



Women's Empowerment Gains Grant from US Bank Foundation
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Grand Re-Opening for Carmichael Car Wash!
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Carmichael Times

Volume 36 • Issue 36

Serving Carmichael and Sacramento County since 1981

September 2, 2016

ARE YOU OUT OF ORDER?



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HIGH-OCTANE ACTION FUELING "MECHANIC" IS PURE FORMULA



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LESS PAIN, FEWER PILLS



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Honorary Mayoral Rivals Begin Run



Businesswomen Danielle Gourley (left) and Katie Pexa will vie for the honorary mayor position bestowed by Carmichael Chamber of Commerce.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Enter the candidates for Carmichael's 2017 honorary mayoralty. The ruthless campaign (money buys all votes) is a Carmichael Chamber of Commerce fundraiser. Continuing the community's recent tradition of female mayors, two local businesswomen are contesting the office.

Michigan-raised Danielle Gourley is mom to a two-year-old son. She began her career as a caregiver and now directs All For You Home Care, a senior assistance agency. Off the clock, the 30-year-old runs "Socks for

Seniors," a non-profit that teams with Meals on Wheels. Their efforts last year gathered 1800 pairs of new socks for elderly Sacramento feet.

As mayor, Gourley projects a year of Carmichael promotion. "I shop Carmichael, I dine Carmichael and I take my son to Carmichael events," she says. "I've started a Facebook program to feature businesses and things for people to do here." She also promises support for the homeless and a program of monthly Carmichael street cleanups.

Katie Pexa (54) owns a Farmers Insurance agency. Mother of an adopted son, the Sacramento-raised professional supports the Sierra Forever Families non-profit,

volunteering to help parents through adoption processes. She is also an animal rescue activist. A US Navy veteran, former Petty Officer Pexa is committed to helping veterans find employment.

Her mayoral vision includes bringing more businesses to Carmichael, while protecting its parks and community. "Together we can achieve more," Pexa says. She plans an Octoberfest fundraiser at the Milagro Centre, hoping to establish an annual event to unite merchants and community. Protecting Carmichael's parks and community - and addressing its homeless situation -- ranks high among her civic priorities.

Continued on page 2

County Renewable Diesel Pilot Program Announced

SACRAMENTO COUNTY, CA (MPG) - Sacramento County announces its pilot program to migrate County fleet vehicles to the use of Neste Renewable Diesel, the first local government fleet in the region. In moving to renewable diesel, the County of Sacramento joins California's cleanest and greenest fleets that include the City of San Francisco, City of Oakland, City of Walnut Creek, City of Carlsbad, Google, and UPS.

By switching to renewable diesel, made from waste and residue fat fractions coming from food, fish and slaughterhouse industries, as well as from non-food grade vegetable oil fractions, the County of Sacramento aims to reduce greenhouse gas emissions from its fleet by up to 80 percent, or approximately 8,000 tons annually. In addition, the use of renewable diesel will reduce tailpipe emissions and will contribute to improve the local air quality in Sacramento. The renewable diesel will be used in a range of heavy-duty vehicles including more than 400 municipal public works and specialty

Continued on page 2



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New WinCo Foods Opens on Watt Avenue in September

SACRAMENTO REGION, CA (MPG) - Employee owned WinCo Foods has announced the opening of its newest California supermarket, its 36th in the state and its 110th location overall, on Wednesday, Sept. 3, 2016 at 2300 Watt Avenue in Sacramento.

Known primarily for being the "Supermarket Low Price Leader," the new WinCo Foods building is approximately 100,000 square feet and will be open 24 hours a day, seven days a week. It will be staffed by approximately 170 employees from the surrounding community. The store will contain WinCo's trademark "Wall of Values" at the entrance, as well as a wide assortment of grocery items along with a full produce section and meat, deli, bakery and bulk foods departments.

"We're thrilled to be bringing the residents of Sacramento their first WinCo," said a company spokesperson. "By blending the absolute lowest prices, the best

products and world class customer service, we think the people of Sacramento will quickly fall in love with WinCo and see why we're one of the fastest growing grocers in the country."

Another trademark aspect of WinCo supermarkets is the 700+ item bulk foods department. Selections in the bulk foods department can be purchased in whatever quantities the customer desires and includes a multitude of rice varieties, dried beans, pastas, baking ingredients, cereals, snacks, candies and pet foods.

"Our customers love that they can buy as little or as much as they like," added WinCo's spokesperson. "Whether it's two teaspoons of a specific spice or a 50-pound sack of flour. On top of all this, we also carry a variety of organic, gluten-free and natural food items, all clearly labeled."

To learn more go to WinCoFoods.com, Source: Winco Foods ★



the new WinCo Foods building is approximately 100,000 square feet and will be open 24 hours a day, seven days a week.

