



Skinner Band Schedules Summer Concerts

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Carmichael Times

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June 26, 2014

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She Got the Sheriff

Surprise Capture for New Deputy



Deputy John Rhodes stuns girlfriend Tammy Woods by proposing at last week's recruit graduation ceremony. Sheriff Scott Jones (standing left) and top department brass beam approval. Right: Shocked but happy, Tammy Woods displays her square-cut diamond and 21-carat smile.

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Sweethearts John Rhodes and Tammy Woods, of Citrus Heights, have extra reason to remember John's recent graduation from the Sacramento Sheriff's Academy. As the department's top brass and a 1000-strong audience gasped, newly-pinned Deputy Rhodes surprised his girlfriend with a proposal.

Ending seven months of training, academy ceremonies are big on parade, presentation and protocol. Sheriff Scott Jones eases

formality by allowing loved ones on stage to pin badges on graduates. For this task, US Marine reservist John Rhodes (29) nominated the girlfriend who waited during his overseas deployments.

No ambush was better laid. Announced as Rhodes' fiancée, a puzzled Tammy (28) stepped on stage and applied badge number 2563 to her beau. Under the department's solemn gaze, the new deputy then produced a ring and dropped to one knee. Demonstrating brotherhood, Rhodes' classmates stood and chorused: "Will you marry him?"

The audience exploded; the couple embraced; officials rose in ovation. "I guess she said yes," ventured event announcer, Sergeant Charles Meeks

"He totally blindsided me," admitted Department of Human Assistance worker, Tammy. "John always said he was romantic; I didn't see it. I believe him now. When they called me his fiancée, I thought somebody just made a mistake." Indeed, her sergeant-turned-deputy allowed for zero error. Months earlier, he learned what type of ring Tammy preferred and bespoke a square-cut diamond to fit her hand and her dreams. Having polled his

classmates for approval, he then petitioned the big boss.

"We never had a proposal onstage before," said Sheriff Scott Jones. "But graduation is a time for celebration; so we thought: why not?"

On that night, the newly betrothed deputy would himself be blindsided with an award for Emergency Vehicle Operation.

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Fourth on the Field!

SACRAMENTO REGION, CA (MPG) - Raley Field will host its second-annual Fourth of July celebration this Independence Day. This family friendly event will feature some of the region's best local food, live music from the band Nunchuck Taylor, and a fireworks extravaganza to cap off the night.

The event, which is scheduled to take place on Friday, July 4, from 6-10 p.m. at Raley Field, costs \$10 for adults and \$5 for children. New to 2014 will be an exclusive 21-and-up party in the Solon Club. Tickets for the Solon Club are \$15.

"Fourth on the Field" will be set up similar to Brewfest, with food trucks parked along the warning track in the outfield—some trucks will even make their way on to the concourse. A special kids' activity area, inflatable structures at the Coca-Cola Kids Corner, and access to Raley Field's Beer Garden will make this a family-friendly, full-stadium event

Last year's "Fourth on the Field" event sold out. Tickets are limited, so patrons are encouraged to purchase theirs early. "Fourth on the Field" tickets are available online at www.ticketmaster.com or in person at Raley Field's Round Table Pizza Ticket Office. For more information, visit www.raleyfield.com/fourthonthefield

★ *River Cats Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Single-game tickets can now be purchased at Raley Field's Round Table Pizza Ticket Office or online at rivercats.com or ticketmaster.com. For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.*

Source: Raley Field and Our Sports Central



Henry Wirz Receives Salvation Army's 2014 Spirit of Caring Award



Henry Wirz, Chief Executive Officer of SAFE Credit Union

and Awards to honor Wirz and SAFE Credit Union.

Giving annual financial support to community organizations is one way Wirz works to improve the quality of life for residents in the Greater Sacramento area. In 2013 alone, SAFE gave more than \$290,000 to The Salvation Army, educational programs at local schools, nonprofit health organizations, and various philanthropic ventures such as The Aerospace Museum of California, The

First Tee of Greater Sacramento (which mentors youth ages 5-18), and the Paul Hom Asian Clinic, a free, student-run clinic staffed by UCD Medical Center students and attending physicians.

Also, Wirz and SAFE employees are very involved in the community, donating hundreds of hours of time and their talents each year to raise funds for organizations such as The American Cancer Society, The California Emergency

Foodlink, Sacramento Regional Foundation and KVIE Channel 6.

"None of us want to see people without shelter, without food, without means to support themselves," said Wirz. "If people are willing to give time, money, or surplus items, they can make a big difference in the community. Over time, it will also benefit you as a person."

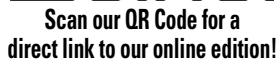
The event took place at the Red Lion Woodlake Hotel in Sacramento, and the luncheon

and ceremony were officiated by Channel 10 News Anchors Monica Woods and Walt Gray.

Established in 1940, SAFE Credit Union manages \$2 billion in assets and serves more than 170,000 members through 21 branches in the Greater Sacramento area. For more information about SAFE and its products and services, visit safecu.org.

★ Source: Runyon Saltzman & Einhorn, Inc.

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SACRAMENTO COUNTY, CA (MPG) - Chief Executive Officer of SAFE Credit Union Henry Wirz was recently awarded the Salvation Army's Spirit of Caring award for his commitment and involvement in the Sacramento community.

On May 27, nearly 1,000 leaders and citizens of Sacramento gathered at the annual Salvation Army Community Luncheon

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Rockers and Rockabillys Continue Concert Season

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael Park's summer concerts continue this weekend with a nostalgic tribute to the Beatles by the sound-alike group Mania (Saturday). Lincoln Highway will perform country rock Sunday evening. Free concerts are scheduled most weekends this summer. Downbeat is at 6:30 p.m.

Continuing 2014 Performances

- Saturday, June 28: Mania (Beatles tribute band)
- Sunday, June 29: Lincoln Highway (Country/ rockabilly)
- Sunday, July 6: Metro Swing (big band dance music)-
- Saturday, July 12: On Air (classic rock)

Sunday, July 13: The Kick N 60's (1960s songs).

Sunday, July 20: Group Therapy (Classic rock/rhythm and blues)

Saturday, July 26: Mick Martin and the Blues Rockers (Rhythm and blues)

Sunday, July 27: Carmichael Kiwanis Band (big band swing)

Sunday, August 3: John Skinner band (variety dance band)

Saturday, August 9: The Count (60s to 90s rock and soul)

Sunday, August 10: Todd Morgan & the Emblems (50s Rock/30s jazz)

Sunday, August 17: It's About Time Swing (swing music)

Saturday, August 23: Bad Catz (Blues/classic rock).

