses should be. A \$32,000 wedding would be ridiculous for someone with a \$28,000 income. But \$28,000 is a below-average income, so you shouldn't reasonably expect an average wedding in terms of cost. It really all boils down to ratios.

Just remember, Paul, the amount of money spent on the ceremony, reception and all that stuff isn't what's important. It's the love that two people have for each other that makes the ceremony special and the marriage one that will last a lifetime!

—Dave

How much is too much for a wedding?

Dear Dave,

In your opinion, what is the limit you can responsibly spend for a wedding if the people involved have debt?

—Paul

Dear Paul,

The cost of the average wedding in America rose to \$32,641 last year. But when it comes to what you can reasonably afford, I think it becomes relative to exactly how much debt you have and what kind of income we're talking about.

If you have \$5,000 in debt but you make \$150,000 a year, stop worrying, pay off your debt, and save up for a great wedding. If

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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CDPH Warns Consumers about Risks of Wearing Decorative Contact Lenses

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith today warned consumers about the risks associated with wearing decorative contact lenses.



Decorative contact lenses are intended to temporarily change the appearance of the eye, but do not correct vision. Advertised as color, cosmetic, fashion and theatrical contact lenses, they are especially popular around Halloween.

registered opticians and optical shops are authorized to fill contact lens prescriptions

Decorative contact lenses are intended to temporarily change the appearance of the eye, but do not correct vision. Advertised as color, cosmetic, fashion and theatrical contact lenses, they are especially popular around Halloween. Decorative contact lenses are typically sold at beauty

supply and novelty stores. Consumers who have experienced any injury or illness with decorative contact lenses should contact their health care provider. Consumers can report the illegal sale of decorative contact lenses without a prescription to CDPH's Food and Drug Branch Hotline at 1-800-495-3232 to initiate an investigation.

Source: www.cdph.ca.gov ★

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Sacramento County DA Reports



Defendant Convicted for Murder, Series of Attacks Man Convicted for Kidnapping Teens & Sexual Assault Mother & Daughter Sentenced for Death of Disabled Victim

DATE: September 28, 2016
CASE: Christopher Franklin (Case #15F06717)
PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

Christopher Franklin was convicted by a jury of first-degree murder, attempted murder, assault with force likely to cause great bodily injury, and illegal possession of a concealed firearm. The jury also found that Franklin discharged a firearm causing death and great bodily injury.

On July 10, 2015, Dennis Clark was homeless and sleeping under a bridge. When Mr. Clark awoke, he found Franklin standing over him. Without warning or provocation, Franklin began shooting at Mr. Clark, striking him four times. Multiple .40 caliber casing were recovered at the scene.

On October 11, 2015, Anna Bernaix was sleeping near a homeless encampment when she was found shot to death. Several .40 caliber casings were also found at the scene.

On October 13, 2015, Douglas Bean was working as a surveyor near remote railroad tracks. Franklin approached Mr. Bean from behind and placed him in a strangle-hold. Other workers witnessed what was happening and stopped Franklin just as Mr. Bean was losing consciousness. The Sacramento County Sheriff's Department responded and apprehended Franklin. Deputies searched Franklin and found a concealed .40 caliber handgun. Testing by the District Attorney's Crime Lab determined the handgun Franklin was carrying was used to shoot both Mr. Clark and Ms. Bernaix.

Franklin faces a maximum potential sentence of 75 years to life plus 21 years in prison. Sentencing is scheduled for October 25, 2016, at 9:00 a.m. in Department 24 before the Honorable Shelleyanne Chang.

DATE: October 7, 2016
CASE: Kevin Hickman (Case #15F03015)
PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

Kevin Hickman was convicted by a jury of three counts of forcible rape with kidnapping allegations, one count of forcible oral copulation with kidnapping allegations, kidnapping for purposes of rape, kidnapping of a child under the age of 14, and criminal threats.