Detectives Seek Information on 36-Year-Old Double Homicide Cold Case

SACRAMENTO COUNTY, CA (MPG) - On Saturday, July 26, 1980, a married couple was brutally murdered in their home located in the 8100 block of Donawood Way in Orangevale. The victims, John and Christoria Bilkei (66 and 69-years-old respectively), each died as a result of numerous stab wounds. The crime scene indicated there had been a violent physical struggle between the victims and the suspect(s) prior to their murder. Detectives also believe items of personal

property were taken from the couple's residence. On behalf of the children and grandchildren of John and Christoria Bilkei the Sacramento County Sheriff's Department's Cold Case Team is asking for the public's help in solving this decades old case by identifying the suspect(s) who committed this senseless double murder thirty-six years ago. Anyone with information regarding this cold case is urged to call Sheriff's Homicide

detectives at (916) 874-5057, or the Sheriff's 24-hour non-emergency number at (916) 874-5115. Those who have information and wish to remain anonymous may call (916) 874-TIPS (8477). You may also leave an anonymous tip on the Sheriff's website; just go to www.sacsheriff.com and click on "Cold Case" under "Tips and Alerts". Please reference Sacramento County Sheriff's case number #80-54812. *Source: Sacramento County Sheriff* ★

Honorary Mayoral Rivals Begin Run

Continued from page 1

Because Pexa and Gourley are chums, the public won't hear attack ads or nasty politics. "It's not that kind of campaign," says Gourley. "We are business people helping other businesses people. Whoever wins, the whole community will benefit from our efforts." The Honorary mayoralty includes neither salary nor power. The winner can expect a year of hand-shaking, ribbon-cutting and baby-kissing. "I'm already in

the business of meeting people," confirms Pexa. "I look forward to meeting many more." Both Candidates are committed to separate Alzheimer's-related charities; these will receive a portion of the funds raised by each campaign. Gourley's next fundraiser is a "Bowl of Heaven" ice cream social at the Carmichael Elks Lodge on September 10. Admission is \$5; serving starts at noon. On October 20, she offers a \$30-per-head dinner at El

Papagayo restaurant. Pexa will host a September 30 "Wine, women and music" fundraiser at the Downtown & Vine restaurant (1200 K Street) from 6 to 9 pm. Her Octoberfest celebration at the Milagro Centre is scheduled for October 22. For information on Katie Pexa's events, call (916) 971-9450; for Danielle Gourley's events call (916) 916-479-8554; or visit carmichaelchamber.com. ★

SB 32 Not Good for Californians, Economy

SACRAMENTO, CA (MPG) - The California Legislature voted to extend greenhouse gas mandates today by passing Senate Bill 32. The measure, if signed by the Governor, would require the California Air Resources Board to impose regulations to ensure statewide greenhouse gas emissions are reduced to 40% (or higher) below the 1990 levels by December 31, 2030. Vice Chair of the Senate Budget Committee, Senator Jim Nielsen (R-Gerber) issued the following statement:



Senator Jim Nielsen (R-Gerber)

drive an electric car. Our priorities are to put food on the table, and a roof over our heads and maybe, if there's anything left, to save for our family's future. "Who can say what economic and social impacts this

sweeping law will have on Californians? This government agency has failed to study the effects of their regulations on our daily lives. To grant them this extraordinary extension of authority for 14 more years will further damage our economy and destroy jobs." Senator Jim Nielsen represents the Fourth Senate District, which includes all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba Counties. To contact Senator Nielsen, please call him at (916) 651-4004, or via email at senator.nielsen@senate.ca.gov. *Source: Office of Senator Nielsen* ★

County Renewable Diesel Pilot Program Announced



By switching to renewable diesel, made from waste and residue fat fractions coming from food, fish and slaughterhouse industries, as well as from non-food grade vegetable oil fractions, the County of Sacramento aims to reduce greenhouse gas emissions from its fleet by up to 80 percent, or approximately 8,000 tons annually.

Continued from page 1

vehicles such as garbage trucks. The contract comes through a corporative agreement with Sacramento Area Council of Governments (SACOG). Through the regional fuel corporative, SACOG enables regional agencies to have competitive access to fuel source. At the request of Sacramento County, SACOG created an addendum to their contract specifically for renewable diesel at a good price point. "Sacramento County continues to be a leader in our efforts to reduce greenhouse gas and tail-pipe emissions," said District 1 County Supervisor and SACOG

Vice Chair Phil Serna. "Working with SACOG, we will take the next step in that regard and fuel our fleets responsibly, and with minimal burden on taxpayers." "The County fleet has a substantial impact on our region through programs, services and employment," said District 3 Supervisor and SACOG board member Susan Peters. "With the switch to renewable diesel our impact will remain strong in the region, but lessen on the environment." "We are proud that the regional fuel cooperative with SACOG allows Sacramento County to reduce greenhouse emissions so dramatically with

the use of renewable diesel," said District 2 Supervisor and SACOG board member Patrick Kennedy. "Our goal is to continue to make an impact on our region's environmental health through partnerships with our community." "Sacramento County has one of the most sustainable public fleets in the country. The move to renewable diesel provides us large and immediate gains in carbon emissions reduction in a fiscally responsible way," said Keith Leech, Chief, Fleet Division & Parking, Sacramento County. *Source: Sacramento County* ★

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Bera Urges FDA to Take Action in Response to EpiPen Prices

EpiPens Cost Upwards of \$600 for a Single Prescription

SACRAMENTO, CA (MPG)

- On August 25th, 2016, Congressman Ami Bera, M.D. (CA-7) called on the Food and Drug Administration (FDA) to take immediate action to make lower cost alternatives available in response to exorbitantly priced EpiPens from the drug manufacturer Mylan. Currently, EpiPens have a virtual monopoly on the market for emergency allergy attack treatment. In the letter, Congressman Bera asks the FDA to address processes that may limit competition and allow some companies to drastically increase prices. Today, Mylan announced they would offer additional coupons for EpiPens, but have not addressed the underlying cost.