Sunday, August 24: River City Concert band (60-piece ensemble)

Music sponsors include: SMUD, Lind Brothers Funeral Home, Oakmont Senior Living, Lawnman Landscape, Mission Oaks Park District, Assemblyman Ken Cooley, Carmichael Colony and Creek Neighborhood Associations, Carmichael Chamber of Commerce, Fliptastic Gymnastics, Dignity Health, Supervisor Susan Peters, Senator Jim Nielson, Baratta Chiropractic.

Carmichael Park is at 5757 Grant Ave. For information, go to www.carmichaelpark.com ★

Left: The rockabilly quartet Lincoln Highway continues the summer music series on Sunday. All concerts are free and begin at 6:30 p.m.

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- July 20 Managing Medications
- July 27 Memory Loss/Dementia Impact on Families
- August 3 Environmental/Housing Issues – Staying at Home
- August 10 Elder Abuse – Financial Issues, etc.
- August 17 Dying Well, Planning Your Funeral
- August 23rd Workshop on Wills and Trusts, Saturday, at 10:00



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Get the Most Bang for Your Buck

Don't Let Your Fireworks Budget Go Up in Smoke

By David Dickstein

SACRAMENTO REGION, CA (MPG)

Fireworks come in various shapes, sizes and colors, just like we Americans who will celebrate our country's 238th birthday with them. This rings true whether you're reveling among the masses at a public fireworks display – Rancho Cordova's Hagan Park, Carmichael's La Sierra Community Center and the All American Speedway in Roseville will host three of the region's largest – or if you take to the streets of Woodland and other areas of Yolo County where consumer fireworks are allowed this time of year.

What's new? What's loud? What's colorful? Is that \$50 fountain really worth the money and how long is it? The patriotic, pyrotechnic perplexity starts June 28.

With such a wide variety of product out there, how can you ensure that your display will be a Yankee doodle dandy that doesn't have your money literally going up in smoke? Once again the Messenger Publishing Group put each of the new state-approved items to the test, along with other items likely to catch your eye from behind the chicken wire at stands that bear the names TNT and Phantom.

Fireworks are listed by price and rated on a 5-star scale for performance, duration, distinctiveness and overall comparative value. Judges included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted.

Let the sparks fly!

New for 2014



• **Apache Firedance Premier (Phantom), \$49.99** – Phantom gets "Best New Firework" honors for supersizing one of its classic fountains. Scores for seven effects, including some of the best crackles and strobes on the safe and sane market, and height and width that push the 10-foot legal limit. 140 seconds. 5 Stars



• **Moondance Premier (Phantom), \$29.99** – It's Phantom's value-priced Moondance Fountain on steroids. Terrific height, lots of purple, a real crowd-pleaser. 100 seconds. 4 Stars.



• **Sparkling Nights (TNT), \$24.99** – TNT's best new fountain is a solid, multi-effect performer with decent burn time for the price. A good mid-show pick. 91 seconds. 3 Stars.



State-approved fireworks in all shapes, sizes and price points are a big fund-raiser for area non-profits from June 28 through the Fourth of July. Photo: David Dickstein.



• **Fiery Frogs (Phantom), \$24.99** – These fused green-foiled, grapefruit-sized amphibians took five years to migrate to California – they've been sold by Phantom in other states since 2009. Price – you're paying for the novelty – but glimmering eyes and mouth make it a fun item. 50 seconds. 3 Stars.



• **Exploding Pinatas (TNT), \$17.99** – Has the ingredients for a winner, with whistle, fish and crackles, but for the same price a wiser buy is TNT's combo deal on the far-superior Mad Dog Fountain. 60 seconds. 2 1/2 Stars.



• **Confetti Lights (Phantom), \$4.99 for two** – Mundane stuff, but good value as a buy-one-get-one. Think of it as a Fourth of July stocking stuffer. 34 seconds. 3 Stars.



• **Vibrant Voltage (Phantom), \$21.99** – Crazy height and some of the prettiest green and orange ever in a fountain. 98 seconds. 3 Stars.



• **Luminescence (Phantom), \$14.99** – Starts out as just your run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. 73 seconds. 4 Stars.



• **Zombie Zapper (TNT), \$19.99** – Love the intense crackles and the whistle and smokeless color blobs that kick things off, but too fleeting for the money. 45 seconds. 2 Stars.



• **Loco Lobo (TNT), \$12.99** – Crackles and chrysanthemums are fine, but at this price point, and even lower, TNT has returning items that blow this not-so-crazy wolf away. 46 seconds. 2 Stars.



• **Wild Blue (TNT), \$7.99** – The most wild thing about Wild Blue is there's no blue. For the money, go with TNT's better, cheaper and longer-burning Rainbow Rays and Little Miss. 33 seconds. 2 Stars.

Don't be a Statistic this Fourth of July!

Here are some safety tips:

- Observe local laws.
- Always store fireworks in a cool, dry place.
- Always read and follow directions on each firework.
- Use only state-approved "safe and sane" fireworks.
- Only use fireworks outdoors, away from homes, dry grass or trees.
- Have a responsible adult present.
- Have a hose ready.
- Light at a safe distance.
- Never attempt to re-light or fix a "dud."
- Never carry fireworks in your pocket.
- Never point or throw fireworks at another person.
- Soak used fireworks overnight before disposing.

• **Serenity (Phantom), \$15.99** – Noiseless fountain opens with lovely lava lamp-like lumps (thank you, nitrocellulose!) and peacefully pleases with seven colors and white chrysanthemums. 59 seconds.

• **Phantom Night Owl (Phantom), \$14.99** – Phantom's best internally glowing fountain (eyes and mouth light up) has four loud screeches and an exciting overall performance. 65 seconds.

• **Surfs Up (TNT), \$10.99** – Last season's "Best New Fountain" runner-up. Gorgeous globs lead to a wave of multiple effects. Punctuation issues in its name aside, this surfer dude has some of the best and widest-spreading titanium rain and crackles for the price. 58 seconds.

• **Twilight Magic (Phantom), \$12.99 for two** – Last season's "Best New Fountain" is even better now as a two-for-one deal (was \$9.99 for one last year). Sophomore fountain has three exciting rotations of crackle-and-whistle and wide-spreading sparks. 57 seconds.

