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JONES CONDEMNS OBAMA'S RANSOM PAYMENT TO IRAN



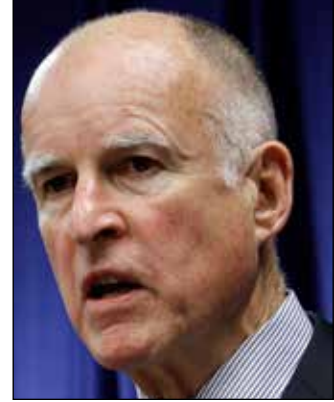
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DEFENDANT SENTENCED FOR ELDER ABUSE, TERRORIST THREATS



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BROWN SIGNS TRIBAL COMPACTS



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Farming Legend Dewey Dies

Homestead Recalls Pioneer Farming Days of Region



The Dewey home was built in 1876. Now engulfed by suburbia on the Carmichael/Fair Oaks border, the homestead has sheltered six family generations. Photo by Susan Maxwell Skinner. **Harry Harlan Dewey (right)** relocated his nut orchards to Yolo County in the 1960s. He recently died at 89. Family picture

Story by Susan Maxwell Skinner

One of the most successful farmers in local history died recently. Harry H. Dewey was 89 years old and descended from pioneers who settled near Winding

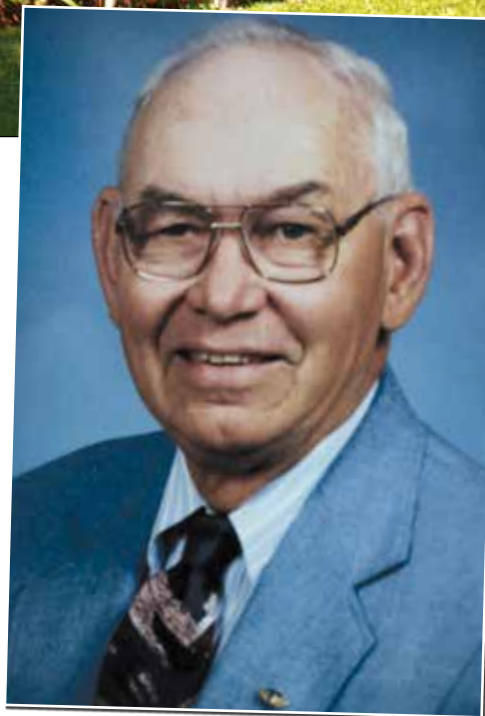


Toddling in the arms of legendary grandfather **Harry J. Dewey**, little Harry was a farmer born. Family picture

Way in the 1870s.

Harry and his father Harold followed patriarch Harry J. Dewey in cultivating 200 acres of the old San Juan Land Grant. Earlier acquired by the Heintz family, the property came to Dewey hands with Harry's 1888 marriage to Bertha Heintz. The couple expanded grain and fruit operations to cover 4,400 acres – including large parts of Carmichael. Always progressive, they purchased the area's first combine harvester; the mule-drawn contraption was shared with other local farmers. Blasting hardpan with dynamite, Dewey and his son Harold later planted almond trees. As Harry H. joked, the family has been "nuts ever since."

Harry Dewey Fundamental (named for the earliest Harry) and Will Rogers Middle School -- and a fire station -- new occupy chunks of Oak Lawn Farm. Though the remainder is now solid suburbia, the farmhouse remains in family hands. Here six Heintz and Dewey generations have enjoyed the shade of heritage oaks for which the ranch was named. Pre-urbanization, Harry H.'s daughter recalls her pastoral upbringing. "My brother and I were free-range, with 200 acres to roam in," says Eileen Thomas.



A strong work ethic was native to Dewey blood. "My father considered himself a steward of the land," the daughter affirms. "He was grounded -- and then he learned to fly." Harry's long membership of Flying Farmers (an organization of pilot agriculturalists) was preceded by WW II Navy service. As a radio crewman, he'd formed a passion for aircraft. He later volunteered for flying organizations that assisted in law enforcement and medical emergencies.

Continued on page 2

FBI Warns of Phone Scam Targeting Northern and Central California Residents

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento field office has received numerous reports of individuals impersonating government agencies in an effort to scam the public. Currently, these unsolicited calls are placed by criminals who claim to be representatives of the FBI or other government agency and make demands for money. Several call recipients stated that Caller ID information falsely displayed the call as originating from an FBI office and the caller told the victim to check the internet to verify the number.

Federal agencies do not call or e-mail individuals to collect money. Government impersonation scams vary but most use intimidation tactics to coerce victims to hastily provide personal information or money. During calls, scammers often tell victims that charges have or will soon be filed against them and arrest or confiscation of property is imminent unless payment is made immediately by prepaid credit card or gift card. Often, if a call recipient questions the caller about the authenticity of the call, the caller becomes increasingly more aggressive. In some cases, Caller ID information was replicated to make calls appear to originate from a federal agency's legitimate phone number.

The FBI advises the public to always exercise caution when receiving unsolicited calls and never give personal information when such calls are received. Recipients of scam calls should hang up immediately and report the call. All types of telephone fraud schemes and scams can be reported to the FBI's Internet Crime Complaint Center (IC3) at <https://www.ic3.gov/complaint/splash.aspx>.

Source: FBI

WE SUPPORT OUR MILITARY

New Fire Chief Selected for Metro Fire

MATHER, CA (MPG) - The Board of Directors for the Sacramento Metropolitan Fire District (Metro Fire) announced on August 5th their selection of Todd Harms as the next Fire Chief.