Hickman met the victims' mother through a dating website. A few days later on May 16, 2015, Hickman offered to take her 16-year-old daughter and 13-year-old daughter to a party at a roller skating rink. The mother agreed, but Hickman didn't take the girls to a party. Instead, Hickman took the young girls to a house off of Marconi Avenue. By this time, the girls' cell phones had died and they had no way to call for help. Hickman took the 16-year-old victim to a shed in the backyard and raped her at knife point three times throughout the night. Meanwhile, the girls' mother called 911. The Sacramento Police Department was able to trace Hickman's cell phone to the house. The 13-year-old daughter was not harmed, physically or sexually.

Hickman faces a sentence of approximately 85 years to life in prison. Sentencing is set for November 18, 2016, at 10:00 a.m. in Department 14 before the Honorable Donald Currier.

DATE: August 26, 2016
CASE: Sheila Johnson & Ravetra Jones
PROSECUTOR: Deputy District Attorney Kari Reeve, Homicide Unit

The Honorable Michael Kenny sentenced Sheila Johnson to 15 years to life in prison. Johnson's daughter, Ravetra Jones, was sentenced to 4 years, 8 months in prison. On June 29, 2016, Johnson pled no contest to second-degree murder and Jones pled no contest to involuntary manslaughter and fraud.

Thirty-seven-year-old Monique Johnson was developmentally disabled, non-verbal, and unable to walk. Monique lived with her mother, Sheila Johnson. Initially, Johnson was paid by In-Home Supportive Services (IHSS) as Monique's full-time caregiver. Then Jones, who is Monique's sister, was paid by IHSS as Monique's caregiver.

On February 12, 2014, Monique died from severe neglect, dehydration, and starvation. She weighed 36 pounds at the time of her death. Various agencies attempted to intervene prior to Monique's death about concerns over her care. Sheila Johnson was offered free services and assistance to help with Monique's care, many of which she refused. Ravetra Jones allowed Monique's health condition to deteriorate to the point of death, while simultaneously receiving payment for services. ★

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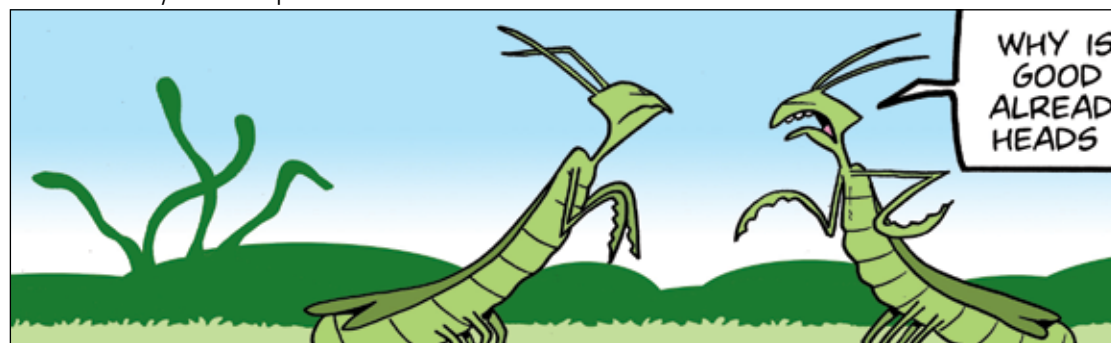
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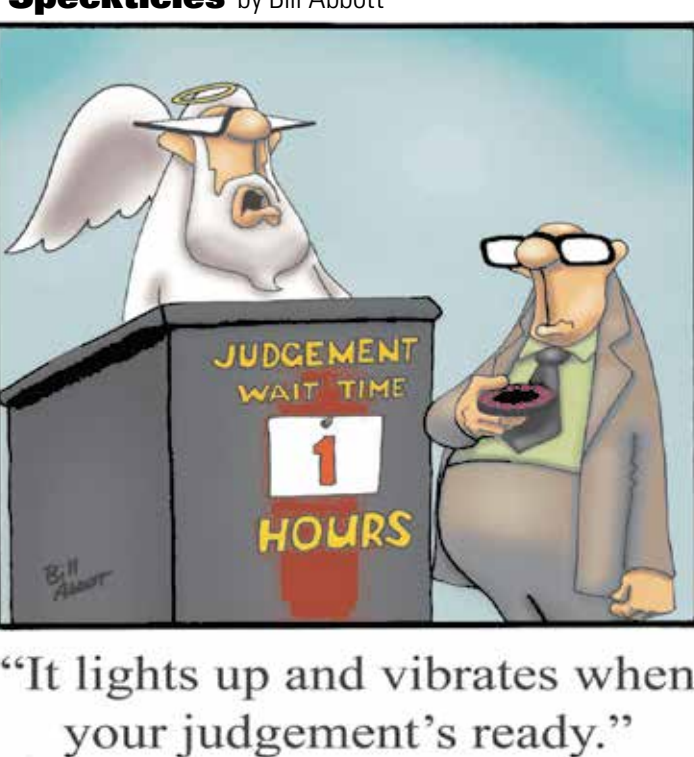
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AMAC Urges Older Americans to Lead the Way to the Voting Booth