• **Luck of the Irish (TNT), \$9.99** – This 13-year-old classic features gold and silver spray, red and green balls, crackles and four super-loud whistles. 75 seconds.

• **Firecracker Fountain (Phantom), \$9.99** – Lives up to its name with a remarkable crackling barrage alongside multi-colored pearls. 76 seconds.

• **Lil Red Devil (TNT), \$9.99 for two** – Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. This combo deal times five, lit side-by-side together, makes for a great finale. 35 seconds.

• **Phantom Dragon Slayer (Phantom), \$9.99 for two** – Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. 66 seconds.

• **Rainbow Rays (TNT), \$5.99** – Solid value-priced freshman delivers on height and crackle. Duration is one of the longest in the state at this price point. 56 seconds.

• **Little Miss (TNT), \$4.99** – This value-priced opening act packs plenty of color plus silver rain and crackles. 40 seconds.

• **Moondance (Phantom), \$2.99, and Purple Rain (TNT), \$5.99 for two** – These identical cousins are little dynamos that emit loud crackles, purple pearls and glittering gold and white sparks. 45 seconds.

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; and Phantom, www.fireworks.com.

• **Alpha Wolf (Phantom), \$26.99** – Green and purple droplets, gold shower and crackling stars finale are awesome. No howling whistles despite its name. 83 seconds.

• **American Spirit (TNT), \$22.99 plus bonus** – This fountain of red, white and bluish stars, gold showers and decent whistles and crackles makes the cut because it comes with the pleasing, 90-second Sizzler Fountain. 80 seconds.

• **O-Blivion (TNT), \$19.99** – This lord of the ring-shaped fountains emits multi-colored chrysanthemums with pine and impressive titanium crackles. 125 seconds.

• **Pyropalooza (TNT), \$19.99** – Excellent height, crackle and vivid hues – a vivacious visual. 115 seconds.

• **Funky Monkey (Phantom), \$24.99** – This pyrotechnic primate features red pearls and a solid overall performance. 90 seconds.

• **Phantom Phlash Phinish (Phantom), \$18.99** – Phantastic Phountain. Second-runner-up for "Best New Fountain" last year has strong duration, altitude, spread, titanium crackle and whistle. 108 seconds.

• **King of Bling (Phantom), \$18.99 for two** – The crackles heard during the final third sound just like popping popcorn. Majestic chrysanthemums and whistle. Great value as a two-for-one. 90 seconds.

• **Mad Dog (TNT), \$17.99 for two** – Emits amazing crackles, whistles and multi-color sparks, but it's the combo deal that keeps this old dog on the list. 80 seconds.

Best of the Rest (4-5 Stars)

• **Opening Show (TNT), \$59.99** – Budget permitting, last year's "Best New Finale" is a 500-gram must-have. The climax at the 2-minute mark is intense. Like, crazy intense. Be no closer than 20 feet away for this one. 130 seconds.

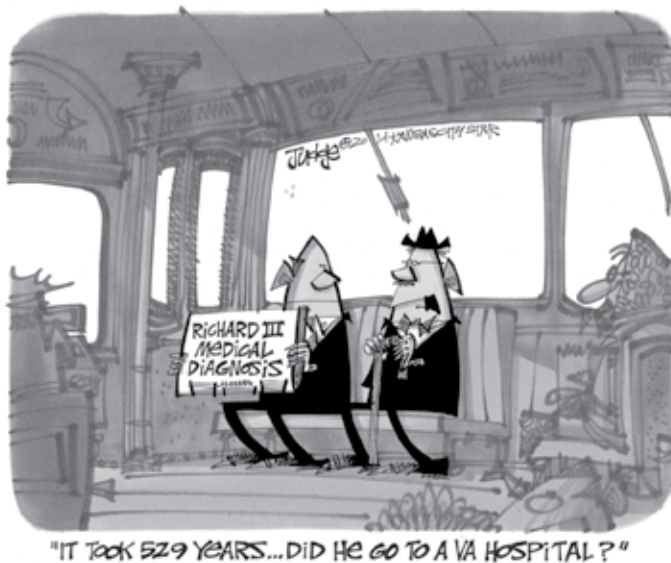
• **Delirium (TNT), \$49.99** – Fan-shaped 500-gram fountain is pricy, but its intensity and beauty are bona fide stunning. Best fan on the California market. 133 seconds.

• **Game Time (TNT), \$39.99** – Scores with intense crackle and wide-spreading sparks in the late innings, but not powerful enough to hit it out of the park. Still a gamer. 93 seconds.

• **Peacock Tail Fan (Phantom), \$34.99** – 2013's "Best New Firework" builds excitement with each dazzling stage. Works out to 65 cents per second, but still a must-have. 54 seconds.



Firework stands run by non-profit groups will be open for business starting June 28 throughout Sacramento County and much of Placer County. Photo: David Dickstein.



"IT TOOK 529 YEARS... DID HE GO TO A VA HOSPITAL?"

"ALL THESE HAILSTORMS ARE GIVING US A BAD NAME..."



THE RICH LOWRY COLUMN
By Rich Lowry

Math Is Math

For people who use the word "science" as a bludgeon and trumpet their strict commitment to fact and reason, the Obama administration and its supporters are strangely incapable of rational analysis of new climate-change regulations.

President Barack Obama's Environmental Protection Agency released draft rules earlier this month to create a vast new regulatory apparatus with no input from Congress -- in other words, to govern in its accustomed highhanded, undemocratic manner. The goal is to reduce carbon emissions from existing power plants, in particular coal-fired plants, to 30 percent below 2005 levels by 2030.

The rhetoric has involved self-congratulation about how they are the inexorable result of taking climate science and the reality of dangerous global warming seriously. "Science is science," President

Obama said in an open-and-shut tautology about global warming during an interview with New York Times columnist Tom Friedman. By the same token, math is math, and the new regulations make no sense.

While the regulations are stringent enough to impose real economic costs -- especially in states that produce coal or heavily use coal power, or whose economies have grown relatively robustly since 2005--they have almost no upside in fighting global warming. That's because the U.S. is only part of the global carbon-emissions picture, and a diminishing one at that.

We account for roughly a sixth of global emissions, and our emissions have fallen the past few years more than those of any other major country. In fact, we've already achieved about half of the administration's 30 percent goal, in part through the boom in natural gas.