“As a doctor, I know that in the case of an allergic reaction no time can be wasted and we can’t allow anything to stand in the way of immediate access to epinephrine.” said Bera. “\$600 for an EpiPen is outrageous, and Mylan must be held accountable for their pricing on a life-saving drug. That’s why I’m calling on the FDA to make sure that families have other more affordable and safe options to EpiPens so that no one needs to make a choice between paying their bills or having a life-saving drug.”

Congressman Bera has



Congressman Bera has previously urged the FDA to regulate the prices of life-saving drugs.

previously urged the FDA to regulate the prices of life-saving drugs. He leads the push to ensure that drug companies are not able to charge excessive

prices for drugs, like in the case of Martin Shkreli and Turing Pharmaceuticals.

Source: Office of Ami Bera ★

Wrong Way Driver and Passenger Die in Head-on Collision on Hwy 99

SACRAMENTO REGION, CA (MPG)

- On August 28th, 2016, at approximately 10:50 PM, a Honda Accord, being driven by a 21 year old male, was driving the wrong way northbound in the southbound lanes of SR-99, and collided head-on with a Toyota

Land Cruiser being driven by a 22 year old male from Quincy, CA going southbound SR-99 just north of Elkhorn Blvd. The driver of the Toyota was transported to UC Davis Medical Center with serious but non-life-threatening injuries. The

male driver and male passenger of the Honda were pronounced deceased at the scene. Alcohol appears to be a contributing factor in this collision; however, the matter remains under investigation.

Source: CHP ★



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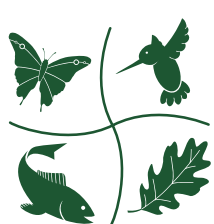
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Sacramento County DA Reports



Defendant Convicted for 1st-Degree Murder of Rio Linda Man

Sex Offender Sentenced for Multiple Child Sexual Assault Charges

Two Convicted of 1st-Degree Murder in Birthday Party Shooting

DATE: August 23, 2016
CASE: Jacob Wilcoxon
PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit
 Jacob Wilcoxon was convicted by a jury of the first-degree murder of Bill Stidman. The jury also found true the allegation that Wilcoxon personally used a firearm causing Stidman's death.

Bill and Jean Stidman lived in their Rio Linda home with their two female teenage foster children. On June 15, 2014, Wilcoxon and a 17-year-old associate went to the Stidman's home with a plan to sneak into the house after the Stidmans went to bed and have sex with the two female teenagers. Mr. Stidman found Wilcoxon in the 14-year-old foster daughter's bed and confronted Wilcoxon. When Wilcoxon attempted to leave, Mr. Stidman, who was a licensed security guard and former police officer, said he was going to arrest him. Wilcoxon then pulled a concealed .38 caliber revolver and shot Mr. Stidman four times, killing him. Mr. Stidman lived long enough to give the first responding deputy basic information, and ask paramedics to tell his wife he loved her.

Wilcoxon faces a maximum potential sentence of 50 year to life in prison. Sentencing is set for October 6, 2016, at 10:00 a.m. in Department 18 before the Honorable Cheryl Chun Meegan.

DATE: August 23, 2016
CASE: James Hill
PROSECUTOR: Deputy District Attorney Laura Froome, Special Assault & Child Abuse Unit

The Honorable Delbert Oros sentenced James Hill to 20 years plus 300 years to life in prison. On July 19, 2016, a jury convicted Hill of four counts of committing lewd acts upon a child. Three prior strike allegations were also found true for three separate counts of committing lewd acts upon a child in 1996. Hill has been registering as a sex offender since that time.

Between January 2014 and March 2014, Hill

was residing with family members at their home in Del Paso Heights. During that time, Hill cornered the young victim in the home and sexually assaulted her on five separate occasions. In March 2014, the victim disclosed the assaults to one of her family members.

DATE: August 25, 2016
CASE: Avery Hill, Kelly Thomas & Orlando Rhinehart

PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit
 Avery Hill and Kelly Thomas were convicted by two separate juries of first-degree murder with personal use of a firearm and three counts of first-degree attempted murder with the personal use of a firearm. Thomas was also convicted of being a felon in possession of a firearm. Rhinehart was acquitted of all counts.

On May 10, 2014, Orlando Rhinehart was at Peregrine Park in Natomas when he noticed members of the New Money gang were at the park attending a birthday party. Rhinehart called Avery Hill, who New Money gang members suspected of murdering one of their members. Hill then called Kelly Thomas, who believed he had been shot at by New Money members before. Hill and Thomas went to the park and met briefly with Rhinehart, who proceeded to leave. Hill and Thomas then opened fire on the party-goers, killing Jacoby James and wounding six others, including a then 7-year-old girl.

A court trial will be held at sentencing on prior strike allegations for Hill for a 2008 attempted robbery and for Thomas for a 2010 burglary conviction.

