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Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 8 • ISSUE 13

Serving the City of Citrus Heights & Sacramento County

JULY 13, 2018

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WAR III - ALMOST**



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**\$10 MILLION IN REFUNDS
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Citrus Heights Man Honored by City Council for Saving Life



(L-R) Citrus Heights Mayor Steve Miller honored Roy McAlister for saving Jerry Castanon's life

**Story and photo
by Rich Peters,
MPG Editor**

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council recently honored a local hero for his life saving actions, serving as a friendly reminder of how precious life can be.

On the morning of February 10, Roy McAlister was volunteering at the veterans center on Sylvan Road. "I had no idea what was in store that day," explained McAlister.

At 10:15 that morning

there was quite a commotion outside among the workers as one of the volunteers shouted for someone to call 9-1-1. McAlister ran outside to find Jerry Castanon lying motionless on the ground. "When I checked his pulse there was nothing there," explained McAlister. "I rolled him over and immediately started compressing."

McAlister explained to the heavily attended city council meeting that he tended to Castanon for about eight minutes while speaking to the 9-1-1 operator until the medics arrived at the scene

and eventually took him away to the hospital.

After hours of uncertainty, at 2:30 in the afternoon word had finally come out that Castanon had survived. One of the medics told McAlister, "He just came out of surgery. He had two stents put in and the doctor said he's going to be okay. Whoever did compressions on him saved this man's life."

Mayor Steve Miller awarded McAlister his "Mayor's Pin" in recognition of his life saving heroism. Assemblyman Ken Cooley was also on hand and spoke

highly of his valiant efforts before honoring him with a certificate. "Martin Luther said that he had two days on his calendar - today and that day," said Cooley. "And I want to live today for that day."

"Something like this, when it occurs to you, you can understand life and you can see that it's so precious so enjoy every morning when you wake up...it's great just to be here," said a grateful Castanon. "I want to just say thank you, Roy. Roy McAlister is a fine example for Citrus Heights." ★

Citrus Heights Police Commander Daman Christensen Retires

By Lieutenant David Gutierrez, CHPD

CITRUS HEIGHTS, CA (MPG) - After an exemplary career in public safety in California over the last 29 years, Citrus Heights Police Commander Daman Christensen retired from service on Friday, July 6,

2018. Commander Christensen's last day at CHPD was celebrated with an official send-off by city and police department staff, along with City Manager Christopher W. Boyd, who originally hired Commander Christensen in March of 2006, and Chief of Police Ronald Lawrence, who presented him with a retirement badge.

Commander Christensen's career in law enforcement began on August 2, 1989, where he was originally hired as a deputy sheriff with the Los Angeles County Sheriff's Office (LASO). During his 17 year tenure with LASO, Christensen promoted to the rank of Sergeant.

On March 10, 2006, Christensen was hired as a Police Lieutenant with the Citrus Heights Police Department and served as one of the first Patrol Watch Commanders during the department's inaugural years. In this capacity, Christensen worked a variety of assignments, including Investigations and Patrol.

On June 14, 2012, Christensen promoted to an executive position with CHPD and was appointed to the position of Police Commander. During his tenure as a Police Commander, Christensen oversaw the command of both the Investigative Services Division as well as the Patrol Services Division.

During his exemplary career, Commander Christensen was instrumental in helping to develop the Citrus Heights Police Department into what it has become today as the premier police department in the region. Through his leadership and dedication to CHPD he has helped to develop others who continue to make a huge difference in our community. ★



**Citrus Heights Police
Commander Daman
Christensen retired
after 29 years in law
enforcement.**

Big Sing California Making Statewide History

**By Sacramento Choral
Society & Orchestra**

SACRAMENTO REGION, CA (MPG) - SCSO Conductor Donald Kendrick to serve as the Sacramento region conductor for a mammoth statewide singing event, *Big Sing California*. This thrilling event is due to set a record statewide on July 21 in California for drawing together one of the largest, free group singing performances in our history.

American superstar composer Eric Whitacre will help lead this exhilarating event which will be simulcast out of Disney Hall in Los Angeles to five California hubs: Sacramento, San Francisco, Fresno, Riverside and San Diego.

The singers in the five California hubs will join the performance experience by viewing the concert on large screens and singing from the audience.

"Singing is just a healthy thing to do individually," says Kendrick, "but group

singing is very uplifting in that it really draws the community together and creates such a strong feeling of well-being, of belonging. We are reaching out to tons of area choirs and individual singers to share this experience with us. We would love to fill the large Sacramento Community Center Theater with 2,400 people for our Big Sing event on July 21."

"Singers participating in the Sacramento region will have an option of attending an optional free open rehearsal on Thursday, July 19 from 7 - 9:30 PM at the Sacramento Community Center Theater," says Kendrick. The doors will open at 6 PM for this rehearsal. Free Big Sing music books will be provided at this rehearsal and at the July 21st performance for all attendees. Singers also have the option of ordering their music book in advance for a modest fee of \$3.00.

People can register online for the Big Sing via the SCSO's website sacramentochoral.com. They can also order their music in advance there and also enjoy



You can register online for the Big Sing via the SCSO's website sacramentochoral.com.

some outstanding tutorials on the music itself. This amazing statewide concert will be live-streamed on the *Big Sing California* website.

Big Sing California is open to the general public. "We want people who love singing to join us and sing as much of the music as they can. We hope that this event will inspire people to make singing, and the joy it brings, a regular part of their lives," says SCSO Conductor Donald

Kendrick. "The program is open to all ages ranging from young students to seniors."

The songs selected for the participants range from straightforward sing-alongs such as *Lean On Me*, *This Land Is Your Land*, and *Hey Jude*, to choral works by Eric Whitacre and Morten Lauridsen. The program also features an exclusive arrangement of Pentatonix's *Sing* by Grammy Award-winning arranger Ben

Continued on page 2

Korea and World War III - Almost

By Jerald Drobesh,
US AIR FORCE

SACRAMENTO REGION, CA (MPG) - Recently there has been high tension and talks of a possible confrontation and even a nuclear war with North Korea. But this is not the first time we have been in this position with them.

In the early 1970s, as a Captain in the US Air Force, I was assigned to Kunsan Air Force Base on the west coast of South Korea. This was an old US Air Force Base from the Korean War days, in the 1950s. At that time, I was the Air Force Chief of Aircraft Maintenance at the base, and part of my job was to prepare our assigned F-4 Fighter/Bombers for emergency launch with nuclear weapons, if the situation required it.