The regulations aim to cut carbon emissions by 700 million tons by 2030. That sounds like a formidable number only if it is abstracted from the context of the rest of the world. As Robert Bryce of the Manhattan Institute notes, carbon emissions increased worldwide by about 700 million tons in 2011 alone. China increased its emissions by 3 billion tons from 2006 to 2012. Even accepting the assumptions of the so-called global-warming consensus, the regulations will have an imperceptible effect on global temperature by 2100.

The regulatory fight against global

warming runs up against this reality: Anything we do on our own short of returning to a subsistence economy is largely meaningless, while we can't force other countries to kneecap their economies based on a fashionable cause with no immediate bearing on the well-being of their often desperately impoverished citizens.

Supporters of the new EPA rules say they are an exercise of American leadership that will encourage other countries to crimp their economies, especially the world's biggest emitter, China.

Why will China be shamed by our pointlessly self-flagellating new policy on power plants into adopting economically harmful regulations of its own based on speculative models showing a far-off threat of higher temperatures?

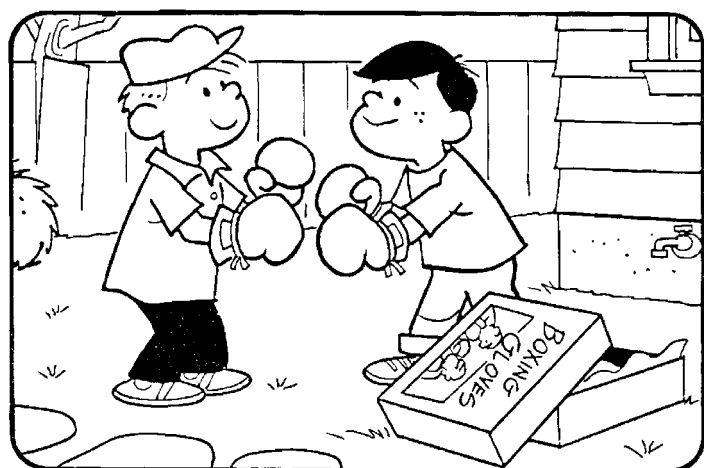
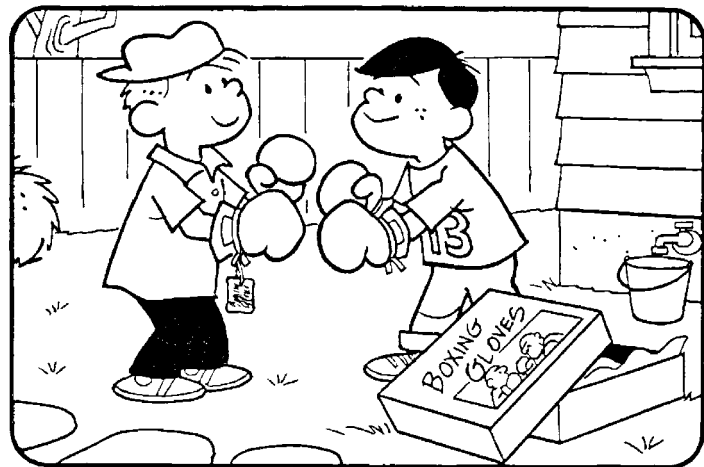
The best policy for the U.S. is not command-and-control regulation, as economics writer Jim Manzi points out, but maintaining an environment favorable to technological innovation. No one would have predicted the fracking revolution of the past few years that has both displaced coal and benefited the broader economy. But the self-declared adherents of "science" prefer the satisfaction of pointlessly self-defeating gestures.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Parks Are An Asset, But Recent Assessment Was Flawed And Represents Bad Public Policy

Commentary by Ken Payne

Everyone can agree that parks are a valuable asset to the community at large. Making improvements to parks may attract new residents and businesses and generally benefit all who live and work in the community.

However, the manner in which we get there is equally important. A lawsuit filed on June 13, 2014 challenges the legality of the Carmichael Recreation and Park District's "new funding measure," which passed by barely 1 percent. To put that into perspective, it passed by approximately 5,000 out of 226,653 weighted assessment votes cast.

There are two issues here that are connected, but distinct: 1) the legality of the measure, and b) whether or not the manner in which it was passed is good public policy. While they are in some sense separate, they are also inter-related.

The issue of whether the park district complied with the law is now before the court. We believe the measure is illegal. For example, as explained in more detail in the court filing, the proposed improvements provide only general benefits to the entire public

at large. As such, we believe the funding measure is a "special tax" subject to a two-thirds vote. Because it was not passed with a two-thirds vote we believe it violates Prop. 218.

In addition, the manner by which the measure was passed and marketed to the public was fundamentally unfair, and as a consequence has resulted in an assessment that represents bad public policy. For example:

First, the park district appeared to randomly determine an amount they believed property owners would be willing to pay, rather than first establishing the specific need. Basically, "How much can we get away with?" This calls into question whether the District is asking the community to pay for improvements that are truly necessary.

Second, in materials distributed during its campaign, the park district advertised the assessment as \$44.87 per parcel. We believe it failed to adequately explain that this amount applied only to residential parcels and excluded the fact that some commercial parcels would pay much more. For example, our review of the actual assessments shows that some commercial parcel owners are expected to pay

hundreds of dollars per year. It seems that people in the community would want to know what impact the park district's measure will have on their neighborhood businesses. The park district may argue that an engineer's report was available that provided a formula to determine the assessments on non-residential parcels. But that report provided a complex formula for determining the amount of each parcel's expected assessment and was only available upon request during the campaign. We believe it would have been more prudent to include in the park district's marketing campaign the range of assessment rates expected to be paid by the various types of parcels in the community.

In our opinion, we do not believe the assessment would have passed had the district properly explained the measure in its public campaign. Indeed, we believe it is the park district's responsibility to provide information to the public that is fair and balanced. Sadly, that did not appear to be the case, in this instance. ★

Ken Payne is President of the Sacramento Taxpayers' Association and a resident of Carmichael.

Sacramento County DA Reports



Recent cases of interest

CASE: Marcus Newsom (06/18/14)
PROSECUTOR: Deputy District Attorney Tate Davis, Career Criminal Prosecution Unit
 District Attorney Jan Scully announced that Marcus Newsom pled to felony robbery and was sentenced by the Honorable Michael Sweet to 35 years to life in prison under California's Three Strikes Law.