If the prior strikes are found true, Hill and Thomas face potential sentences of a minimum of 100 years to life in prison. Thomas will be sentenced on September 16, 2016, at 1:30 p.m. Hill will be sentenced on November 14, 2016, at 3:00 p.m. Both sentencings will be in Department 12 before the Honorable Maryanne Gilliard. ★



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Riley Reviews

HIGH-OCTANE ACTION FUELING "MECHANIC" IS PURE FORMULA

in Rio.

Indeed, this new "Mechanic" opens amidst the visually stunning beauty of Brazil's most popular seaside city that even NBC's Olympics coverage could not fully capture on such a grand scale.

Living off the grid, Bishop now goes by the name of Santos, living on a nice boat he's only too willing to blow up if necessary to escape the clutches of nefarious actors seeking his services.

To be expected, trouble comes looking for him in the form of a femme fatale, dressed ominously in black, who interrupts his quiet meal at his favorite outdoor restaurant perched on a cliff high above Rio.

The mystery woman arrives with a proposition from an international arms dealer named Crain (Sam Hazeldine) that requires his services to eliminate three targets of dubious value to civil society.

To show his displeasure with an unwanted offer, Bishop is forced into the first of a series of hand-to-hand combats with a legion of henchmen that are easily dispatched while the restaurant suffers major damage.

Now that he is no safer than the average resident of a favela, Bishop relocates to a scenic, remote island in Thailand where the blue skies, clear water and sandy beaches prove most welcoming.

It is here that he reconnects with old colleague Mei (Michelle Yeoh) who now caters to the tourist trade. Bishop soon becomes enamored with a pretty, mysterious young woman named Gina (Jessica Alba) who has escaped a bad relationship.

What Bishop doesn't know is

that Gina is an unwilling pawn in Crain's sick game to get Bishop to commit to staging the deaths of three villainous people for reasons not immediately clear.

To raise the stakes, Crain has Gina kidnapped so that he can extort Bishop in carrying out the assassinations lest something terrible happen to the new love interest who only wants to get back to running an orphanage in Cambodia.

The first victim is an African warlord locked up in a prison more remote and inaccessible than Alcatraz. Bishop's job is to infiltrate the prison, make the death look accidental and then manage an impossible escape.

At this point, "Mechanic" is being to look inspired by the old "Mission: Impossible" television series, where nifty gadgets, sleight-of-hand and a huge measure of cunning and guile are required to complete the objective.

What comes next is a visit to Sydney to orchestrate the accidental demise of a vile human trafficker surrounded as usual by an army of bodyguards and ensconced in an impenetrable fortress in a high-rise penthouse.

The film's most unique ploy is how a cantilevered swimming pool protruding high above the city streets factors into an elaborate scheme of staging an amazing catastrophe.

The best victim is saved for last, this one being an arms dealer hiding out in Bulgaria in the type of villain's lair one would expect to find in a James Bond film. Indeed, Tommy Lee Jones, looking an aging rocker, shows up as a better match for Bishop.

Despite the fact that he is, after all, a killer for hire, Bishop comes off the hero because he just happens to be eliminating some really, really bad people. And besides, he's always the good guy, even if compromised.

"Mechanic: Resurrection," though perhaps an imperfect vessel, is still fueled by the formula of high-octane action that makes just about any Jason Statham gritty action film something to be enjoyed on a B-movie level. ★

A Film Review by Tim Riley

MECHANIC: RESURRECTION (Rated R)

The studio behind British action star Jason Statham's "Mechanic: Resurrection," tagged with an R rating for "violence throughout," decided not to have an advance screening for critics.

This was probably a wise choice because the Statham action brand, evidently on full-throated display in the "Transporter" and "Crank" series, appeals to an audience indifferent, at best, to the opinions of professional couch potatoes.

I confess to enjoying the guilty pleasure of ludicrous action films that are the trademark of the charismatic Jason Statham. The absurdity of a one man army run amok taking down henchmen and thugs of all stripes can be a lot of fun.

Give credit to the British thespian for actually starring in more creative films such as "Snatch" and "Lock, Stock and Two Smoking Barrels," and that he displayed a knack for comedy in Melissa McCarthy's "Spy."

Even those predisposed to enjoy "Mechanic: Resurrection" must be reminded that Statham's role of assassin-for-hire Arthur Bishop originated in a remake of the Charles Bronson "The Mechanic" just five years ago.

Admittedly, I remember Statham's version of "The Mechanic" but not how it ended. The enjoyment of the sequel won't suffer by failure to have seen the original, where Bishop faked his death to find a new life

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It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Are You Out of Order?

In a courtroom, if a judge exclaimed, "You're out of order!" you'd know to shut up, but when your home is out of order, there's no one to shout at you but the stuff that's been left out all over the place. When your house is out of order, it causes you to be out of order. Clutter has a voice and it won't shut up until you deal with it.

Shut the Fuss Up!

There are only two ways to shut the fuss up! Either get rid of it or put it away. If you get rid of it, throw it away or give it away. Why not sell those unwanted items? Simple – because you don't want to give yourself another task to do! If you give yourself that

option, you set yourself up for a garage sale project with a mountain of pricing or a bunch of time spent on craigslist.org, both of which requires a lot of follow-through and dedication to the task.