After Fire Chief Mark Wells announced earlier in the year that he planned to retire later this year, the Board launched a nationwide search in May to recruit his successor. Given that Metro Fire is the largest fire agency in the Sacramento region and the 7th largest in California, the Board was seeking a dynamic and visionary

leader in the fire service, with a passion for public safety, who would be energized by Metro Fire's fast pace and the diversity of service demands.

"We are pleased to have Todd Harms take the lead as our new Fire Chief," stated Board President Jack Scheidegger. "His expertise and leadership experience will add greatly to the existing excellent Metro Fire staff and provide expanded vision and perspective as we move into the future. We are fortunate to have this opportunity to build on the fine leadership provided by Chief Wells."

Harms has 35 years of public safety service, of which nine were spent serving as an Executive Staff member for the Phoenix Fire Department. He is currently the Assistant Chief of Operations and has also been their Assistant Chief of Personnel and the Training Division, with oversight of the Training Academy, Command Training Center, Special Operations, Emergency Medical Services, Technical Services, dispatch and the Regional 9-1-1 services.

Harms began his fire service career in 1981 as a Firefighter

Paramedic in Peotone, Illinois, and in 1987, became a member of the Phoenix Fire Department. He has progressed through the ranks as a Firefighter, Paramedic, Engineer, Captain, Battalion Chief, Deputy Chief of Special Operations and Shift Commander. He has been an Urban Search and Rescue (US&R) team member, with deployments to Hurricanes Katrina and Rita. Harms holds a Bachelor's degree in Fire Service Management and is a past adjunct instructor at Phoenix College in the Fire Science Program.

Source: Sac Metro Fire



Sacramento Metropolitan Fire District (Metro Fire) announced on August 5th their selection of **Todd Harms (above)** as the next Fire Chief.

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Farming Legend Dewey Dies

Homestead Recalls Pioneer Farming Days of Region

Continued from page 1

His biggest flight of faith occurred in the 1960s. Farming urbanized Carmichael/Fair Oaks was by then unfeasible. Dewey and his wife Jane uprooted to establish commercial orchards in Yolo County. "The move was difficult for all of us," explains Eileen Thomas. "The old farm had been our only home. But it was exciting for dad. He'd always worked for his father and grandfather; in Yolo, he was on his own for the first time." While his parents retired on a remnant of Oak Lawn Farm, son Harry prospered in pastures new. Dewey Farm almonds, pistachios and walnuts are still marketed all over Northern California.

A community pillar, Harry H. provided leadership for his church, his Masonic lodge, the American Legion and the Yolo Fire District. The grower also served Yolo farming organizations.

"Dad had a good mind; he was articulate and personable," considers Eileen Thomas. "He taught us all to have a sense of community and to work to make it a better place for everyone."

Even during declining health, his love for farming and flying remained intense. "Dad flew his plane until his 85th year," says Thomas. "After that, he depended

on fellow pilots to give him a lift. Dad just loved being airborne. And he was always hard to keep off a tractor. A week before died, he was doing his best to get out to the orchard and prepare for harvest."

Eileen Tomas and her family now occupy the 140-year old Dewey homestead near Winding Way. Its solid



Antique signage names Harry J. Dewey's residence for its heritage oaks. Photo by Susan Maxwell Skinner



The Deweys acquired the area's first combined harvester -- hauled by 20 mules. Susan Skinner Archive photo

redwood planking and 14-inch wide sills seem unscarred and good for many more Dewey descendants. "This house recalls our humble beginnings," she confirms. "Here I'm constantly reminded my father and his ancestors. This house is a testament to people who worked hard and

kept family strong and united."

A memorial service for Harry H. Dewey was held last weekend in Woodland. He is survived by his wife Jane; their son Harry J. Dewey and daughter Eileen -- plus five grandchildren and two great grandsons. ★

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First 5 California: Summer Reading at Your Local Library

By Diane Levin, Chief Deputy Director, First 5 California

During the long hot days of summer, it can be challenging to find new activities for your young children. A great option to consider is the local library. Libraries offer many free resources and activities for parents with young children.

From the moment children are born, their brains are developing at an incredible speed. By talking, reading, and singing to a child during these critical early years, a parent can help to develop crucial neural synapses, increase a child's vocabulary, and establish a love for books helping that child to be successful in school and throughout life.

The neighborhood library has a wide selection of books for children of all ages to explore and discover. Every day, parents and their children can check out a stack of books, read through them together, and then do it all over again, all at no cost.

The children's librarian can help guide the search and make recommendations on books that can lead to surprising new discoveries. There are also compact discs available to be borrowed for sing-along time at home.

Additionally, libraries offer a wide variety of free and low-cost activities and programs, such as story time, readings by children authors, arts and crafts classes, puppet shows, musical performances, science labs, book clubs, and many more.

This enables children to learn new skills, socialize, and interact with others of their own age.

Visit your local library today! There are amazing benefits just waiting to help enrich your child's life and create a life-long appreciation for reading. Find the nearest library at <http://www.publiclibraries.com/california.htm>

Diane Levin as the First 5 California's Chief Deputy Director and directs the agency's day-to-day operations. Her primary responsibilities include establishing and implementing internal policies that provide for the governance of the agency's policies, programs, systems, services, security, and public relations. ★

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CDPH Reports Record-Low Birth Rates Among Adolescents

SACRAMENTO, CA (MPG) - California's birth rate among adolescents has continued to decline to record-low levels, reports California Department of Public Health (CDPH) Director and State Health Officer Dr. Karen Smith. The state's 2014 numbers indicate a record low of 20.8 births per 1,000 females between the ages of 15 and 19. Those numbers reflect a 10 percent decline from 2013 and a 55 percent decline from the 2000 rate of 46.7.

"California's continued success in reducing births among adolescents is an excellent example of public health at work," said Dr. Smith. "We can have a positive influence on the lives of young people when we empower them with knowledge, tools and resources to make healthy choices."