On December 31, 2012, Newsom entered an Elk Grove donut shop and demanded the store owner give him money from the cash register. Newsom was wearing a cap and held an object inside his jacket that appeared to be a gun. Once the register was open, Newsom grabbed the money and ran from the store.

Newsom's criminal history dates back to 1999, including four prior felony robbery convictions for which he was sentenced to 14 years in prison. He was out of prison custody just seven months before he committed the donut shop robbery.

CASE: Jake Clark (06/17/14)
PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit
 District Attorney Jan Scully announced today that Jake Clark was convicted by jury of first-degree murder. The jury also found an arming allegation to be true.

In December 2011, Sacramento police officers responded to a call of a male shot on Interstate 80 at Norwood Avenue. Upon arrival, officers found a male who had been shot in the upper body. He was transported to the hospital where he was declared dead.

In March 2013, Jake Clark was arrested for shooting and killing the victim Ghulam Ayobi. The victim's wife, Shajia Ayobi, was previously convicted of first-degree murder and sentenced to 26 years to life in prison.

Sentencing is set for July 25, 2014 in Department 10 before the Honorable Greta Curtis Fall.

CASE: Linda Gabaldon (06/17/14)
PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit
 District Attorney Jan Scully announced today that Linda Gabaldon was convicted by jury of first-degree murder. They jury also found true a use of a handgun allegation.

Gabaldon was a roommate of the victim. The two got into an argument and Gabaldon shot the victim four times the next morning. Gabaldon testified that the victim pulled a gun on her and it went off during a struggle. The autopsy showed that at least two of the gunshot wounds would have caused the victim to drop to the floor immediately, contradicting Gabaldon's testimony about a struggle.

Gabaldon faces a potential maximum sentence of 50 years to life in prison. Additional time may be added pending a court trial on a prior strike allegation of a 2001 robbery. Sentencing is set for July 18, 2014 at 9:00 a.m. in Department 38 before the Honorable Sharon Lueras.

CASE: Paul William Walden (06/13/14)
PROSECUTOR: Deputy District Attorney Kari Reeve, DUI Vertical Prosecution

District Attorney Jan Scully announced today that the Honorable Patrick Marlette sentenced Paul William Walden to 25 years to life in prison. On May 13, 2014, a jury convicted Walden of second-degree murder, gross vehicular manslaughter, felony hit and run, and felony driving under the influence due to three prior convictions for driving under the influence.

On July 16, 2012, 23-year-old Gemily West and her boyfriend, 21-year-old Harison Long Randall, were walking their four dogs when they were struck down in a crosswalk by a hit-and-run driver. Harison lost part of a leg in the crash and died two weeks later from his injuries. He is credited with stepping in front of Gemily to protect her and push her out of the path of the car. Gemily suffered a broken leg and is still recovering from her injuries. Their four dogs – Bindie, Evie, Winry and Zury – were all killed at the scene.

On July 19, 2012, Paul William Walden was arrested. Police reports state Walden's car was traveling down the two-lane residential street in Carmichael, CA at an estimated 80 mph when he hit the victims. He never stopped or slowed down and fled the scene.

This case was prosecuted by the Sacramento County District Attorney's DUI Vertical Prosecution team, funded by the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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www.Fab40s5k.org

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 City of Sacramento Championship
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www.fab40s5k.org

Don't Miss This Great Family Event!

Grief Support Group

Monthly Meeting Schedule

Wed, June 18 **Thurs, Aug. 21**
Thurs, July 17 **Wed, Sept. 17**

Located at: **St. Francis Community Hall**
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 (off I-80 & Greenback)

Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.

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 Hosted by East Lawn Sierra Hills

Contact: Lisa West for more info
 (916)732-2020 or lisaw@eastlawn.com

www.EastLawn.com

Julie Interrante, MA, teaches the Art of Compassion to colleges, healthcare organizations, corporations, and seminars across the country. Julie has more than 20 years of experience serving as chaplain in both acute care and home hospice care settings. She is the author of the book *The Power of a Broken-Open Heart, Life-Affirming Wisdom from the Dying; Caregiver Therapy; Reduce Your Stress; Will You Stay With Me, a CareNote on Not Dying Alone* as well as a contributing author to *What Helps the Most When You Lose Someone You Love*. A gifted speaker and teacher, Julie brings humor, compassion, and a deep respect for life to all that she does.

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★★★★
 THE SACRAMENTO BEE
 FOOD REVIEW
 FEB 2013

Bev's Angel Project Needs a New Home

Bev's Angel Project is an all-volunteer California non-profit corporation that serves over 3,000 children/families each December.

"Serving the less fortunate and challenged children of Sacramento".

Bev's Angel Project is reaching out to anyone who may have a space they are able to donate and make a commitment to the project.

They are in need of at least 5,000 square feet of donated space located in the Carmichael/Citrus Heights/Arden Arcade area. They will pay their own utilities and liability insurance. It is critical for them to have this space September through January in order to serve the children and families they touch during the holiday season. For many children, this is their only Christmas.

Please contact Jan at (916) 342-4689 or Judee at (916) 798-6311, or email toprcdrv1@comcast.net if you have any information or can help. You may also make monetary donations to: Bev's Angel Project, P.O. Box 204, Carmichael, CA 95609.

Skinner Band Schedules Summer Concerts



By Staff Writer

CARMICHAEL, CA (MPG) - Carmichael's John Skinner band will entertain at free local park concerts this summer.

Leader, John Skinner, and his wife, singer Susan Skinner, are also featured in the Capitol Pops Concert Band. This 60-piece ensemble offers a full season of public performances.

Skinner band and Capitol Pops dates are as follows:

July 4: Capitol Pops at Royer Park, Roseville. Downbeat: 11 a.m.

July 17: Skinner Band at Fair Oaks Village Park, 4238 Main St. Downbeat: 7 p.m.

August 3: Skinner Band at Carmichael Park. Downbeat: 6:30 p.m.

August 28: Capitol Pops at Fair Oaks Village Park. Downbeat: 7 p.m.

October 11: Skinner Band at Pioneer Park, 5100 Verner Ave, Sacramento. Downbeat: 2 p.m.

For further information, contact sknband@aol.com or call (916) 481-0334.

She Got the Sheriff

Continued from Page 1

"This recruit's having a busy night," grinned presenting officer Deputy Martin Dighero.