There are different categories of clutter, but they all nag, taunt, shame, badger, heckle, scoff, jeer, and pester. You've tried to organize some of it, but most of it just gets moved around. Trying to organize clutter is like trying to get a bunch of tone-deaf people together to start a choir. You can't clean when you have clutter because you can't find your surfaces. So your house gets dirty.

Clutter is also insidious. If it's left in one place for more than

21 days, it becomes invisible and it lowers its volume, becoming white noise in the background to which you become accustomed. Have you ever noticed the relief you feel when that white noise gets turned off? Your ears are suddenly enveloped by a silence you didn't even know you were missing! You'll get that same relief when you deal with your clutter. You'll be amazed at the peace you'll feel that you didn't even know was possible!

Take a few minutes and look around you. Let what you see speak to you. Where is the most noise coming from? What's clacking the loudest? What's drumming in the background, more quietly,

yet persistently? By using your imagination to add make-believe sound to your clutter, you are actually sharpening your awareness of what you want to kick out or make a place for.

You'll also begin shopping with a new awareness. Everything you bring into your home has a voice. Have fun with this new awareness. Talk back to your stuff and warn it of its pending eviction, and ask everything that comes into your life if you need it and love it. If you don't buy it, it can't talk to you.

Paying attention to the voices is fun and enlightening. There are also those tired voices of stale, outdated ideas from a stack of old magazines, chanting, "Read us read us! See what you missed in 2006!" We keep old magazines because we paid for them, haven't read them, don't want to miss anything, and we think we'll actually take the time (at some point) to reuse their pages. Chances are really good you have last month's magazines sitting there unread too, and they're at least still current possibilities. So dump anything that's outdated. If you're still feeling guilty, know this: thanks to the

Internet, all the old information is archived online. Google it.

Another voice of clutter comes from the homeless. That's all the stuff you love and use, but don't have specific places to put it. It's probably stuff you've had to look for in the past. You'll catch yourself saying, "Oh, there you are! I was looking for you yesterday." Just think how much time you spend each year looking for stuff! (It's probably at least a couple of days.) It seems easier at the time to just put those items down somewhere, or out of sight in a drawer, because there's not a dedicated place to put it.

To quiet the noise from your homeless stuff, you have to establish homes for each individual voice. Cramping a voice in the wrong closet, drawer, or cupboard, the basement, the attic, or under a bed, is like hushing a gossip and putting him or her out of sight. Clutter shoved out of sight may go out of mind, but the minute you open a drawer or closet that holds an assortment of muzzled clutter, you'll be like Britney Spears opening her front door to a mob of ravenous paparazzi. It isn't pretty. If we minded the rule "A place

for everything and everything in its place," we'd never have to search for our glasses, car keys, purse, coat, cell phone, shoes, scissors, or tweezers again.

Included in the homeless clutter is what I call IPODs—Important Piles Of Decisions. These IPODs are in strategic places throughout your home where you chronically dump your indecision. They are piles of miscellaneous items that you didn't want to put away either because there was no "away" or because you were tired or just didn't want to deal with them at the time. Piles are very personal and we don't like to talk about them, but they need to be cured if we are to enjoy a peaceful home not one that's out of order.

You're not out of order when your house is in order. Start listening.