The birth rate among adolescents decreased among all racial and ethnic groups between 2000 and 2014. During this time, the birth rate dropped from 77.3 to 31.3 (births per 1,000 females aged 15 to 19) among Hispanics, 59.1 to 24.6 among African Americans, 22.3 to 8.4 among Whites and 15.0 to 3.7 among Asians.



The birth rate among adolescents decreased among all racial and ethnic groups between 2000 and 2014.

Despite these declining birth rates, racial disparities persist in adolescent childbearing in California. African American and Hispanic adolescents are three to four times as likely to give birth as White females. In addition, the birth rate among adolescents varies considerably across counties, from a low of 7.0 in Marin County to a high of 45.1 in Kern County.

California has a number of programs aimed at preventing adolescent pregnancy and improving pregnancy outcomes

among young women. CDPH funds the Information and Education Program, the Personal Responsibility Education Program authorized through the Affordable Care Act of 2010, and the Adolescent Family Life Program for expectant and parenting adolescents. In addition, the state provides no-cost family planning services to eligible men and women, including adolescents, through the Family PACT Program.

Source: www.cdph.ca.gov ★

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Sheriff Scott Jones Condemns Obama Administration's Cash Ransom Payment to Iran



Scott Jones

Scott Jones condemned today the secret cash ransom payment the Obama Administration paid to Iran in exchange for the release of four American hostages.

The Wall Street Journal has reported that President Barack Obama and Secretary of State John Kerry, over the objections of the Department of Justice, arranged for \$400 million in cash to be secretly flown into Iran in an unmarked cargo plane. The paper reported that U.S. officials "acknowledge that Iranian negotiators on the prisoner exchange said they wanted the cash to show they had gained something tangible."

"By putting a price on the heads of American hostages,

the administration has signaled to every criminal regime and terror organization in the world that taking Americans hostage can be a profitable enterprise," said Sheriff Scott Jones.

U.S. Congressman Ed Royce, chairman of the House Foreign Affairs Committee, said to reporters that; "hundreds of millions in the pockets of a terrorist regime means a more dangerous region, period. And paying ransom only puts more American lives in jeopardy. We already know the Iran nuclear deal was a historic mistake. It keeps getting worse. What else is the Obama administration hiding?"

Source: Scott Jones for Congress ★

SACRAMENTO, CA - (MPG) Sacramento County Sheriff

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Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.

It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

Q: Hi, we are hoping to have buyers visit our current home but worry about who will visit and potential theft during an Open House. Any suggestions?

A: I understand your concerns as a Realtor. We always want our clients to feel safe, secure and know what's going to occur in sales including Open Houses. Here is a list of ideas and number one is get a Realtor you can trust!

1. Ask your Realtor to bring an assistant to oversee others while they sell the home.
2. Let neighbors know about your Open House.
3. Declutter rooms, protect your valuables by removing them including important financial or credit paperwork that includes account numbers. Prescription drugs should also be removed or secured in the home.
4. Take pictures BEFORE the Open House. Once staged and ready for visitors take photos to review immediately after the door closes at the end of the day.
5. Keep track of who visits, and some provide a sign in sheet that includes follow up contact information including name, phone and emails.
6. Technology offers a watchdog in security cameras that can be placed in hidden to monitor rooms. Video should be captured on a recorder for later inspection.
7. Hire a Security Guard!
8. Check home security after an Open House to make sure all windows, doors and other

access points are still locked and secure to avoid later intruders after the Open House is over.

Some homeowners and realtors don't want to do an Open House, but that is up to each individual seller and may offer more for buyers to see than is apparent in pictures, so it's a case-by-case call for homeowners and Realtors to discuss. Also, listen to us live at 105.5 FM, M-F, 12 to 1, KSAC, The Wall Street Business Network.

Ellen

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants! Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Call us to help when you decide to buy or sell at 916-761-2108.

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CA Federation of Teachers Files Complaint Against Accrediting Commission for Community Colleges

SAN FRANCISCO, CA (MPG) - This week, the California Federation of Teachers filed a substantive new complaint against the Accrediting Commission for Community and Junior Colleges, arguing that the accreditor of California's community colleges has failed so completely to fulfill its duties that the U.S. Department of Education should immediately "delist" it—that is, deny its renewal as an accreditor. The CFT was joined in the complaint by the faculty union at City College of San Francisco, AFT Local 2121, and its parent organization, the American Federation of Teachers.

A previous complaint filed by CFT in 2013 resulted in a finding by the Education Department that the ACCJC was in violation of numerous accreditation standards.

"For years, the ACCJC has pushed forward with

self-serving, illegal accreditation practices that unjustifiably sullied the names of colleges and universities throughout California, like our own City College of San Francisco, while allowing bad actors like Corinthian Colleges to defraud and even bankrupt thousands of students," said AFT President Randi Weingarten, whose 1.6 million members include more than 200,000 professionals in higher education. "Even after it's been found at fault, the ACCJC is still in business, with the potential of devastating the college's functioning and, with it, the ability of faculty to deliver a high-quality education to our students. Enough is enough. It is time to delist this failing commission and return hope to the community and every student City College serves."

The complaint notes that the ACCJC is widely scorned

because of its actions and no longer has "wide acceptance" among the California community colleges it oversees, a crucial standard for continued recognition for regional accreditors by the Department of Education.

"It is past time that we move on to a fair, competent accreditor for the colleges that serve more than 2 million students," said CFT President Joshua Pechthalt, who is an AFT vice president. "The department should pay close attention to the long list of abuses of power and violations of accreditation norms committed by this agency, and help us find an agency that can do the job properly."