Rhodes became a Marine reservist in 2007 and started dating Tammy after basic training; they both worked at a Home Depot in South Sacramento. Their hardest test was the sergeant's Iraq tour, and later, five months in Afghanistan. "With Skype, we were able to 'see' each other a couple of times a week," Tammy recalls. "That saved us. Distance makes or breaks relationships. It made us stronger."

"I knew we were meant to be together," says Rhodes. "But the time wasn't right to propose. I didn't feel I could provide for a family. The Sheriff's job changed that. Beyond the Marines, I never wanted to be anything but a cop; they are two jobs of equal honor.

With a diamond burning a hole in his pocket, he began deputy training last year. "I knew graduation would be a big night for me, and I wanted Tammy to share it," he says. "My classmates gave me the thumbs up." His training officer passed the recruit's proposal request up the chain of command.

"When I was about to be pinned," he recalls, "Sheriff Jones shook my hand and asked if I was ready for this. I said: 'Yes sir.' I knew Tammy would accept. But the magnitude of the occasion suddenly hit me. My heart was in my throat."

"In days on the job that followed, training officers asked: 'So you're the guy who proposed on stage?' I said yeah, I'm that guy... I guess I'll be known as 'that guy' for a while."

The ceremony was one of three group graduations scheduled for

this year; Sacramento County law enforcement will be strengthened by 100 new deputies before 2015. Addressing the class, Sheriff Jones advised recruits to take "mental snapshots" of themselves as they wore their badges for the first time. "Some days in this job, you'll need that snapshot—to remind you of the pride you feel right now," he said.

"You know nothing worth having is easy. Good men and women have died wearing this badge. Like ethics, badges can fade over time. As you go forward to be the best you can be in the law enforcement family, keep your badge shining, and keep yourself shining."

Learn about Sacramento Sheriff's Department careers at www.sacsheriff.com or call (916) 874-COPS.

DR. COY F. CROSS

Author Coy Cross II, Ph.D
"The Dhance" A Caregiver's Search for Meaning

You Are Not Alone

STRENGTH IN UNITY



You have inside you what it takes to become a caregiver! Spirituality is part of everything and essential as you move forward in your new role. Know that you are not alone, God is there for you!

Just the word "cancer" creates a profound psychological impact. Often we equate a cancer diagnosis with a death sentence. And it is a diagnosis that many will hear in our lives, either for ourselves or someone we love. "Not knowing [my wife] Carol's diagnosis a neighbor casually asks how I've been. I answer, 'I feel like I have been kicked in the testicles so hard I can hardly catch my breath.'

At his shocked expression I explain what's happening." When we become the caregiver for a spouse or life-partner with a life-threatening illness, we can feel alone and question our ability

to cope with this challenge.

A source of strength for me is the realization that I am not alone. In her Sunday lessons, my dear friend and mentor the Reverend Carol Ruth Knox included teachings from "all the world's religions, because she knew God spoke in every language and to all people....she helped me see a God always present in the entire universe, a God as the only power and a God that knows everything."

This assurance that we are not alone provides strength to both the caregiver and the person affected by the illness. The night before my wife's surgery, she announced, "Tomorrow when I go to the hospital, I am going to tell everyone I come in contact with, 'All the hands that touch me are the hands of God'." The following day, as she shared this simple phrase with everyone from the clerk who checked her

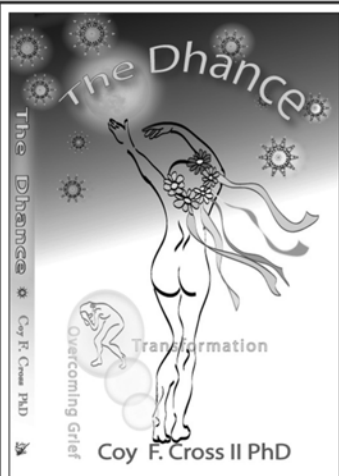
in to the surgical nurse who rolled her into the operating room, I could see a Divine connection between her and the medical professions who would be tending her.

We all face challenges in our lives. But the realization that we are not confronting them alone provides support we may have overlooked. As my friend Carol Ruth said many times, "And God is in this, too."

Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in *delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance"* (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.



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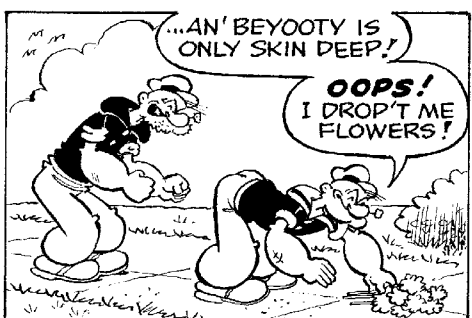
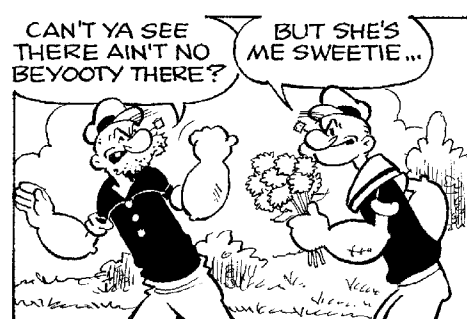
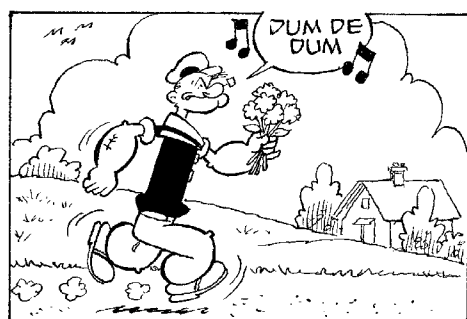
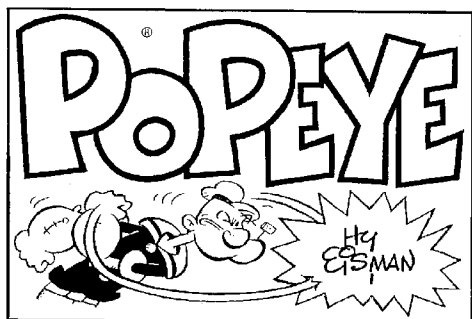
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Just Like Cats & Dogs by Dave T. Phipps