The F-4 twin jet Fighter/Bomber was, at the time, was one of the fastest and best aircraft ever built. My job required that I have a Top Secret Security Clearance, because I was required to brief the Wing Commander on the status of all our assigned aircraft, and sit in on all Top Secret briefings about the status of the North Korean armed forces and their preparations for War. I remember well, as if it was yesterday. It was one of the most important briefings I had ever attended. It was the early 1970s, and by the time the briefing was over, I knew that we could be at war at any minute.

The North Korean forces, according to the briefing, were moving their fighters, bombers, tanks, military equipment, and soldiers up close to the border between North and South Korea. This would put them just minutes flying time from our aircraft at Kunsan AFB. This had never happened before and I remember thinking, at the time, that our base may not exist after the next few days, or sooner.

That night I walked down to the flight line where our F-4 Fighter/Bombers were stationed and ready for war. My job was to check with the airmen



Former Captain Jerald Drobesh US AIR FORCE was stationed at Mather Air Force Base in the 1970s before retirement. He is now living in Rancho Cordova. Shown above is the McDonnell Douglas F-4 Phantom II.

assigned to repair and prepare the aircraft, and to have them all ready for launch if the orders were given by Headquarters. We were an inch away from World War III and I could feel it in the air.

That night, I talked to my maintenance airmen assigned to the aircraft. They didn't know, at the time, how close we were to war and I couldn't tell them. There wasn't a need at that time for them to know, but they were ready. All the F-4 aircraft that were flyable were loaded with bombs and ready for immediate takeoff to their assigned targets. I remember thinking that night on the flightline that this could be it.

I enjoyed my job and all the assigned men were great to work with. Being that I once flew jets myself in the Air Force, I knew how the pilots must have felt - that they may never see their families again - if we went to war. This was the real world and possibly the end of our beautiful planet as we knew it. I had a difficult time sleeping that night. It's hard to tell someone who hasn't been stationed on the front lines with nuclear weapons involved what it feels like. But that's what we were trained for - and we all knew what was at stake.

Fortunately, we all survived

or I wouldn't be writing this article. For some reason the North Koreans began to remove their jets, tanks, equipment, and troops back from the border, and I never heard why. At that time, Chinese and Russian troops were supporting the North Korean communist troops and maybe their leaders realized that once a nuclear war started in Korea that it could speed to their countries and it wouldn't stop until everything was gone.

We may never know what happened, but events in today's news are a reminder to me of that time when I was there, and I saw how close we came. I believe that cooler heads in China, Russia, and North Korea prevailed. They knew we had a very large number of nuclear weapons and would use them if threatened, but China and Russia had them as well.

I believe the fact that we did have nuclear weapons and advanced aircraft to deliver them was possibly the reason why we didn't go to war. What's interesting to me is that at that time, and even now, the world didn't know how close we came to World War III, but I was there!

May GOD continue to bless this beautiful planet and let's do everything we can to keep it special and alive! ★

\$10 Million in Refunds Claimed Across Region Through United Way's Help

Tax Help for Late Filing to Continue Through Summer

SACRAMENTO REGION, CA (MPG) - Nearly 8,500 households in the Sacramento area took advantage of United Way-led free tax help programs for the 2017 tax year, resulting in more than \$10 million in money claimed through the Earned Income Tax Credit (EITC), other credits and refunds. The in-person Volunteer Income Tax Assistance (VITA) program, led by United Way California Capital Region with support from Citi Community Development, helped 7,422 local households, and United Way's MyFreeTaxes.com helped 1,066 users file taxes. Thanks to two-year funding from Citi Community Development, free tax help was significantly expanded across the region in Amador, El Dorado, Placer, Sacramento and Yolo counties this year, increasing the number of households helped by more than 2,500 and resulting in more than a \$3 million increase in refunds for the region compared to last year.

A limited number of appointments are still available this summer for households looking for help with late filing and which earned \$54,000 or less in 2017. IRS-certified volunteers will provide free basic tax return preparation with electronic filing and will help local households claim tax credits, including federal and state EITC, Child Tax Credit, and Credit for the Elderly or the Disabled. This year, more households are eligible to earn up to \$6,500 in federal and state EITC, including those who are self-employed. To make an appointment, call 2-1-1 in Sacramento, or (916) 498-1000 if living outside the city, Monday-Friday from 8 a.m.-5 p.m.

"This free tax help is crucial to ensuring our local families are financially healthy, and we are grateful to our funders and partners and 433 volunteers who have already served more than 16,000 hours to help local families," said Stephanie Bray, president and CEO, United Way California Capital Region.

Funding support from Citi Community Development is



Thanks to two-year funding from Citi Community Development, free tax help was significantly expanded across the region, increasing the number of households helped by more than 2,500 and resulting in more than a \$3 million increase in refunds for the region compared to last year.

enabling United Way California Capital Region to increase the capacity and reach of the local VITA program to meet additional need and demand this year and next. The funding is helping to expand the number of sites offering free tax preparation and to increase the number of volunteer tax preparers.

"Nearly 20 percent of households in the Sacramento region are living on low incomes, and nearly half lack the savings to sustain an unexpected shock to income," said Vicki Joseph, Northern California market manager for Citi Community Development. "By expanding access to free tax preparation services, United Way is enabling more families in need to benefit from this vital tax credit and helping to build their financial resiliency."

Local households that made \$66,000 or less in 2017 were eligible to file state and federal taxes online for free at MyFreeTaxes.com, sponsored by United Way Worldwide. The site provided households with free tax help so they could maximize refunds and credits and save an average of \$200 in preparer fees, guiding users through federal and state filing with software powered by H&R Block.

Other sponsors of United Way's 2018 free tax preparation programs include the U.S. Internal Revenue Service, SAFE Credit Union and SMUD. For a list of collaborating partners, visit

YourLocalUnitedWay.org/VITA.

United Way California Capital Region is leading these free tax help programs as part of its Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Household financial well-being is a key factor in student success. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer, visit YourLocalUnitedWay.org.

Citi Community Development leads Citi's commitment to financial inclusion and economic empowerment for underserved individuals, families and communities across the U.S. Through innovative collaborations with municipalities, community groups and leading nonprofit organizations, the group harnesses Citi's expertise, products and services to help expand opportunity for all. For more information: CitiCommunityDevelopment.com, @Citi on Twitter, YouTube.com/Citi, http://Blog.Citi.com, Facebook.com/Citi and LinkedIn.com/company/citi.