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. ★



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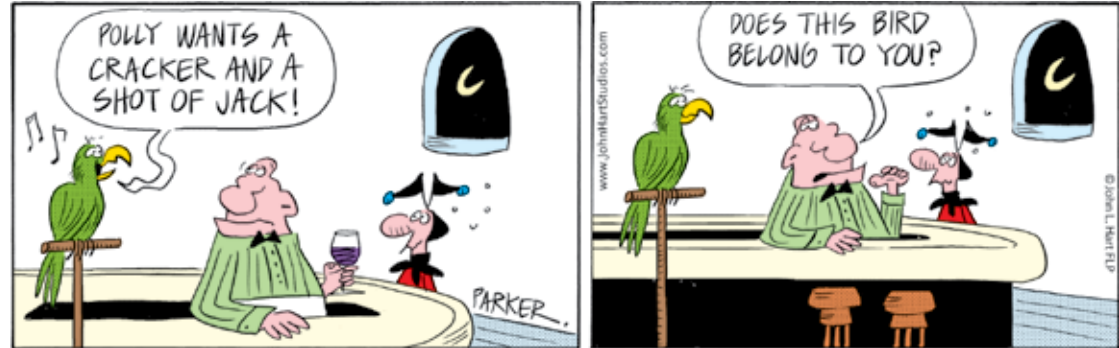
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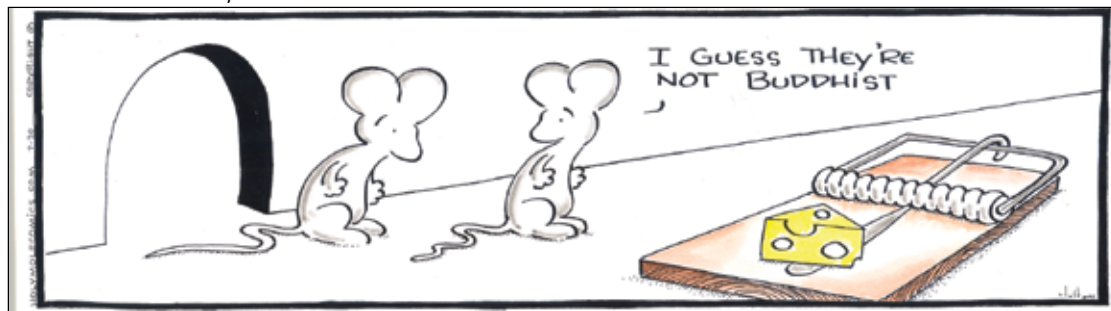
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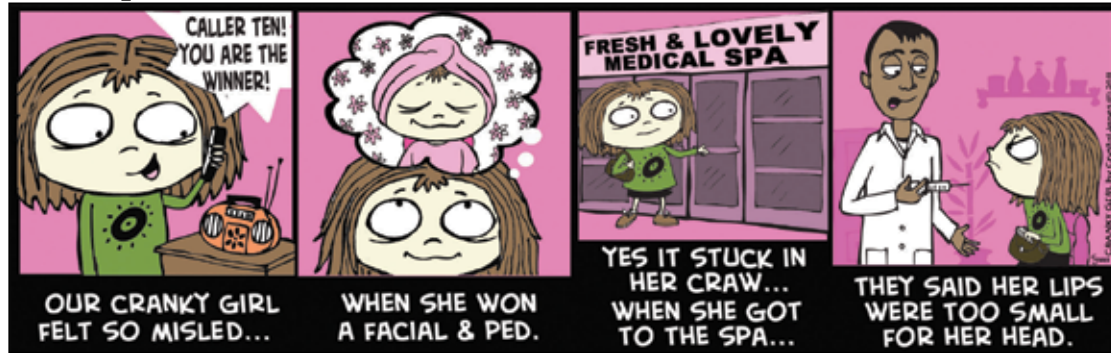
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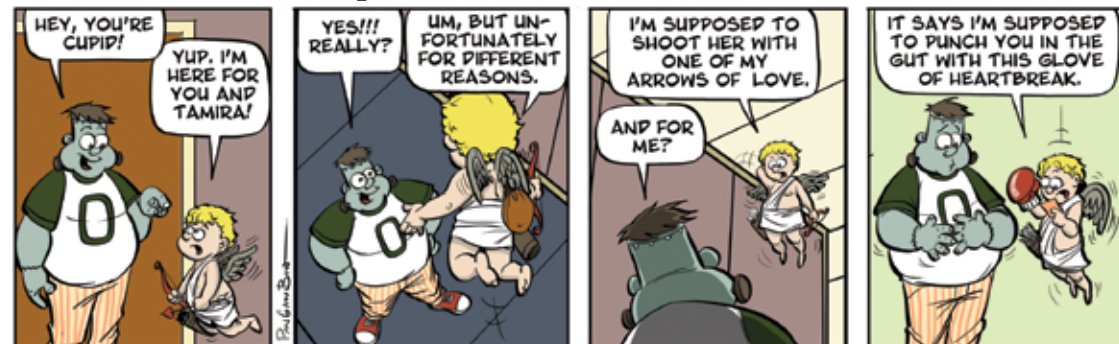
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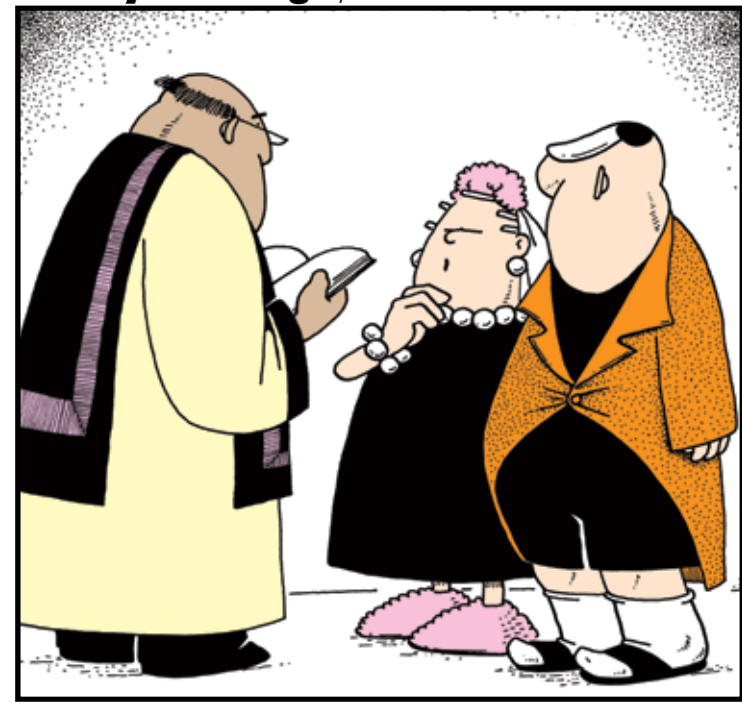
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Women's Empowerment Gains Grant from US Bank Foundation

Funds Will Help Sacramento Women And Children Break The Cycle Of Homelessness



Students and staff at Women's Empowerment accept a check from U.S. Bank Foundation representatives Jessica Cook and Pam Maxwell.

SACRAMENTO, CA (MPG) - Women's Empowerment has received \$26,500 from U.S. Bank Foundation's Community Possible program through a \$1,500 sponsorship of its recent gala and a \$25,000 grant to help homeless women in Sacramento find homes and jobs that support their families.