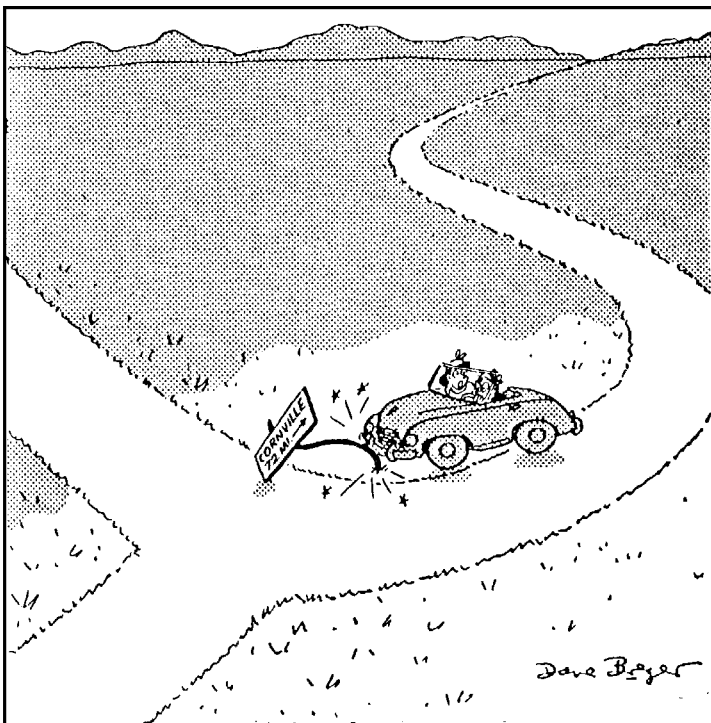


HUBERT - - By Dick Wingert



"I don't get it—tell it again."

MISTER BREGER By Dave Breger



LAFF - A - DAY



"Great! All day we've been looking for this sign, and NOW we don't know which way it pointed!"

"Why not look on the bright side? Perhaps we'll land in a nicer neighborhood."

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Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life
on UnityOnlineRadio.org

Coach to
America's Rising Stars

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Welcome to Unity of Sacramento
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Reverend Kevin Kitrell Ross, Senior Minister

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inner views
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June 24 - July 12, 2014

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July 29-Aug 16, 2014	Magnum Opus XXV Open Exhibit
August 19-30, 2014	Sierra Pastel Society Show

Children's Summer Program
June 16th - August 1st

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www.sacfinearts.org

Club Meetings

Wash Inc. No Summer Meeting
Next Meeting September 8, 2014 1:30 pm

NCA No Summer Meeting
Next Meeting September 10, 2014 7 pm

Photo Club Meets • 4th Thursday 7 PM

Fiber Arts Group Meets 3rd Wednesday 10 am

"Hang Out and Do Art" Tuesdays 4-9 pm

Salome's Stars

ARIES (March 21 to April 19) Get your facts together and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

TAURUS (April 20 to May 20) New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

GEMINI (May 21 to June 20) Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

CANCER (June 21 to July 22) Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

**Got Local News?
Call 773-1111**

LEO (July 23 to August 22) You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

VIRGO (August 23 to September 22) A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal, and strengthen the weak spots. Seek advice from someone who has "been there and done that."

LIBRA (September 23 to October 22) Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

SCORPIO (October 23 to November 21) What you might call determination someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

SAGITTARIUS (November 22 to December 21) You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

CAPRICORN (December 22 to January 19) Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

AQUARIUS (January 20 to February 18) Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

PISCES (February 19 to March 20) It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

BORN THIS WEEK: *Your love of home and family provide you with the emotional support you need to find success in the outside world.*

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To Subscribe Call 773-1111

Thought for the Day: "It is far better to grasp the universe as it really is than to persist in delusion, however satisfying and reassuring." — *Carl Sagan*

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of June 30, 2014.

PICKS OF THE WEEK



Masaharu Fukuyama in "Like Father, Like Son"

"Like Father, Like Son" (Unrated) -- A hardworking young couple receive a shock after their son is accepted into an elite school: The boy they have been raising and loving for six years is not their son, but was accidentally switched at birth. While two sets of parents and two young boys are pulled into an emotional situation, the film focuses on one of the fathers. Ryota (Masaharu Fukuyama) realizes that he is rather cold as a father, and his long work hours as an architect don't necessarily make him a great provider for his son, Keita.

This Japanese import draws its premise from real-life events, but comes across as more of an original drama than an adapted story. The movie delicately handles difficult questions about what makes a family, and how do imperfect people make the best decisions for children.

"A Young Doctor's Notebook" (Mini-series) -- A Russian doctor (Jon Hamm) revisits his old journal and gets pulled back into his early days as an overwhelmed young physician (Daniel Radcliffe) working in a hospital far away from everything. Apparently, practicing medicine in rural Russia around 1917 was a brutal, stomach-twisting

business. The doctor's older self (Hamm) has brief but entertaining exchanges with the memory of his helpless younger self (Radcliffe).

A mix of dark comedy and darker drama pervades these few episodes. There's enough dry humor and lower-brow gags to keep you laughing for the entire season. However, there are stretches where it's almost impossible to keep your eyes on the screen: amateur surgery in the early 20th century was a very messy business.

"Afflicted" (R) -- Hey, everyone! Somebody just made a new found-footage horror movie that isn't boring crap! Just when I thought the genre had been picked clean, along comes a little flick about Cliff and Derek -- two Canadian pals documenting their yearlong trip around the world. Somewhere along the way, Derek gets attacked while hooking up with a one-night-stand, and he starts displaying odd symptoms. As the duo continue their travels, Derek develops inhuman strength and a weird skin condition. Things escalate viscerally, paying off in a horror flick that makes you best friends with a monster.

"All the Wrong Reasons" (Unrated) -- In a big-box superstore, a dramatic love quadrangle forms among some of the broken young employees. Ascher (the late Corey Monteith of TV's "Glee") is the store manager and husband to Kate (Karine Vanasse), the store's boundary-obsessed security director. Also in the mix: Nicole (Emily Hampshire), a cashier and single-mother who has her eyes on her ambitious young boss, and Simon (Kevin Zegers), a firefighter who lost a hand and now works as the store's security guard. This isn't exactly a two-for-one bargain of comedy and drama -- more like an off-brand value pack.

TV RELEASES

"Hinterland: Series 1"

"Legend of Korra: Book Two, Spirits"

"WWE: Payback 2014"

"Lovejoy: Series 1 DVD"

"Helix: Season 1"

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by Jo Ann Derson

• Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.