Commentary by AMAC

There was some distressing news from Gallup recently. Voters will be staying home in droves this year, according to the polling organization.

Dan Weber, president of the Association of Mature American, says that it is not a good thing. "You'd think that with all of the hoopla surrounding the 2016 Presidential Elections, voters would be particularly energized this year. But Gallup says that its survey shows only 69% of the electorate say they will definitely exercise their right to vote come November. In fact, an astounding 72% of respondents in its poll say they really haven't given much thought to the election."

Weber warns that by not casting their ballots those non-voters are, in effect, opting for the candidates proposed by the "other party." He says it also diminishes our respect for good government, undermines our representative democracy and

makes us weaker as a nation. In addition, he adds, elections are meant to unify the country by allowing all eligible voters to have their say in who shall lead them and by not voting we create a deeper divide.

"This year, more Americans want a change in the direction our country has taken in recent years. They want to take back their ability to control their lives as our forebears did in the good old days when the Constitution was considered an inviolable document that made our democracy the envy of the world. Voter apathy is a threat to all of that."

It has been reported that young Millennials and their immediate predecessors who were called Generation X constitute the largest voting bloc in the U.S., having taken over the spotlight from Baby Boomers. But the Gallup poll indicates that only 47% of younger voters say they will definitely get out and vote in 2016, down from 58% in 2012.

Thus, Weber says, older Americans can still lead the way by example and he is calling on the members of his influential senior advocacy organization to do all they can to invigorate the nation this November.

"AMAC was founded by a membership determined to make a difference, activists who believe that all is not yet lost. We need to get out the vote. We need to urge our voting age family members and friends to prove that the graying of America, where 10,000 of us turn 65 years of age each day, is a good thing. Perhaps it will also show new voters how to exercise their most important right and their most profound responsibility. One thing's for sure, it will also show the world that the U.S. is not in decline; that we are on the rise again."

The Association of Mature American Citizens is a vibrant, vital senior advocacy organization that takes its marching orders from its members. Find out more at www.amac.us ★

Obamacare: The Unaffordable Health Plan

Commentary by Rob Engstrom

They waited as long as they could before announcing it, but couldn't hide the facts until after Election Day: Obamacare rates are exploding.

Don't let this happen. CNN is reporting that "Obamacare premiums are set to skyrocket an average of 22% for the benchmark silver plan in 2017, according to a government

report released Monday" and the Associated Press just posted that "premiums for a midlevel benchmark plan will increase an average of 25 percent across the 39 states served by the federally run online market" and that "about 1 in 5 consumers will only have plans from a single insurer to pick from".

We predicted it wouldn't work, and fought against Obamacare's passage. Now is the time to fight for real reform

before Obamacare rate hikes become the new status quo.

This is unsustainable for you and millions of Americans across this country. It can't carry on like this. We simply can't afford it.