Source: Kristin Thébaud Communications ★

SMUD Invites Public Input on Proposed Rate Action

No Rate Increase Included in Proposal

SACRAMENTO REGION, CA (MPG) - The SMUD Board of Directors is holding two public workshops and a public hearing to discuss proposed rate changes. The proposal does not include an increase in rates. Instead, it recommends changes to encourage regional economic development, a change to the System Infrastructure Fixed Charge for residential customers transferring service, and some other changes.

The Chief Executive Officer & General Manager's Report and Recommendation on Rates and Services, released by SMUD CEO & GM Arlen Orchard, outlines the proposed changes. The report includes:

- A proposal to increase and extend the Economic Development Rate (EDR) discount and remove some of its eligibility restrictions in an effort to attract, retain and help businesses expand in the region. SMUD's Board will consider a 10-year contract period for the EDR, options for disadvantaged communities and removing restrictions on qualification for the rate.
- A proposal to offset the fees charged to businesses to extend SMUD's infrastructure to provide their business with electricity.
- A proposal to prorate the System Infrastructure Fixed Charge for residential

customers on bills with less than 27 days of service. By prorating, customers will pay only for the number of days their home received power from SMUD.

- A proposal to change the language of the Hydro Generation Adjustment to account for fluctuations in precipitation.

Members of the public can ask questions and provide feedback at the following meetings to be held at SMUD's Customer Service Center, Rubicon Room, 6301 S Street, Sacramento, CA 95817.

Public Workshop
Tuesday, July 17 10:00 a.m.

Public Workshop

Thursday, July 26
6:00 p.m.

Public Hearing
Thursday, August 16 6:00 p.m.

Information on the proposed rate action and a complete copy of the Chief Executive Officer & General Manager's Report and Recommendations on Rates and Services can be found at smud.org/RateInfo and at all Sacramento County Public Libraries.

For answers to specific questions about the proposal, please visit smud.org/RateInfo or call 855-736-7655. Written comments and questions can be emailed to ContactUs@smud.org.

Source: SMUD

Big Sing California

Making Statewide History

Continued from page 1

Bram created especially for Big Sing California.

"We know that singing releases endorphins, causes a sense of joy and euphoria and creates a bonding with our Community members, says Kendrick. "To be able to do this on the scale of Big Sing California in Sacramento is nothing short of thrilling."

TICKET INFORMATION:

Participants who want to attend *Big Sing California* should register individually through the website. People can register at the last moment and even score their free ticket vouchers and music books the day of the concert beginning at 1

PM on Saturday, July 21st at the Sacramento Community Center Box Office.

Ticket vouchers to all locations will be distributed via email 10 days prior to the event. Music books will also be distributed for free at the venues on the day of the concert and at the Thursday, July 19th rehearsal at 7 PM at the Community Center Theater.

"Come and be part of California history in Sacramento by joining us at Big Sing California, on July 21st in downtown Sacramento" says Kendrick. "We promise to make it a memorable experience as we work together to make Sacramento a world-class city." ★

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www.Fab40s5k.org

Employment Trends Report: Talking Sex at Work?

Sacramento Regional Top
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46% are Service, 20% are
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Construction and 11% are Retail.
Next Quarterly Projections:
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Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information.

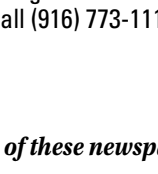
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Cendrinne DeMattei
Executive Director

Leadership Class 2018/19

Applications Taken Now

Leadership Citrus Heights (LCH) is a combination of educational experiences and leadership skills designed to develop and prepare you to make a difference in Citrus Heights. LCH is designed to develop community leaders, activists, visionaries and advocates at all levels dedicated to the future of our community. Most participants live or work within the Citrus Heights area and consider themselves emerging community leaders. Each should have a commitment to serve and a desire to share his or her skills with community organizations and/or their employer. Participants represent a wide range of backgrounds such as business, education, government and non-profit organizations.

LCH is a program for and about Citrus Heights Leadership practices and management skills, which are interwoven throughout. Classes are scheduled from 9:00 a.m. to 3:00 p.m. on the first Wednesday of the month starting October 2018 through June 2019. Curriculum topics may include the following: the history of the City of Citrus Heights Incorporation / Cityhood / Ethics, Economic & Community Development / Conflict Resolution, Mock City Council Experience / Public Speaking / Project Management, and more.

Tuition investment is \$495. It includes the mixer, all modules, meals, materials and graduation. There is a \$25 application fee due at the time of application and will be applied toward the \$495. Application Deadline August 27, 2018 Tuition due by: August 31, 2018

Contact the Chamber office to receive an application and for details. Phone: (916)722-4545

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California State Fair July 13-29



The State Fair always has iconic attractions and family friendly activities and this year is no different. The 2018 Toyota Concert Series on the Golden 1 Stage has concerts every night and be sure to check out the other stages for music, dance and cultural performances.

SACRAMENTO REGION, CA (MPG)

- One of the many great things about summer in Sacramento County is the California State Fair. This year’s festivities kick off July 13 through July 29 at Cal Expo and includes 17 days full of concerts, competitions, vendors, great food and lots of fun!

The State Fair always has iconic attractions and family friendly activities and this year is no different. The 2018 Toyota Concert Series on the Golden 1 Stage has concerts every night and be sure to check out the other stages for music, dance and cultural performances. Thursdays through Sundays will feature live thoroughbred horseracing. Plus, there will be sports action with a Sac Republic game, freestyle motocross, dog competitions

and cornhole championships.

No trip to the CA State Fair is complete without the thrill of the carnival rides, and be sure to check out the kid’s Read to Ride program. Other exhibits and experiences include animal livestock, art exhibits, county exhibits, classic car shows, wine & beer tasting, and shopping.

Promotions and Tickets

- \$2 Taste of the Fair: Wednesdays and Thursdays (11 a.m. – 4 p.m.) – Sample a variety of fair foods with \$2 menu specials from your favorite food vendors.
- Senior Savings Friday: Discount admission of \$10 for seniors 62 & better. Plus, seniors ride FREE on the Grand

Carousel and the Giant Wheel.