The American Federation of Teachers is a union of 1.6 million professionals.

Source: AFT



CDPH Confirms First Human West Nile Virus Death of 2016

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Health Officer Dr. Karen Smith today announced the first confirmed death in California due to West Nile virus (WNV). The deceased person was a senior citizen in Sacramento County.

"West Nile virus can cause a deadly infection in humans, and the elderly are particularly susceptible, as this unfortunate fatality illustrates," said Dr. Smith. "West Nile virus activity in the state is increasing, so I urge Californians to take every possible precaution to protect themselves against mosquito bites."

CDPH has reported ten human cases of WNV from eight California counties this year. In addition, 764 dead birds from 26 counties have tested positive for WNV in 2016 and 1,487 mosquito samples from 30 counties have also tested positive for WNV this year.

The number of WNV positive dead birds and mosquito samples exceeds the numbers at this same time last year and are above the state's most recent five-year average.

West Nile virus is influenced

by many factors, including climate, the number and types of birds and mosquitoes in an area and the level of WNV immunity in birds. West Nile is transmitted to humans and animals by the bite of an infected mosquito. The risk of serious illness to most people is low. However, some individuals – less than 1 percent – can develop serious neurologic illnesses such as encephalitis or meningitis.

People 50 years of age and older and individuals with diabetes or hypertension have a higher chance of getting sick and are more likely to develop complications.

CDPH recommends that individuals protect against mosquito bites and WNV by practicing the "Three Ds":

- 1. DEET** – Apply insect repellent containing DEET, picaradin, oil of lemon eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. Insect repellents should not be used on children under two months of age.
- 2. DAWN AND DUSK**

– Mosquitoes usually bite in the early morning and evening so it is important to wear proper clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens that have tears or holes.

3. DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, by emptying flower pots, old car tires, buckets, and other containers. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

California's West Nile virus website includes the latest information on WNV activity in the state. Californians are encouraged to report dead birds on the website or by calling toll-free 1-877-WNV-BIRD (968-2473).

Source: www.cdph.ca.gov



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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm

Monday - Friday (916) 972-9722

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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A Day in the Life of Metro Fire



This morning started with a 2:00 am call for a house fire on the 8000 block of Camrose Way in South Sacramento.



Sac Metro Fire Special Report

MATHER, CA (MPG) - As the busiest fire agency in the region, Metro Fire responded to more than 93,000 calls for service in 2015. So, what does a typical day at Metro Fire look like?

This morning started with a 2:00 am call for a house fire on the 8000 block of Camrose Way in South Sacramento. Nobody was hurt, the home sustained minimal damage, and Fire Investigators determined the cause to be arson.

Roughly two hours later, Metro Firefighters were called

to the 7200 block of Castle Rock Way in South Sacramento, where they found a vacant home, well-involved with fire, flames coming through the roof. The fire had already spread to a second house and was immediately threatening a third. Firefighters were quickly assigned based on strategic objectives: contain the well-involved house while quickly extinguishing the fire in the second home, and protecting the third. Damage to the house of origin is estimated at \$250,000, the second house at \$35,000, and the only damage to the third house was melted window frames. No injuries were reported and the cause is currently under investigation.

Around 11am, a car that swerved into a ditch knocked down a utility pole, downing energized lines at Eagles Nest and Jackson Road. A fire started in a pole barn and spread

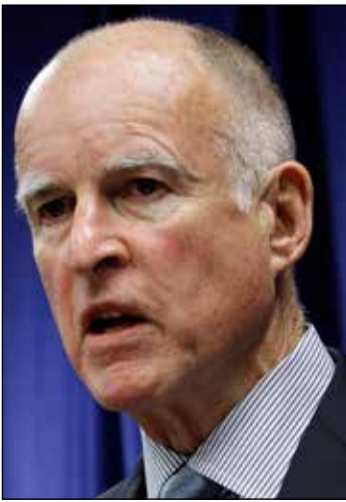
to nearby grass. About a quarter mile away, a spark from a fuse on the damaged line started a second grass fire. The driver was uninjured and both fires were contained to less than an acre.

Just before 1pm, another grass fire at Jackson Road and Lizwelsh Road threatened multiple structures. An aggressive fire attack held the fire to less than three acres, with fire damaging fences and trees but none of the homes. No injuries were reported and the cause is still under investigation.

Throw in training and 250 more calls (on average) for medical emergencies, water rescues, floods, vehicle accidents, animal rescues, fires, and vertical rescues, and you have a snapshot of a day at Metro Fire.

For more information check out www.metrofire.ca.gov. ★

Governor Brown Signs Tribal Compacts



Governor Edmund G. Brown Jr.

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. today announced that he has signed tribal-state gaming compacts between the State of California and the Agua Caliente Band of Cahuilla Indians, the Jamul Indian Village, the Pechanga Band of Luiseño Indians and the Yocha Dehe Wintun Nation, as well as an amendment to the current tribal-state gaming compact with the Yurok Tribe.

The terms of the new compacts regarding licensing, compliance enforcement, mitigation of off-reservation impacts and protections for patrons and employees are consistent with recent compacts. The regulatory provisions reflect the professionalism of the tribes' regulators and their constructive relationship with state gaming regulators. The new compacts strengthen government-to-government relations at the local level by providing incentives for tribal funding to local jurisdictions for fire, emergency medical services, law enforcement, public transit, infrastructure improvements, education and other

essential services. They also promote tribal investments that provide a mutual benefit to the tribe and the local community. These investments may include renewable energy, recycling or water conservation projects, non-gaming-related economic development and health care facilities.