Stand up to the opposition and for meaningful change.

*Rob Engstrom
SVP and National Political Director
U.S. Chamber of Commerce* ★

We have a Supreme Choice to Make

Why the Supreme Court is the Most Important Issue for Voters

A special message from Anita Staver

During this supercharged election season, where every news cycle brings salacious distractions from the mainstream media, voters tend to focus on the candidates instead of their policies. But whether Donald Trump and Hillary Clinton are kind or rude, decent or vulgar, charitable or greedy, and healthy or weak, will never matter as much as their Supreme Court nominations. The next president will select one, and possibly three, justices during the next term, and this one act will transform the Court for the next 30 years or more.

The selection of future Supreme Court justices is the most critical issue of this election. One justice can drastically alter years of American legal jurisprudence.

In the past, the Court has decided many crucial cases by a 5-4 vote. For example, the outcome was determined by one vote in both of the following cases:

- *Gonzales v. Carhart* — The federal law banning partial-birth abortion does not violate the Constitution. Partial-birth abortion involves a gruesome process of killing a baby during

the birth process while only its head is inside the mother.

- *Citizens United v. Federal Election Commission* — The government cannot regulate the amount of money corporations spend on political speech, but can ban contributions from corporations to candidates and require disclosure of advertising sponsors.

- *Obergefell v. Hodges* — A state cannot refuse to issue a marriage license to two people of the same sex or recognize such unions licensed in other states.

- And who can forget that by a single vote in the ObamaCare case, the Supreme Court rewrote a law enacted by Congress and turned a "penalty" into a "tax." One Justice could have prevented the socialist-style takeover of our healthcare system!

Many other important issues that impact Americans — including religious freedom, self-defense, marriage, bathroom privacy, equal access for Bible clubs, forced funding of abortion, ObamaCare exemptions, school vouchers, online child pornography, and the public acknowledgement of God — all hang by one vote.

In addition to Supreme Court

appointments, 98 federal court vacancies will be filled by the next president and Senate. These lifetime appointments will determine the direction of this nation for many years.

Perhaps we deserve to have the United States fail because we haven't selected righteous and moral candidates. However, our children and grandchildren do not deserve to suffer the results of our bad choices!

During the next four years, America could be transformed into a safe and prosperous home for future generations. Or our precious liberties could be decimated by a single black-robed individual with the stroke of a pen. These are issues we must discuss in our circles of influence before the upcoming election. Remember that the only vote that doesn't matter is the one that is not cast.

Thank you so much, and may God bless you!

Anita L. Staver, serves as a Director of Liberty Counsel Action and is a member of the bars of Florida and the District of Columbia. She is admitted to practice before the U.S. Supreme Court and 12 federal courts of appeal.

Liberty Counsel Action is a 501(c)4 organization. ★

LETTER TO THE EDITOR

Proposition 63 is a Trojan Horse

A Trojan Horse ballot measure is intended to secretly produce a different result than is advertised. Buried in the 34 pages of fine print are oppressive restrictions on the purchase and transporting of ammunition by Californians. Yet, oppressive restrictions imposed against law abiding citizens will not deter criminals.

Criminals will turn to other sources to obtain their ammunition such as Cartels or Terrorists who are not hindered by the Obama open borders

policy. This is a got you by Lt. Gov. Newsom who devised Prop 63 to be the first step by the Democrats to disarm law abiding Californians by suppressing purchase of ammo. Yet without ammo it is still possible to use Bayonets to protect our family.

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Riley Reviews

"JACK REACHER" ATTAINS KICKS; "DESIGNATED SURVIVOR" ON TV

A Film and TV Review
by Tim Riley

JACK REACHER (Rated PG-13)

Lee Childs, the author of the "Jack Reacher" novels, is even more prolific than Ian Fleming when he created a series of novels about British secret agent James Bond.