- Wells Fargo \$2 Rides for all & Kids Free Tuesdays: July 17 & 24 – FREE admission for kids 12 and under and \$2 rides for all ages.
- Military & Veteran Appreciation Day Presented by BloodSource: July 19 – FREE admission all day for active, retired, veterans and reserve military personnel with Military ID.

- First Responders Appreciation Day Presented by BloodSource: July 26 – FREE admission all day for first responders and law enforcement with ID.

Check out the details on the California State Fair website.

Source: SacCounty News ★

Bill To Help Taxpayers Passes Assembly Committee

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) announced his Senate Bill 1246, a bill that will streamline and modernize the process for expediting property tax refunds to California taxpayers, passed out of the Assembly Committee on Revenue and Taxation.

“I’m pleased to have the Committee’s support on this important taxpayer protection bill,” said Senator Gaines. “SB 1246 is simple and fair, two elements of good governance that are too often missing

in California. We must resolve any overpayment issues as efficiently and quickly as possible, and get taxpayers back what is rightfully theirs.”

Under current law, an outdated and archaic “refund claim form” is required to be mailed to a member of the public who is owed money due to an overpayment of taxes, penalties, assessments, interest or other costs associated with local taxes. The claim form must be signed and returned by the taxpayer before the county can issue a

refund.

SB 1246 will speed up the process to allow the county to simply pay the taxpayer what is owed when an overpayment or refund is discovered without the time-consuming paperwork required under current law.

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

Source: Office of Ted Gaines★

Lean Up – The New Season

Free 8-Week Wellness Program for Area Residents



Spare Time Clubs owns and operates 12 multi-purpose sports clubs located in the Greater Sacramento Metropolitan Area, Lodi and Oakley. Founded in 1973 by William M. Campbell III and his wife Margie, Spare Time Clubs specializes in providing state-of-the-art fitness programming, sports facilities and individual services for every member of the family.

SACRAMENTO REGION, CA (MPG)

- Applications are available for Lean Up beginning July 9, 2018. The FREE wellness program, now in its 10th season, is for area residents seeking to get healthier and fit. The program, which begins September 10, 2018, is open for all to apply, but limited to 225 participants. The program is offered locally at the following location:

Gold River Racquet Club
Gold River, CA

Johnson Ranch Racquet Club
Roseville, CA

Apply on-line at www.LeanUp.net.

Lean Up is designed by fitness professionals for people who have had a lifelong

struggle to be fit and healthy. This is a

life-changing program for those who need it most.

Those individuals selected for the 8-week fitness program will participate in a small group boot camp three days a week, meet with a personal trainer once a week, attend a nutrition and motivational group meeting, and enjoy other fitness activities at one of 10 participating sports clubs. In addition, Lean Up team members receive a membership at their host club. From September 10 through November 2, 2018 selected participants will enjoy free, unlimited access to the club and all its amenities.

All area residents are welcome to apply. Selected applicants will offer their most

compelling reasons for wanting to dedicate themselves to this life-changing commitment. Those deserving participants will receive the program absolutely free. Anyone 13 and over is welcome to apply, although individuals under 18 must obtain parental consent. All selected participants must receive medical clearance from their health care provider.

Applications are available July 9, 2018 online at www.LeanUp.net or at your participating club.

The deadline to apply is August 31, 2018. So come on people -- Let's get lean!

Also at www.LeanUp.net: Read first person accounts about how Lean Up has inspired past participants to change their lives. ★



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Early Prison Releases: New 2018 Update

SACRAMENTO COUNTY, CA (MPG) - As of June 29, 2018, 329 inmates sentenced from Sacramento County have been granted early prison release.

Many of the offenders who are granted early prison release have violent and lengthy criminal histories. District Attorney Anne Marie Schubert feels it is important for the public to be aware of the so-called “non-violent” offenders being released early from prison into our neighborhoods. Press releases are issued to provide the public with a sampling of recent noteworthy offenders, including:

Gang Member Convicted of Robbery, Possessing Firearm (Montreal Curry – Case #16FE021608) – Curry was a validated Meadowview Bloods criminal street gang member. In 2008, he was convicted of robbery and received a 4-year state prison sentence. In his current 2016 commitment offense, Curry was driving with his girlfriend when police stopped them for a vehicle code violation. Curry handed an American Arms .22 caliber folding revolver to his girlfriend. This firearm was very small, very concealable, and very dangerous. Curry then exited the vehicle, against officer commands, to give his girlfriend a distraction and time to stash the revolver. Curry continued to ignore officer commands until he was handcuffed and detained. The revolver was eventually located during a consent search of his girlfriend’s purse. His girlfriend stated that Curry gave the revolver to her to hide because he was on probation at the time. Curry was convicted of being a felon in possession of a firearm and was sentenced to 3 years and 8 months in state prison. Curry’s past robbery conviction, his continued desire to arm himself and his association with gangs is a dangerous combination. The Board of Prison Hearings found this inmate to be a nonviolent offender who does not pose an unreasonable risk of violence to the community and granted release on March 29, 2018.

Career Criminal With Convictions for Assault with a Deadly Weapon (Joseph Sanchez – Case #17FE001117) – In 2005 and 2009, Sanchez was convicted of assault with a deadly weapon likely to produce great bodily injury. In 2013 and 2014, he was convicted of first-degree residential burglaries. The 2013 burglary conviction is intertwined with his 2009 conviction for the felony assault. In that case, the victim broke up with Sanchez after a brief relationship. During the relationship, Sanchez committed violent acts against her. The victim contacted police and Sanchez’s parole agent to inform them of the crimes. As a result of the victim reporting the crimes to authorities, Sanchez broke

into her house and threatened to kill her. He then proceeded to punch her in the face multiple times and choked her until she was unconscious. Sanchez imprisoned the victim in her own home and she was only able to escape when her friend came over the next morning. The victim’s eyes, nose and ears were swollen and bruised from the attack. Sanchez served three years in prison for this attack, but his prison sentence was not the end of the terror for this particular victim. Sanchez’s violent behavior towards this victim continued in 2012 after he was released from prison. Sanchez broke into the victim’s home again and ransacked it, stole items, urinated on her bed and spray painted on her wall, “[Victim] is a fake ho.” He was sentenced to four years in prison for that offense. In his current case, officers stopped Sanchez for driving a stolen vehicle with his 10-month-old daughter in the back seat. He was convicted of vehicle theft and sentenced to 44 months in prison. Sanchez’s criminal history includes six felony convictions. He also has multiple misdemeanor convictions, including battery, and parole and probation violations. The Board of Prison Hearings found this inmate to be a non-violent offender who does not pose an unreasonable risk of violence to the community and granted release on May 22, 2018.