Two of the compacts - Pechanga and Yocha Dehe - establish the new California Native American Education and Scholarship Fund. This fund recognizes that investment in educational programs and opportunities is essential to the overall health and welfare of all Californians, and is inspired by the belief that a college education not only improves the quality of an individual's life but also engenders broad social, economic and political benefits. It is intended to ensure that Native American youth from tribes without substantial gaming revenue have the financial support to pursue and obtain undergraduate, graduate and professional degrees. Each of the new compacts also provides significant additional revenue to the Revenue Sharing Trust Fund, which distributes gaming revenue to non-gaming and limited gaming tribes so that the economic benefits of gaming reach all tribal governments within California.

The compact with Agua Caliente reflects the unique relationship between the tribe and Palm Springs, Rancho Mirage and Cathedral City and creates a framework within which the tribe can make significant investments that will generate jobs and stimulate additional economic growth in each of those communities.

The compact with the Jamul Indian Village recognizes that the tribe has committed to support projects that benefit local residents, ranging from transportation infrastructure improvements to funding for enhanced fire services, as the tribe makes the transition from a recipient of Revenue Sharing Trust Fund money to a contributing tribe.

The new Pechanga compact will make the tribe one of the largest contributors to funds - including the new California Native American Education and Scholarship Fund and the Revenue Sharing Trust Fund - which support other tribal governments and their members. In addition, the compact creates a new Local Community Credit Fund that will serve as a vehicle for investments in projects that benefit the tribe and the local community.

The compact with Yocha Dehe affirms the tribe's commitment to the residents of Yolo County and is intended to enable the tribal government to invest in worthy causes, such as providing needed funding, economic development and infrastructure for tribal and non-tribal governments; scholarships for Native American people and funding for schools dedicated to Native American education; capital to help local governments establish the machinery needed to protect cultural resources; and housing and health care benefits for those in need.

The amendment to the compact with the Yurok Tribe conforms the provisions of its 2006 compact regarding workers' compensation to those of more recent compacts.

Source: Office of Governor Brown ★

Non-Prescription Meds - A Forgotten Solution to Rising Healthcare Costs

Commentary by Devon Herrick

One of America's largest doctor groups recently issued a stunning recommendation.

The American College of Physicians is urging its 140,000 members to prescribe generic medications whenever possible, even if newer medicines are available. The ACP explains that people are far more likely to fill an inexpensive generic prescription, since skyrocketing drug prices and insurance fees have made brand-name medicines increasingly unaffordable.

That recommendation, though a step in the right direction, doesn't go far enough. Often, the cheapest, safest, and most effective treatments don't require a prescription at all.

It's time for doctors and insurers to steer patients to these non-prescription remedies. Doing so would save patients billions while improving their health.

Prescription drug prices keep rising. List prices for brand-name drugs jumped almost 15 percent in 2015. Even generic prices rose 3 percent.

Insurers increasingly pass these costs on to patients. Patients' average out-of-pocket spending jumped 77 percent from 2004 to 2014. Spending on insurance deductibles rose eight times as fast as wages. And expenditures on co-insurance - an arrangement that forces patients to pay a large percentage of each prescription's cost - more than doubled.

Many patients can't afford these costs. So they respond by skipping doses to make their prescriptions last longer. Or they don't fill the prescriptions at all - and become sicker as a result.

Doctors could prevent much of this non-adherence - which costs the nation up to \$300 billion a year - by encouraging patients to use affordable non-prescription alternatives first.

Most Americans are familiar with non-prescription remedies such as Tylenol, Allegra, and Imodium. Consumers can

obtain these products at local pharmacies, retail stores, and even online without a doctor's prescription.

Many people assume that if a product doesn't require a prescription, it's less effective. Not true. More than 700 over-the-counter products were once available only by prescription. Consider the range of treatments for irritable bowel syndrome, a combination of diarrhea and constipation that plagues up to 55 million Americans. Most physicians initially advise IBS sufferers to make dietary modifications, such as eating smaller meals throughout the day or avoiding fatty foods.

If that doesn't work, doctors typically default to "drug 'em up" mode - saddling patients with high costs in the process. New prescription options for irritable bowel syndrome can cost as much as \$19 per tablet.

Patients may fare better if doctors recommended non-prescription remedies before reaching for their prescription pads. One such IBS remedy, IBgard, sells for 63 cents per capsule, and according to recent clinical studies, it decreases IBS symptoms by 40 percent after four weeks. Other testing shows that another non-prescription remedy, Miralax - which costs less than a dollar per dose - relieves IBS-related constipation in the overwhelming majority of patients.

Non-prescription remedies effectively treat a host of other common ailments too. Prilosec, for instance, controls acid reflux disease just as well as prescription medications, according to recent studies. Non-prescription anti-inflammatory treatments, such as Aleve, reduce joint pain about as much as prescription Celebrex.

These equally-effective treatments can help to protect patients' bank accounts as well as bodies. While the average brand-name prescription costs about \$268 and the typical generic prescription costs \$33, the average non-prescription

remedy sets consumers back less than \$10.

All told, non-prescription drugs save Americans \$102 billion a year. That's a third of the nation's total pharmaceutical spending.

Non-prescription treatments also come with fewer side effects and health risks. For instance, researchers have discovered that a non-prescription, 200-milligram tablet of ibuprofen - the active ingredient in Advil - curbs pain as effectively as a 10-milligram dose of prescription morphine. The latter treatment, of course, is highly addictive and can lead to drug abuse.

Doctors aren't the only ones who ought to encourage greater adoption of non-prescription remedies. Insurers should too.

Currently, many insurance companies incentivize doctors and patients to use inexpensive treatments by keeping co-pays low for generic drugs, while charging high co-insurance fees for expensive brand-name medicines. Yet these companies neglect to cover many non-prescription remedies. That forces patients to pay the full price out-of-pocket.