As such, the character of Reacher, only called by his last name, is ripe for a franchise, which Tom Cruise may have set forth in the 2012 release of "Jack Reacher," an adaptation of Child's ninth Reacher novel "One Shot."

For the second go-round we are fortunate to have "Jack Reacher: Never Go Back," which adapts the eighteenth novel.

Deriving films from the source material in chronological order appears not to be essential. Tom Cruise's Jack Reacher is really quite good as the former Army Major who has become a drifter involved in righting wrongs and taking on bad guys. His mantra appears to be: Have toothbrush, will travel.

With the lead character now in his mid-fifties in real life, the question is how many more "Jack Reacher" films will Tom Cruise be able to execute? For now, he's very impressive with his ability to kick start the thrills.

The nomadic crusader for justice gets drawn back into his old military life when his successor, Major Susan Turner (Cobie Smulders), is framed for espionage because she got too close to the truth behind the killings of soldiers on duty in Afghanistan.

Other sinister forces are going after Reacher on trumped-up charges which could land him in hot water. On top of that, he has to

deal with a paternity suit alleging his neglect of a teenage girl.

Tough and scary in his combat skills, Reacher is an unstoppable force who can take down four guys at once. This ability will be sorely needed to go up against the Hunter (Patrick Heusinger), who is determined to eliminate the former military officer.

In trying to get to the bottom of what is happening, Reacher has to stage a ruse to be locked up in the same heavily-guarded military prison with Major Turner just so that he can initiate a convoluted escape.

Dogged in his effort to destroy Reacher, the Hunter has Samantha (Danika Yarosh) in his crosshairs in order to draw Reacher out of hiding because our hero, who may not be the father, won't allow the young girl's life to be in danger.

With the Major and the girl on the run with Reacher, the trio ends up in New Orleans where the climactic action scene occurs during a French Quarter Halloween parade. If you've ever been to the Crescent City, you know they love parades for every occasion.

The ultimate bad guy is Robert Knepper's corrupt General Harkness, who has little screen time and serves not much purpose other than to be the final piece of the puzzle about nefarious activities that placed the good guys in harm's way.

Whether you are a fan of Tom Cruise or not, the important thing to savor a really good action thriller, and on that score "Jack Reacher: Never Go Back" delivers big time. Here's hoping for more in the franchise while Cruise remains in good shape.

TV CORNER - "DESIGNATED SURVIVOR" ON ABC NETWORK

We're in the final stretch of a corrosive presidential election

campaign that has many hoping for a tie in the Electoral College if only to obtain a different result.

The ABC network may be tapping into the national zeitgeist or at least into basic trepidations about where we are headed. "Designated Survivor," not just good drama, posits a scenario of presidential succession in a time of crisis.

Keifer Sutherland has returned to network television not as Jack Bauer but as a low-level Cabinet member, though you may soon be cheering for his inner tough guy to emerge during critical moments.

The former star of "24" is Tom Kirkman, who has never held public office and is suddenly thrust into the national spotlight when a terrorist attack on Capitol Hill kills the President and everyone else in the line of succession.

During the State of the Union address to Congress, Kirkman, serving tenuously as the Secretary of the Department of Housing and Urban Development, is left behind in an undisclosed location.

After the explosion, Kirkman, who lives in Washington with his wife Alex (Natascha McElhone) and a rebellious teenage son and young daughter, finds his life completely upended to assume an awesome responsibility for which he has obviously not been prepared to undertake.

A show like "Designated Survivor," much like any political drama at the seat of national power, involves a lot of palace intrigue inside the White House, and there is plenty of that here.

Kal Penn's White House Press Secretary Seth Wright, a gifted speechwriter, has strong doubts about Kirkman's ability to lead the nation. It's worse than that when a high-ranking Army General wants to go a step further as if following the script of "Seven Days in May."

Even more insidious might be Adan Canto's White House Chief of Staff Aaron Shore, readily willing to advise the new President while simultaneously harboring notions to undermine him.