Inmate with History of Offenses, Parole and Prison Violations (Joseph Duckett – Case #11F07674) – In 2001, Duckett was convicted of robbery and attempted carjacking and was sentenced to 71 months in state prison. In that case, he accosted a 52-year-old woman at gunpoint and demanded she give him her car keys. Fearing that she would be shot, the victim gave the keys to Duckett. As he attempted to start the victim’s car, the victim fled into a bar and called for help. In 2008, Duckett was convicted of possession of a controlled substance. While serving his second prison sentence for this conviction, he was convicted of possessing a weapon at Folsom State Prison in 2011. In that case, Duckett tried to evade a corrections officer and was later found to have an inmate manufactured weapon in his sock. He has also had a number of prison violations, including mutual combat, disobeying orders and conduct that could lead to violence. Duckett has been convicted of a crime or been in state prison every year since 1997 when he was 21 years old. Additional convictions include domestic violence, resisting arrest, carrying a concealed weapon, providing false ID to police and possession of marijuana for sale. The Board of Prison Hearings found this inmate to be a nonviolent offender who does not pose an

unreasonable risk of violence to the community and granted release on May 29, 2018.

Early Prison Release Laws & Procedures:

In January 2015, the Department of Corrections and Rehabilitation began a new parole determination process after a federal court ordered California to reduce prison overcrowding. As a result, inmates characterized as “non-violent second-strikers” (NVSS) became eligible for early parole. In November 2016, Proposition 57 was then passed with the promise that “nonviolent” inmates who “turn their lives around” in prison could also earn early parole under a new “nonviolent parole review” (NVPR).

Qualifying NVSS and NVPR inmates must not currently be serving a sentence for a crime legally categorized as a violent felony and must not be required to register as sex offenders. NVSS inmates must have served (or be within 12 months of serving) only 50 percent of their sentence, while NVPR inmates may be paroled after serving the base term for the principal offense and may earn additional conduct credits.

The Board of Prison Hearings (BPH) determines whether NVSS or NVPR offenders would pose an unreasonable risk of violence to the community based on a paper review of prior criminal history, facts of the current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect the ability to re-offend, and written statements.

Unlike parole hearings - where the prosecution, defense attorney, and victim may appear - there is no public hearing for these BPH administrative reviews. Additionally, no evidence-based risk assessment is conducted prior to consideration of early release to indicate an inmate’s safety risk.

The Sacramento County District Attorney’s Office takes an active role in evaluating NVSS and NVPR cases. For inmates who appear to pose a danger to the public, the office writes opposition letters to BPH with an overview of the inmate’s criminal history and current commitment offense, and an opinion on the public safety risk if an inmate is granted early release. NVPR cases are especially concerning since prosecutors are denied access to records of the inmate’s behavior behind bars, which is critical to rehabilitation, and do not have a right to appeal an early parole decision.

Information about more of these inmates can be found on the Early Prison Releases webpage at www.sacda.org/early-prison-releases.

Source: Sacramento County District Attorney’s Office ★

Recreational Waters and E. Coli

The Central Valley Water Board Will Be Conducting a Year-Long Study on the Lower American River to Determine the Primary Sources of E. Coli



There have been no water-related illnesses for our rivers and streams reported to the Sacramento County Public Health Division. E.coli-related illness cases are required by Title 17 law for medical providers and labs to report E. coli-related cases to County Public Health. Photo courtesy Sacramento County

SACRAMENTO COUNTY, CA (MPG)

- Every natural water body can be a conduit for pollution, trash, bacteria, algae and microorganisms. Sacramento County and the Sacramento Area Sewer District are collaborating with the California Central Valley Regional Water Quality Control Board (Central Valley Water Board) to fund their weekly *E. coli* water sampling at nine sites on the American River.

Most *E. coli* strains are harmless and do not cause human illness. They are the helpful bacteria found in the intestines of mammals – humans, pets, wildlife and birds. Increased levels of *E. coli* does not necessarily equate to an increased exposure risk for swimmers. *E. coli* are generally found in all recreational waters.

The Central Valley Water Board will be conducting a year-long study on the Lower American River to determine the primary sources of *E. coli*. The study will begin this summer and is designed to more fully understand the primary sources of *E. coli* and any increase exposure

risk to those recreating in the Lower American River.

The County Public Health Officer is the local authority in determining if a recreational area needs to be closed. Closures would be considered for a known communicable disease outbreak or a known sewage release. There have been no water-related illnesses for our rivers and streams reported to the Sacramento County Public Health Division. E.coli-related illness cases are required by Title 17 law for medical providers and labs to report *E. coli*-related cases to County Public Health. County Public Health investigates every reported case of *E. coli*-related illness to identify the source and stop the spread of the disease. If the County Public Health Officer decides there is a risk to the general public, a public notification is sent out.

Anyone enjoying public waterways should always follow healthy swimming habits:

- Do not drink recreational water or use the water for cooking.

- Do not enter the water if you have cuts or open sores, as these are pathways for bacteria to enter your body.
- Avoid algae blooms (brightly colored water) and trash in the water.
- Wash your hands or shower after swimming.
- Pay attention and follow any warning signs and postings. Do not access a water body if posted warnings indicate it is not safe to do so.
- Contact your healthcare provider if you have concerns regarding your health after swimming in recreational waters.

Learn more about *E. coli*, healthy swimming habits and the Lower American River monitoring map and test results on the Sacramento County Regional Parks website.

Review the Central Valley Water Board’s brochure to learn more about its mission and programs.

Source: SacCounty News ★

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Crossword Puzzle on Page 7

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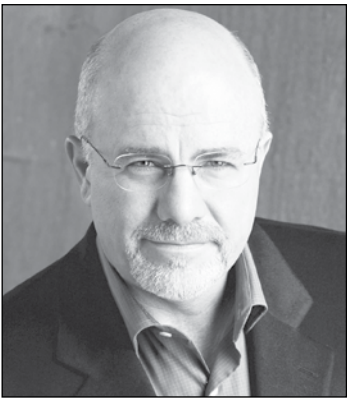
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Dave Says

Insurance after diagnosis

Dear Dave,
I started looking at life insurance policies after my wife and I had our daughter. During the screening process, I found out I had testicular cancer. I went through treatments, and the doctors have officially declared me to be in remission. Still, I can't find a life insurance company that will work with me. I have a small policy through my employer, that is equal to double my salary. Do you have any suggestions for finding additional coverage?