• To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.

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Top Ten Disaster-Prone States

1. Texas
2. California
3. Oklahoma
4. New York
5. Florida
6. Louisiana
7. Alabama
8. Kentucky
9. Arkansas
10. Missouri

Source: FEMA

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New Seed Blend
I've been filling a hanging tray feeder with safflower seed and unsalted peanuts. Sure, cardinals love both of these foods, but so do titmice, wrens, chickadees, finches and some warblers. And while woodpeckers don't eat safflower, they come for the peanuts. All bases are covered!

E-mail: birdingbits@efl.com
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Slugs can devour several times their own body weight in one night, leaving gaping holes in leaves, torn foliage, and slime trails in their wake. Hostas and lettuce are their most common targets, but many other garden favorites are also susceptible. To trap them, take a shallow container, bury it even with the soil level and fill it with beer to within an inch of the rim. The slugs are attracted to the yeast in the beer and drown. Change the beer every few days.

- Brenda Weaver

Source: organicgardening.com

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CLUES

ACROSS

- Cruise, e.g.
- Is no longer
- Wet nurse
- *Caribbean destination
- *Shrinking cube
- Geography class prop
- Deceived or tricked
- Cubby hole
- Ritalin, e.g.
- * lounge
- *West indicator
- "Say what?"
- Make waves
- "Kapow!"
- XY
- Sheets or surfaces
- Prepare for publication
- What hoarders do
- Kentucky Derby sound
- Blue-ribbon
- Type of poetic stanza
- Aquatic plant
- Words to live by
- Famous French couturier
- Part of ROM
- *Sheltered crab
- "___ Jim"
- Ill temper
- Miss America's accessory
- Break bread
- *Alfredo meal
- *They are often collected
- Wood turning device
- *What participants did at 57 Across
- Quickly fry
- It ends with 10 pins
- Largest back muscle
- Linoleums, for short
- Bread or cabbage
- Double helix
- Incompetent

DOWN

- "I see!"
- Gator's cousin
- Backside
- African sorcery
- The Curies' discovery
- Broad
- *Untouched tennis serve
- Common thing
- "The Sound of Music" backdrop
- Blood
- Aid in crime
- Oscar-nominated film with Joaquin Phoenix (2013)
- Chased by police
- *Frosty treat
- Coffee holder
- Petulant
- *Life is like this?
- Dig, so to speak
- Forty-niner, e.g.
- To give temporarily
- Distinctively-shaped edible
- Plural of pileus
- Daytime moth
- *Cool place
- Swarm
- *Dipping point
- Like Bono
- He created his own world
- ___ chi
- European breakfast dish
- Burn with water
- ___ Jane
- *Like one never in the sun
- It will
- Anthony Bourdain, e.g.
- "___ good example"
- Crescent
- Red sign
- Swimmer's distance
- *One sunny result
- PST plus three

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		5				9	
2			9	4	8		
			3	8			
6			7	5	9		
8	9					5	3
		2		3	8		1
				2	7		
		3	6	1			8
	6					5	

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 11

Come back every week for Crossword and Sudoku!



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Summer Concerts in the Park

6/28 **MANIA!**, Beatles Tribute Band
6/29 **LINCOLN HIGHWAY**, Country/Rockabilly
6:30-8:30pm at Carmichael Park



4TH OF JULY CELEBRATION

Pancake Breakfast 7-11am at Carmichael Park Clubhouse
Parade 10:30am, Fair Oaks Blvd.
Fireworks and Festivities 7pm at La Sierra Community Center



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Fair Oaks Theatre Festival Presents

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A brain and its two alien cohorts, Zubrick and Yoni, arrive on Earth and plan to take over the San Fernando Valley. It's the first step on the road to their quest to take over the entire planet and to destroy the family unit. This rousing toe-tapping musical features a dancing, singing brain... what more could you want from a musical!

"The Brain From Planet X" will be directed by Bob Irvin and featuring the Fair Oaks Theater Festival award winner cast.

The play is from a book written by David Wechter and Bruce Kimmel, with music and lyrics by Bruce Kimmel.

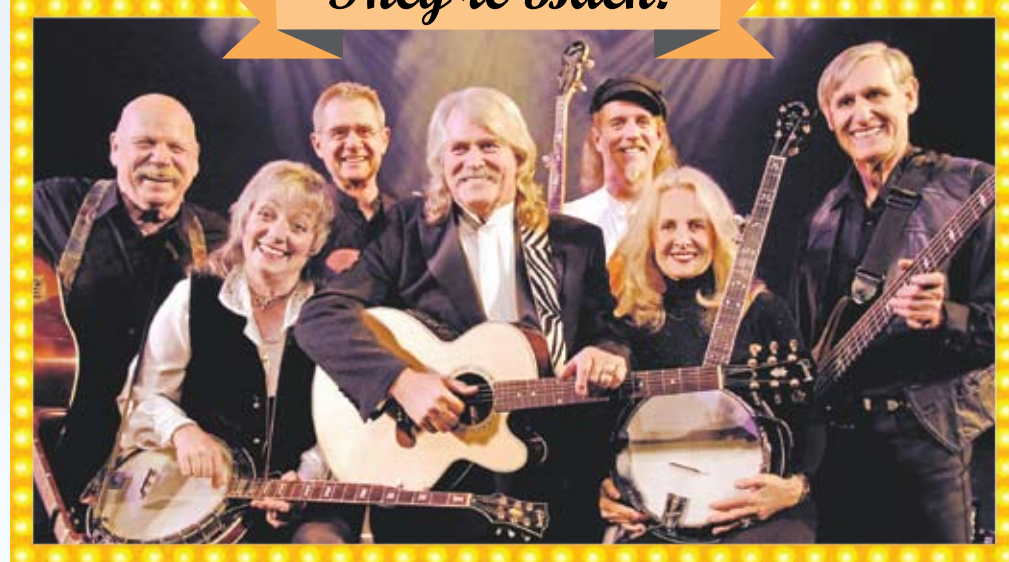
The play premiered in Los Angeles to rave reviews. The Los Angeles Times call "The Brain From Planet X", "Wildly funny... wittily staged, sharply cast and graced with some catchy numbers." The Beverly Hills Outlook called "The Brain, "Fun theatre! Silly, spoofy, and goofy!"

For Further Information:
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FairOaksTheatreFestival.com

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