Expanded coverage for such remedies would give doctors and patients a financial incentive to try non-prescription options before resorting to expensive drugs. Congress could also further encourage non-prescription drugs by repealing the medicine cabinet tax on OTC drugs and allowing consumers to use their HSAs and FSAs to purchase non-prescription drugs.

Non-prescription treatments boost patients' health - without breaking the bank. By encouraging increased use of these therapies, physicians and insurers could trim ballooning healthcare bills and ensure patients can actually afford to follow their doctors' orders.

Devon Herrick, Ph.D., is a health care economist who serves as a Senior Fellow at the National Center for Policy Analysis ★

CHP to Host "Coffee with a Cop" August 17th

CHP Special Release

SACRAMENTO, CA (MPG) - Officers from the California Highway Patrol Valley Division Office and community members will come together in an informal, neutral space to discuss community issues, have coffee, and build relationships. All community members are invited to attend. The event will be held from 8:00 am to 10:00 am on Wednesday, August 17, 2016 at Old Soul @ 40 Acres. Please contact Officer Guillermo Garcia with questions: (916) 731-6300, or email 201pio@chp.ca.gov.

Coffee with a Cop provides a unique opportunity for community members to ask questions and learn more



about the Department's work in Sacramento's neighborhoods.

The majority of contacts law enforcement has with the public happen during emergencies or emotional situations. Those situations are not always the most effective times for relationship building with the community, and some community members may feel officers are unapproachable on the street. Coffee with a Cop breaks down barriers and allows for a relaxed, one-on-one interaction.

"We hope community members will welcome the

opportunity to ask questions, bring concerns forward, or simply get to know our officers," said Chief Janice Mulanix. "These interactions are the foundation of community partnerships."

Coffee with a Cop is a national initiative supported by the United States Department of Justice, Office of Community Oriented Policing Services. Similar events are being held across the country as local police departments strive to make lasting connections with the communities they serve.

The program aims to advance the practice of community policing through improving relationships between police officers and community members one cup of coffee at a time. ★



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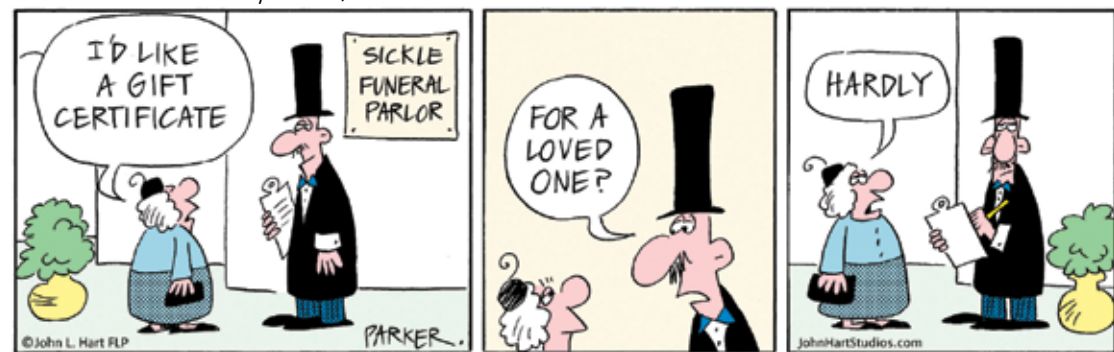
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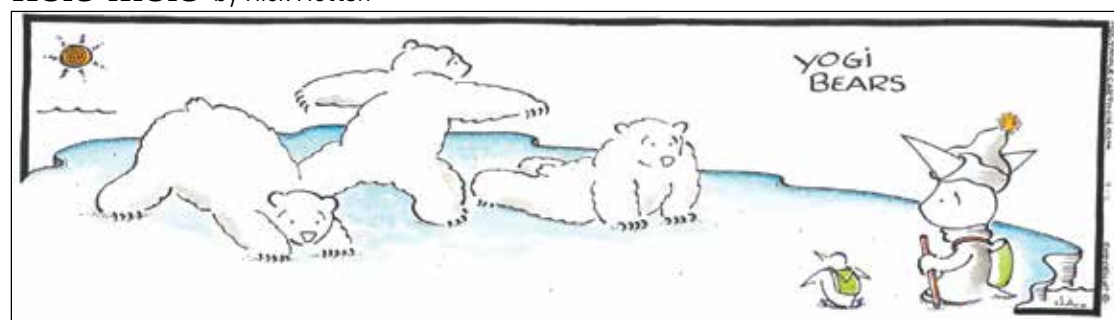