-Nate

Dear Nate,
It's great news that you're in

remission. I'm really happy for you, buddy. I know your wife is thrilled, too.

I would advise conducting a search of every "guaranteed issue" company and policy out there. The term, guaranteed issue, means they don't do a medical check. The problem is these policies generally run 10 to 20 times more per thousand than those where you qualify medically. So, you're not going to get a lot during this time.

Check at work, and see if you can buy more and add it to the coverage they already provide. Some employers provide a double-up option if you're willing to pay for the additional coverage. If you can, and the price is reasonable, do it. If you have a mortgage, call the mortgage company and get mortgage life insurance. It's gimmick insurance — and something I don't normally recommend — but many times you can get it without medical clearance.

Once you get past that

three- to five-year window where many insurance companies will work with you again, try to find a good, level term life insurance policy with coverage that's 10 to 12 times your income, and drop all this other stuff. In the meantime, pick up anything else you can find — even if it's those little \$10,000 policies banks sometimes attach to your checking account for \$20. Pile up those little odds and ends, until you get as much coverage as you can within reason.

God bless you and your family, Nate.

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Sactown to Welcome America's Navy During Navy Week



Sacramento Navy Week will bring sailors from different units across the United States to conduct focused outreach events with members of the community.

**By Kayla Turnbow,
Navy Office of
Community Outreach**

SACRAMENTO REGION, CA (MPG) - California's capital is scheduled to host members of the U.S. Navy during Sacramento Navy Week, July 16-22, coinciding with the California State Fair.

Sacramento Navy Week will bring sailors from different units across the United States to conduct focused outreach events with members of the community. The Navy week will bring sailors from USS Constitution, Navy Band Northwest, USS La Jolla, U.S. Navy Ceremonial Drill Team, Explosive Ordnance Group One, U.S. Naval Academy and Navy Operational Support Center Sacramento.

Rear Admiral Scott Jones, Deputy Commander, Naval Air Force Atlantic, and Sacramento native, will be the Navy week's flag host who will participate in various ceremonies and meet with local business, civic and education leaders during the week.

"I am quite excited to take part in Navy Week in Sacramento," said Jones. "As a native of Sacramento, it will be a unique privilege to represent my military service, the U.S. Navy, in the same town where I was born and raised."

Historically, Navy Week events draw thousands of attendees to participate and create a dialogue between sailors and local residents. The events are designed to raise awareness about the Navy the

nation needs in areas that do not have a large naval presence.

"The excitement is building now as we near this awesome Navy outreach event," said Gary Ross, lead planner for the Navy Week. "It's going to be great to see Sailors engage the citizens of Sacramento and tell America's Navy story."

A variety of Navy band ensembles will perform during the week, including performances at the California State Fair, Powerhouse Science Center and the Veterans Home of California Yountville.

"Navy Band Northwest contributes to Navy Week Sacramento through multiple community outreach and public relations performances with several of our top-notch groups such as our Jazz Combo, High-Energy Funk Band and versatile brass groups," said Musician 1st Class Garrett Stephan. "Throughout the week, band members will perform for thousands in the greater Sacramento area at baseball games, soccer matches, farmers markets, and more."

Multiple assets will participate in a Navy STEM Day at the Powerhouse Science Center on Tuesday, July 17 where attendees can interact with sailors with hands-on activities throughout the day.

Sailors from Helicopter Maritime Strike Squadron 49, the Scorpions, will land a MH-60R helicopter at the California State Fair on



Sacramento native, Rear Adm. Scott Jones

Thursday for Military Appreciation Day. Attendees will be able to tour the helicopter as well as interact with sailors from multiple commands. Navy Band Northwest will play several concerts throughout the day at the fair.

Navy Operational Support Command Sacramento sailors will

volunteer for local organizations throughout the week including the Sacramento Food Bank, Habitat for Humanity ReStore, and the Greater Sacramento Boys & Girls Club.

The week will wrap up with displays at the California Aerospace Museum on Friday, July 20. Sailors will also volunteer at the Ronald McDonald House on Friday, cooking dinner for the families, offering engaging static displays, and a musical performance from Navy Band Northwest.

Sacramento Navy Week is the seventh of 14 Navy weeks in 2018 that focus a variety of assets, equipment and personnel on a single city for a week-long series of engagements designed to bring America's Navy closer to the people it protects.

For more information and a full schedule of events, visit <http://outreach.navy.mil/Navy-Weeks/> Sacramento.

Join the conversation at www.facebook.com/navyoutreach and www.twitter.com/navyoutreach.★

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CLUES

ACROSS

1. Baseball player's sole feature

6. Bug repellent

9. Surfer's stop

13. Wraparound house feature

14. "Back To The Future" actress

15. Hello in 50th state

16. Join forces

17. Banned insecticide

18. Reduce

19. *Mythological underground humanoids

21. *Rapid transit

23. King's title, abbr.

24. Top of the Capitol

25. 1960s altered state inducer

28. Bone-dry

30. Lumberjack's tool

35. At the apex

37. Accepted behavior

39. Samurai dagger

40. Of low density

41. Relish tastebuds' sensation

43. Embarkation location

44. Laundry room appliance

46. Make someone angry

47. Unsubscriber's focus

48. *Underground, adj.

50. Tarot card reader, e.g.

52. First responders' acronym

53. Victoria Beckham, formerly

55. Chill, with "out"

57. *Animal house

60. *Cold storage

63. Body trunk

64. ____-Wan Kenobi

66. Packers QB

68. Russians, e.g.

69. Benatar or Boone, e.g.

70. *The ____ by "Notes from the Underground" author

71. Explore by touch

72. Infection of the eye

73. *Six feet under preceder?