"Designated Survivor" is a good political drama worth a look, certainly more intriguing, engaging and fascinating than what's playing in the real world. ★

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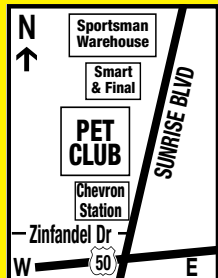
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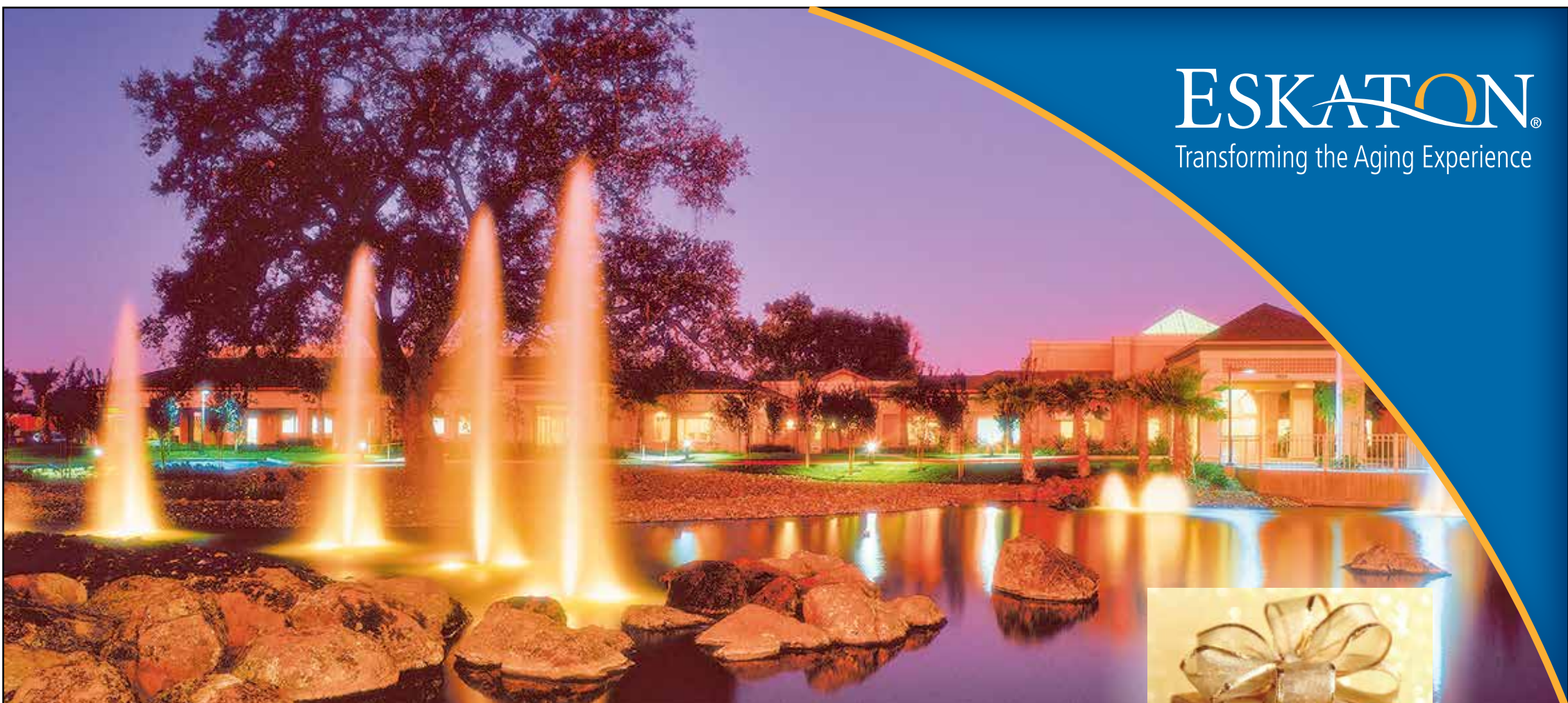
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