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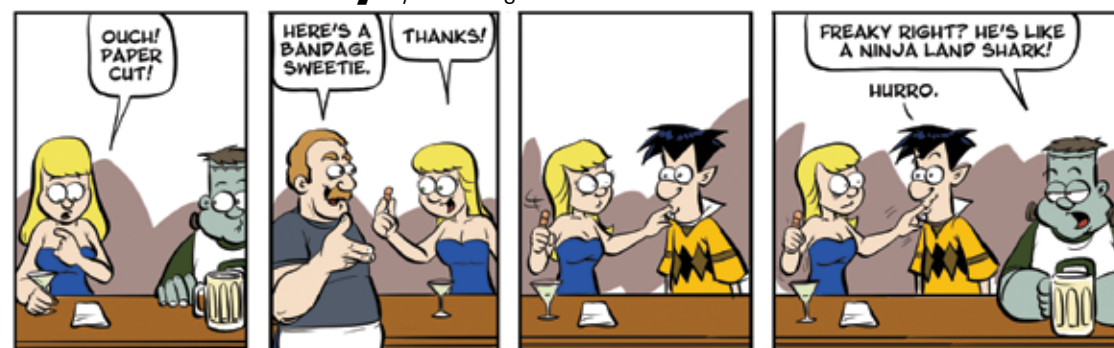
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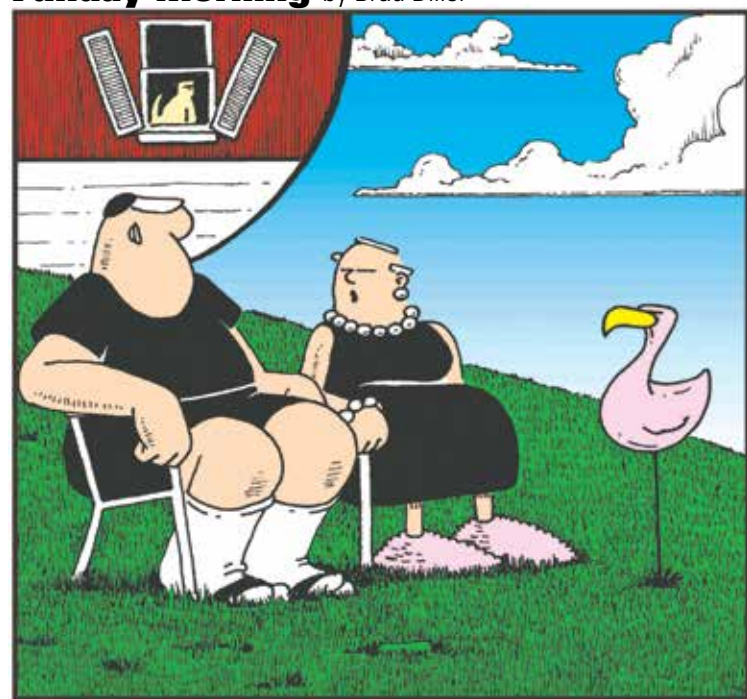
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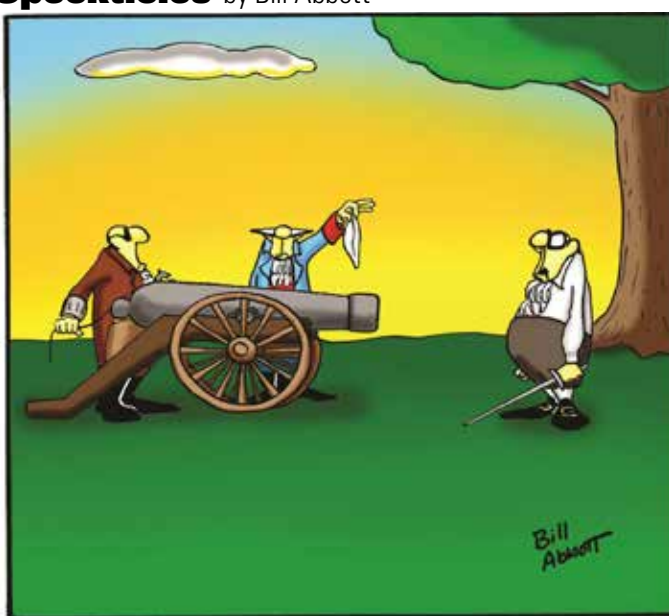
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First 5 California: Summer Reading at Your Local Library

By Diane Levin,
Chief Deputy Director,
First 5 California

During the long hot days of summer, it can be challenging to find new activities for your young children. A great option to consider is the local library. Libraries offer many free resources and activities for parents with young children.

From the moment children are born, their brains are developing at an incredible speed. By talking, reading, and singing to a child during these critical early years, a parent can help to develop crucial neural synapses, increase a child's vocabulary, and establish a love for books helping that child to be successful in school and throughout life.

The neighborhood library has a wide selection of books for children of all ages to explore and discover. Every day, parents and their children can check out a stack of books, read through them together, and then do it all over again, all at no cost.

The children's librarian can help guide the search and make recommendations on books that can lead to surprising new discoveries. There are also compact discs available to be borrowed for sing-along time at home.

Additionally, libraries offer a wide variety of free and low-cost activities and programs, such as story time, readings by children authors, arts and crafts classes, puppet shows, musical performances, science labs,

book clubs, and many more. This enables children to learn new skills, socialize, and interact with others of their own age.

Visit your local library today! There are amazing benefits just waiting to help enrich your child's life and create a life-long appreciation for reading. Find the nearest library at <http://www.publiclibraries.com/california.htm>

Diane Levin as the First 5 California's Chief Deputy Director and directs the agency's day-to-day operations. Her primary responsibilities include establishing and implementing internal policies that provide for the governance of the agency's policies, programs, systems, services, security, and public relations. ★

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Sacramento County DA Reports

Defendant Sentenced for Elder Abuse, Terrorist Threats
Gang Member Convicted for Shooting at Occupied Vehicle



DATE: July 29, 2016

CASE: Gregory Ortiz

PROSECUTOR: Deputy District Attorney Tate Davis, Domestic Violence Unit

The Honorable Eugene Balonon sentenced 45-year-old Gregory Ortiz to 14 years, 4 months in prison. On April 14, 2016, a jury convicted Ortiz of elder abuse, making terrorist threats, and resisting arrest. A prior strike conviction and 5 year prison prior were also found true.

On June 25, 2015, the 77-year-old victim let Gregory Ortiz into her house despite having several restraining orders issued against him. Ortiz started drinking and became violent with the victim, choking her several times. He threatened he would kill her if she called police. Ortiz also choked the victim's dog and threatened to kill the dog if she went to the police.

The following morning, Ortiz started yelling at the victim. Out of fear, she called her sister, who called 911. When the victim told Ortiz the police were called, he began choking her again until law enforcement arrived and announced they would break down the door. Ortiz then released the victim and tried to escape. After a struggle with deputies and attempts to resist arrest, Ortiz was taken into custody.