DOWN

1. PC "brain"

2. Like a maxi skirt

3. Poetic name of Ireland

4. Cast member

5. Topic of discussion, pl.

6. One of auto pioneers

7. U.S. central bank

8. ____, Stinky and Stretch

9. Like Food movement

10. Home of the Hawkeyes

11. People in general

12. It's got an outer, middle and inner

15. Even though

20. Not odds

22. One behind the plate

24. Ascetic Muslim monk

25. Hog fat, pl.

26. Rubberneck

27. Not Ionic or Corinthian

29. Lion's warning

31. "Lights out" signal

32. Kind of wading bird

33. It included Mr. T

34. *Beneficial garden invertebrates

36. Jury colleague

38. *Contrary to popular belief, it's not blind

42. "Superman" Christopher

45. Copies, for short

49. Likewise

51. Put down again, past tense

54. Same as swaps

56. Clearing in the woods

57. Cowboy's necktie

58. Russia's ____ Mountains

59. Please get back to me

60. *Where you'll find 21 Across

61. Operatic solo

62. *Plant organ

63. Cough syrup amt.

65. *Cave flyer

67. Utmost degree

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Crossword Puzzle Solutions on Page 6

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

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 6


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By Marlys Johnsen Norris,
Christian Author

The destiny of every human being is not merely an assumption for the future but is specifically designed by our Creator/God. His plan needs to be trusted in every way and hopefully every one of us will seek to know and live in it for our lives.

His sovereign plan is revealed to all who look for and seek His will for their lives! Then as they learn their own destiny, will walk in

Destiny - Past, Present and Future

obedience to the knowledge given to them. The psalmist writes that all the days of our life – past, present and future – were written in God’s book of life “The Holy Bible” before any come into existence. We must trust God because they are in His hands forever! Regardless of the trials and suffering we may have to endure to learn truths He has designed for our lives.

Of course the learning process is a bit different for each of us. We are all uniquely created and each design is different, but perfect according to the will of God to teach us who we will and need to become in the future. Crazy as it sounds our sins of the past were allowed to teach us something we needed to learn and would learn in no other way.

Our present troubles also will become the past, just as soon as we have grasped some teaching God has prepared for us. And our future is guaranteed the very minute we have become a “child of God”

through the blessed Son of God! He, who came and died for all our sins, washing us clean and giving us a “new birth” with His Holy Spirit residing in our hearts to help us with everything God desires us to learn to be ready for that great day when we will reside in heaven with Him forever. *“For God so loved the world He created, He sent His only begotten Son into the world to die on a Cross, that whoever believer in Him shall never die but have everlasting life.” John 3:16*

Marlys Johnsen Norris
Award Winning Christian Author for “Recipes for a Happier Marriage” “Senior Gleanings” “God Moves Mountains, It was a Miracle” “Defining Moments” “Messages in the Dust for the Searching Soul” “Walking with the Wise Entrepreneur” \$20 mailed P.O. Box 114, ORANGEVALE, CA
Marlysjn@gmail.com ★



By Pastor Ray Dare

When you come to the end of today, when it’s all said and done, when you lay your head on your pillow tonight; what will you have accomplished? What is the most important thing you could do today? I Corinthians 14:1 says, “Make love your greatest aim.” Why love? Of all the things God could have said, why love? The Bible tells us why in 1 Corinthians 13...

Without love all that I say means nothing. “If I speak in the tongues of men and/or angels, but have not love, I am only a resounding gong or a clanging cymbal.” He says words without love are nothing, ineffective. The Corinthians were caught up in this. They were proud of their spiritual gifts. They said, “We can speak in the tongues of man and angels.” God says, “You’re majoring on the minors.”

Pastor Ray's Encouraging Words

Make Today A Success

Without love all that I know means nothing. “If I have the gift of prophecy, and can fathom all mysteries and all knowledge... but have not love I am nothing.” God says, “It doesn’t matter.” “Knowledge puffs up but loves builds up.” There’s something better than being right, and that’s having the right heart. The world is not looking for more knowledge; the world is looking for love.

Without love all that I believe means nothing. “If I have faith that can move mountains, but have not love I am nothing.” There is a misconception that all being a Christian involves is believing certain truths, doctrines, holding certain beliefs. Someone says, “I’m a Christian...I believe in Jesus.” Big deal so does the devil! The question is do you love Jesus? Do you love other people?

Without love all I accomplish means nothing. “If I were burned alive for preaching the Gospel, but I didn’t love others, it would be of no value whatever.” You could rack up a list of impressive achievements and accomplishments -- but without


love it won’t matter.

One day God is going to do an audit on your life. He is not going to focus on your accomplishments, how many languages you spoke, how many degrees you had or what your bank balance was. He’s going to look at one thing: how you treated people. Galatians 5:6, “If you are a follower of Christ Jesus all that matters is your faith that makes you love others.” He says, all that matters is that you love others. If you miss that, you just missed the most important thing in life. Wealth, fame, success, things - minus love equals zip! Nothing! A wasted life!

I say a little prayer every day that goes like this and I encourage you to pray it as well, “Lord, help me to love you more and love other people more, even if I don’t get anything else done today, if I love you more and love other people more it will be a successful day.”

Pastor Ray
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from the “Hidden Words of Baha’u’llah


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Game Plots

The Popular Apocalypse

By Noah Howard

SACRAMENTO REGION, CA (MPG) - The video game industry is rarely labeled as “original,” and this year’s Electronics Entertainment Expo (E3) illustrated exactly why. Video games’ largest publishers showcased Metro: Exodus, Dying Light 2, Days Gone, The Last of Us Part 2, Rage 2, Gears 5 and Fallout 76. Their common thread? Every one of these flagship, multi-million dollar titles is a post-apocalyptic action game, usually with some sort of zombie or zombie-like enemy. 2018’s store shelves will be utterly saturated with games in the vein of Mad Max and 28 Days Later, and yet despite the saturation, every one of them will likely sell exceptionally well.

Video games have an utter obsession with the post-apocalypse going back decades, to an extent not reflected in any other popular media. The two seem to be a match made in heaven; a primary allure of video games is the ability to escape one’s own life and do anything they desire. When a developer is tasked with contextualizing utter freedom in terms of a logically coherent, immersive game world, where better to turn than an anarchic wasteland? Without the binding ties of society and rule of law, the player can believably do whatever they want without the logical necessity of some in-game police coming down on their heads. Even linear, cinematic experiences with little real player freedom benefit from the narrative shortcuts a post-apocalypse allows. Why are we killing thousands and thousands of zombies/people? Easy, this world is kill or be killed in a battle for survival, so further moral justification for Mass violence seems, from the writer’s perspective, otherwise unnecessary.

Such justification feeds into why the trend is stronger now than it’s ever been. Developers leveraged the computing power of the new generation of consoles not to create photorealism, but to create massive, living worlds in which players can roam free. Open worlds became “stylish” as franchises that were once linear began to expand with huge environments to explore.