"U.S. Bank has been a long-time partner with Women's Empowerment and we are grateful for their steadfast support that guarantees more Sacramento women facing homelessness will be able to find steady jobs and safe homes for their families," said Lisa Culp, executive director, Women's Empowerment.

Women's Empowerment's initial eight-week program for women who are homeless in Sacramento provides women with free onsite child care in the group's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness, attending classes on

job-readiness, confidence and empowerment. She receives health services, focuses on job readiness with her employment specialist and volunteer career mentor, and learns financial literacy. When she graduates after eight weeks, she can access Women's Empowerment's graduate services at any point in her life, which include certifications, counseling, GED preparation, access to a professional clothing closet, financial literacy, and paid job training through the group's Get A Job Kit Training and small business.

"Women's Empowerment provides the most comprehensive solution in Sacramento for women and children who are homeless," said Jessica Cook, district operations manager with U.S. Bank and a Women's Empowerment board member. "At U.S. Bank, we believe all people deserve the opportunity to dream, believe and achieve, including having a stable job and a home to call your own. We are proud to have Women's

Empowerment as one of our Community Possible partners here in Sacramento."

Celebrating its 15th anniversary this year, Women's Empowerment was recently featured on NBC's TODAY Show and on CNN.com for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,322 homeless women and their 3,000 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online: www.womens-empowerment.org.

Source: Kristin Theabaud Communications ★

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- 1) **NO ONE REALLY DIES.** Scientists agree that the five human senses detect much less than one percent of reality. When your body dies, only a tiny fraction of who and what you really are changes. The other 99.999% is energy, consciousness, spirit, light, intelligence, and love. All that continues on beyond physical death.
- 2) **"DEATH" IS AN IMPORTANT PART OF LIFE.** Childhood, adolescence, and other life stages impart unique lessons and so does the phase we call death. Although some people yearn for a life without change, that would get very boring very quickly. Death is like a reset button that allows your inner self to try on different roles in the never-ending saga of life. It's a sign that you have graduated from earth-school.
- 3) **YOU CREATE YOUR OWN HEAVEN OR HELL.** The ridiculous concept of a fiery eternal hell has been a big money-maker and people-controller over the ages, but there's no such place. The afterlife evidence clearly refutes any place of perpetual torment. And heaven is not a big place in the sky; it's a state of consciousness that can be assessed here and in the hereafter—no matter what is going on around you.
- 4) **YOU WILL SEE YOUR DEPARTED LOVED ONES AGAIN.** Much contemporary proof shows that a blessed reunion with your dear ones occurs when you cross over. And, what's more, you can continue a different but distinct relationship right now with your loved ones who have passed on. So relax about your loved ones dying and remember that death is not a good-bye, just a "see you later."
- 5) **LIFE IS NEVER-ENDING, BUT EVER-CHANGING.** If you can grasp that life consists of perpetual change, you have it made. Just as you enjoy reading different books or watching different movies, your essence likes to experience different facets of life. Your current earth-experience is just one-page of an endless story called life unfolding. Take a deep breath and continue creating the life of your dreams.

That's just a smattering of what **Dr. Pitstick** covers in "Soul Proof." You can check out the rest of the story at his website at www.soulproof.com. So live on and know it does not end at death. It's just a continuing journey and live it to the fullest! ★



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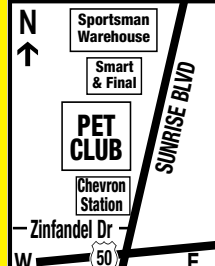
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Limit 2 Jugs Per Family
\$6.99
Effective 8/31/16 - 9/6/16

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 8/31/16 - 9/6/16

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 Cases
On Sale

EVERCLEAN PREMIUM CAT LITTER
•Extreme Clump •ES Unscented •Multiple Cat
•Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes
15 lb Bag
\$10.99

NUTRO MAX CAT DRY CAT FOOD
•Adult •Indoor Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$2 OFF
OUR SUPER DISCOUNT PRICES

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9.99

NUTRO NATURAL CHOICE DRY DOG FOOD
•Lamb & Rice (Adult & Small Bite) •Senior
•Chicken •Small Breed Adult Limit 2 Bags
\$2 OFF OUR SUPER DISCOUNT PRICES!

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢

WELLNESS DRY DOG FOOD
•Chicken •Lamb •White Fish (*Large Breed Adult, \$54.99) - 30Lb
•Senior •Healthy Weight - 26Lb
(3 Free 12.5 Oz Dog Cans Excluding Core With Ea. Purchase)
\$49.99

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.49

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish
•Trout/Salmon •Zsential
13.5 lb 27 lb
\$3.00 OFF \$5.00
OUR SUPER LOW PRICES

CALIFORNIA NATURALS DRY DOG FOOD
•Chicken Meal & Rice (Adult Only)
•Lamb Meal & Rice (Adult Only) •Grain Free Salmon
•Grain Free Venison/Lentil 30 Lb Bag Limit 2 Bags
ON SALE

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

CAT COUNTRY PREMIUM ORGANIC CAT LITTER
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

ASPEN PET & PETMATE PET BEDDING
All Varieties Including Self Warming Bedding
20% OFF
OUR SUPER LOW PRICES