Ortiz has a criminal history dating back 24 years, including a 1992 strike conviction for battery causing serious bodily injury, a 2013 felony assault likely to cause great bodily injury conviction, and 14 misdemeanor convictions.

DATE: August 2, 2016

CASE: Anthony Cain

PROSECUTOR: Deputy District Attorney Molly Steber, Gangs & Hate Crimes Unit

Twenty-three-year-old Anthony Cain was convicted by a jury of assault with a firearm, discharging a firearm at an occupied vehicle, and being a convicted felon in possession of a firearm. The jury also found true that Cain personally used a firearm and that he committed these offenses for the benefit of a criminal street gang. Cain has a prior 2012 strike conviction for possessing a loaded firearm for the benefit of a criminal street gang.

On March 11, 2014, the victims were driving home from breakfast when they passed Cain's vehicle, which angered Cain and his passenger. Cain followed the victims, flashed a gun, and shot at them. When Cain attempted to shoot again, his gun jammed and the victims were able to escape. Cain, who is an active Varrio Diamond Norteno gang member, was later identified through witness descriptions of the shooter, the car, and a partial license plate number.

Cain faces a maximum potential sentence of 54 years to life in prison. Sentencing is set for September 7, 2016, at 9:00 a.m. in Department 26 before the Honorable Laurel White.

DATE: August 2, 2016

CASE: Christian Hirtzel

PROSECUTOR: Deputy District Attorney James Wax, Cyber Crimes Unit

The Honorable Michael Bowman sentenced Christian Hirtzel to 4 years 8 months in prison. On June 14, 2016, Hirtzel pled no contest to felony charges of extortion, accessing a computer to extort, contacting a minor to commit a sex offense, and possession of child pornography. Hirtzel will also be required to register as a sex offender for life.

Over several years, Hirtzel extorted and attempted to extort at least nine female victims. He obtained compromising photos of victims, primarily by hacking into the victims' email or social media accounts. He then anonymously messaged the victims, including at least two who were under 18, and threatened to distribute the images to friends, family members, or their college if they failed to send more graphic nude photos or videos of themselves. If they complied, he then used the new photos as additional leverage to make further demands. Several times, he posted the images of victims on social media sites regardless of whether they had complied.

While Hirtzel had previously dated several of the victims, he had only a limited connection with others through high school or college. When asked by one victim why he was doing this, he told the victim he wanted to feel powerful and feel like he had won. ★

SACRAMENTO CHORAL SOCIETY & ORCHESTRA

21st Concert Season 2016-2017



DONALD KENDRICK



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ALBINONI | *Adagio for Organ and Strings*
JAMES WHITBOURN | *Lux in Tenebris*
JAKE RUNESTAD | *The Hope of Loving*
OLA GJEILO | *Luminous Night of the Soul*
PERGOLESI | *Magnificat*

Ryan Enright, Organist

SAT, OCTOBER 22 AT 8:00 PM
Fremont Presbyterian Church

WELLS FARGO HOME FOR THE HOLIDAYS

Guests: Sacramento Children's Chorus
Lynn Stevens, Director

TWO performances of this ANNUAL SACRAMENTO HOLIDAY TRADITION that guarantees merriment with full orchestra, candlelit procession and audience sing along.

SAT, DECEMBER 10
AT 2:00 PM AND 7:30 PM
Sacramento Memorial Auditorium

THE MUSIC OF DOWNTON ABBEY

DOWNTON ABBEY fans can enjoy CHORAL AND ORCHESTRAL MUSIC FROM POST-EDWARDIAN ENGLAND paired with NARRATION about memorable events from the story line of the popular British show and other surprises. Victorian dress encouraged at the concert!

SAT, MARCH 18 AT 8:00 PM
Sacramento Community Center Theater

EUROPEAN MASTERWORKS

MENDELSSOHN | *Psalm 42 Wie der Hirsch schreit*
ROSSINI | *Stabat Mater*

AREA PREMIERE of Mendelssohn's *Psalm 42* in a preview concert before their JUNE TOUR TO FINLAND, ESTONIA AND LATVIA.

SAT, MAY 6 AT 8:00 PM
Sacramento Community Center Theater

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- Live Music!
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- Food Trucks!
- Beer Garden!



Saturday, August 13

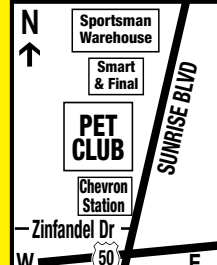
4:00pm-8:00pm

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2 CANS OF CAT FOOD
5.5 Oz Tin All Varieties
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NEW SIZE 25 Lb Bag
Limit 2 Bags Per Family
\$2 OFF
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•Sensitive Skin & Stomach
•Lite•Bright Mind
Limit 2 Bags per Family
\$3 OFF
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Effective 8/10/16 - 08/16/16

FRISKIES
DRY CAT FOOD
16 Lb Bag
•Surfing & Turfing •Seafood •Indoor
Limit 2 Bags Per Family
\$9.99
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9 LIVES
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5.5 Oz All Varieties
Limit 1 Case Per Family
35¢
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20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags per Family
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Max **55¢** Natural Choice **75¢**

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•Chicken •Duck •Salmon •Large Breed Adult
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CASCADE 100	20 Gal.	\$13.99	
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With Economy Kit
Just add Heater For Tropical Fish
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50 GAL SALT MIX WITH AMQUEL
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WHISKAS
TEMPTATIONS CAT TREATS
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Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
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\$1.19 CT PLU 569

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JONNY CAT
CAT LINERS
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