CADET RAWHIDE SALE
28 Oz Pkg.
•Chicken Breast •Duck Breast
•Sweet Potato & Chicken
•Sweet Potato & Duck
\$14.99

SENTRY FIPROGUARD Flea Control & Treatment
•Dogs •Cats
•Regular •Plus •Max All Sizes
OUR SUPER LOW PRICES
20% OFF

HAGEN FLUVAL FILTER SALE
MODEL.....TANK.....**PET CLUB SALE** MODEL.....TANK.....**PET CLUB SALE**
106... 25 GAL.....**\$84.99** 306... 70 GAL.....**\$129.99**
206... 40 GAL.....**\$99.99** 406... 100 GAL.....**\$174.99**

TETRA BOXED 10 GALLON TANK With Economy Kit
Just add Heater For Tropical Fish
\$36.99 Limit 1 Per Family

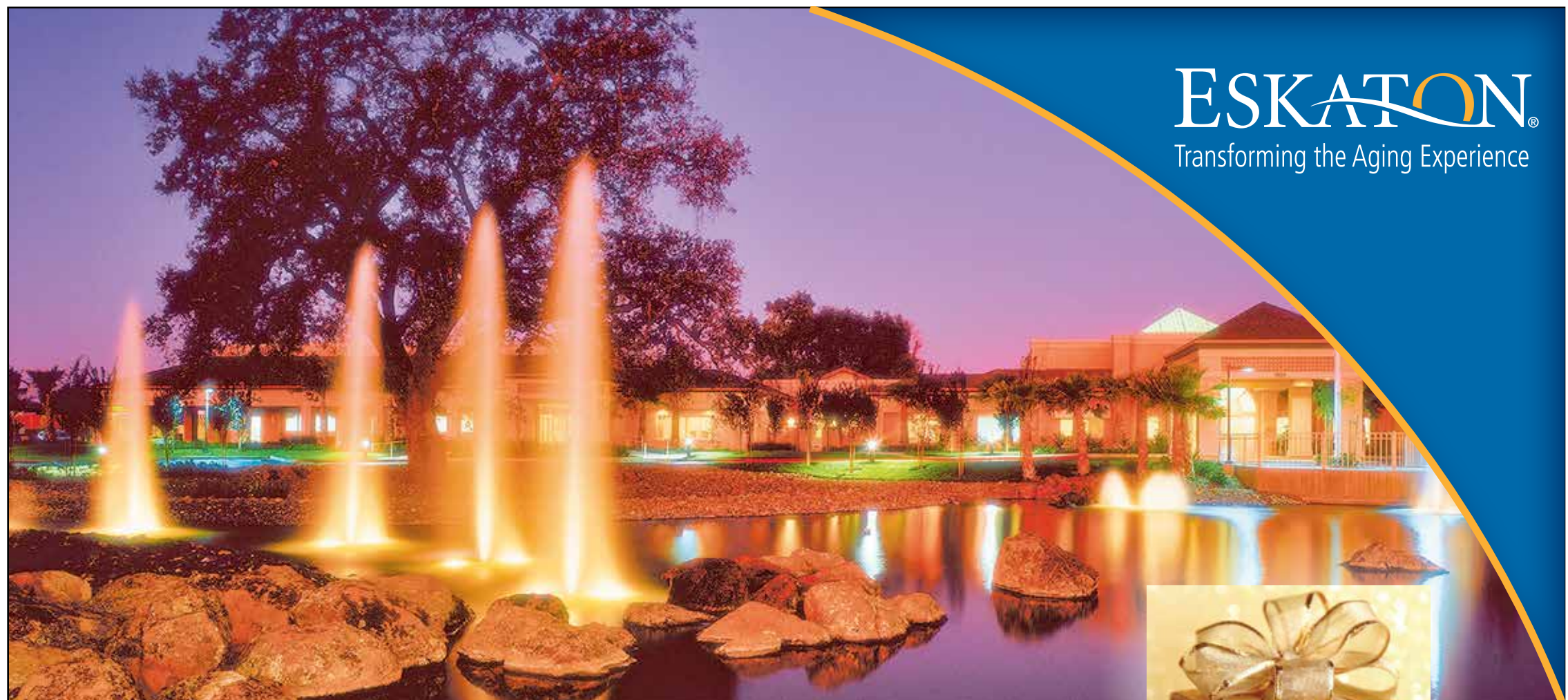
TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz.....**\$7.99**
Tetrafin Staple 7.06 oz.....**\$11.99**
Tetra Ruby Color 7.06 oz.....**\$11.99**

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix
\$14.99

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
\$1.59 CT PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
\$1.29 CT PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
53¢ CT PLU 361



ESKATON
Transforming the Aging Experience

Eskaton Village Carmichael Golden Opportunity Event

Don't miss this Golden Opportunity!
For a very limited time, we invite you to take 1/3 off your membership fee (with savings up to \$50,000) on select apartments and cottages at our 37-acre resort-style retirement community. You must close on your selected residence by December 31, 2016.

Come to a Fall Home Tour to find out more. Lunch is on us! Call now to reserve your spot. Take advantage of your golden opportunity to save 1/3 on a lifestyle filled with choice, luxury, comfort and service, all at a price that's more affordable than you might think — with monthly fees from only \$3,566.



eskaton.org/VC

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
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