Developers leveraged the computing power of the new generation of consoles not to create photorealism, but to create massive, living worlds in which players can roam free.

And as video games began to lean more and more into their most unique artistic asset, the ability to create a sense of player freedom, the need for justifications for such complete freedom spiked upwards. As a result, we have E3 2018, where game after game resorts to the post-apocalypse as its narrative shortcut.

This is hardly a criticism; because video games aren’t primarily a narrative medium, narrative shortcuts are easily excused if they accommodate exciting gameplay and interesting worlds, both of which post-apocalypse games often excel at. And even then, video games have occasionally used post-apocalyptic settings not as writing crutches but as tools to explore the complex moral questions of survival and freedom; 2013’s *The Last of Us* did exactly that, and is widely considered the best-written game ever made (though its incredible-looking sequel may be looking to snatch that title from its predecessor). There’s a reason why, despite the saturation, the industry is showing few signs of fatigue. The post-apocalypse both literally and figuratively, remains extensively unexplored, and video games are uniquely positioned to trek into the lawless wilderness.

To respond to Noah’s articles email him at digitalartsnoah@yahoo.com ★

A Treetop View of Maintaining Our Roads



The SCDOT Tree and Landscape division is responsible for maintaining County-owned roadway frontages, medians, pedestrian walkways, soundwalls, bike lanes, and overpasses.

SACRAMENTO REGION, CA (MPG) - With the summer construction season underway for the Sacramento County Department of Transportation (SCDOT), you can expect to see crews out on the roads, and sometimes in the trees, working to fix or maintain thousands of miles of roadway within the unincorporated areas of Sacramento County.

Part of this road maintenance to improve the public travel-ways involves protecting and maintaining the vegetation along the right-of-ways for driver and pedestrian safety. The SCDOT Tree and Landscape division is responsible for maintaining County-owned roadway frontages, medians, pedestrian

walkways, soundwalls, bike lanes, and overpasses.

The SCDOT crews create aesthetically pleasing landscaped areas while also providing a safer environment by removing hazardous limbs and dead vegetation. This summertime maintenance work also helps reduce the potential for storm related problems when the rain and high wind season hits. Of course, these Tree and Landscape crews are out later in the year to tackle storm-related emergencies, as well.

The Tree and Landscape crews also focus on removing encroachment violations in Sacramento County. This includes trees and shrubbery growing

upon private property that are lower than 13.5 feet over the roadway or obstructing the visibility of an intersection or a traffic control device, such as a stop sign. When these issues occur, the SCDOT Right-of-Way Management section works with property owners to correct violations. SCDOT contracts some of the work to ensure the maintenance is completed in a timely fashion.

If you’re out and notice vegetation issues on or near right-of-ways in the unincorporated areas of Sacramento County, the public is encouraged to contact SCDOT by calling 311 or reporting issues online at www.311.saccounty.net.

Source: SacCounty News

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Sacramento County DA Reports

Defendant Sentenced for Multiple Child Sexual Assaults

DATE: June 19, 2018
CASE: Andrew G. Young Jr. (Case #13F07569)
PROSECUTOR: Deputy District Attorney Brian Morgan, Special Assault & Child Abuse Unit

The Honorable Steven Gevercer sentenced Andrew Young Jr. to 440 years to life in prison. On May 17, 2018, a jury convicted Young of 7 counts of committing lewd and lascivious acts on a minor under the age of 14, and one count of committing a lewd and lascivious act on a minor under the age of 14 with force. The jury also found true that Young had suffered a prior conviction for committing a lewd and lascivious act on a minor under the age of 14.

The victim was a family member who was between the ages of 12 and 13 when the sexual assaults were occurring.

Chiropractor Sentenced for Practicing Medicine without License, Grand Theft

DATE: May 30, 2018
CASE: James Joseph Martin (Case #16FE010473)
PROSECUTOR: Deputy District Attorney David Brown, Consumer & Environmental Protection Division

The Honorable Patrick Marlette sentenced James Joseph Martin to 1 year in jail and 5 years felony probation. Additionally, he was ordered to pay restitution to all victims named in the complaint, required to surrender his chiropractic license and prohibited from portraying himself as someone who practices functional or pastoral medicine.

On February 9, 2018, Martin pled guilty to three counts of felony practicing medicine without a license, four counts of felony grand theft by false pretenses and misdemeanor charges of illegally using ‘MD’ and ‘physician’ in advertisements.

Martin regularly appeared on a local television program, Sac & Co. His infomercials were designed to look like an interview. Martin, a licensed chiropractor, portrayed himself as a functional neurologist who practiced metabolic or pastoral medicine, specializing in treating conditions of the thyroid, neuropathy and other health conditions. Many of Martin’s patients thought he was a medical doctor.

Martin was prescribing over the counter supplements and then selling them at a significant mark up.

Defendant Pleads to Murder, Sexual Assault of 6-Year-Old Girl

DATE: June 20, 2018
CASE: Juan Rivera & Lisa Burton (Case #15F03256)
PROSECUTOR: Deputy District Attorney Chris Ore, Special Assault & Child Abuse Unit

Juan Rivera pled guilty to murdering 6-year-old Jadianna and the special circumstance he committed the murder while engaged in committing a lewd or lascivious act on her. He also pled guilty

to committing lewd acts with a child under 14 years of age.

Juan Rivera took custody of Jadianna after he convinced her mother to leave Jadianna for medical reasons. On May 27 and 28 of 2015, Rivera sexually assaulted Jadianna and inflicted blunt force trauma on her, which resulted in her death. Rivera then drove to Glenn County, where he burned Jadianna’s body. When he returned to Sacramento, Rivera feigned a seizure before notifying the police that Jadianna had gone missing. Rivera’s mother, Lisa Burton, aided her son after the killing by providing him with a stolen vehicle to transport Jadianna’s body.

On April 21, 2017, Burton pled guilty to being an accessory after the fact to murder and vehicle theft. She was sentenced to 3 years in prison.

Rivera will be sentenced to life in prison without the possibility of parole. Sentencing is set for August 17, 2018, at 9:00 a.m. in Department 21 before the Honorable Steve White.

Defendants Convicted of Attempted Murder, Conspiracy

DATE: June 28, 2018
CASE: Devonta MacDonald & Brittany Gibson (Case # 17FE002558)
PROSECUTOR: Deputy District Attorney Allison Dunham, High Risk Domestic Violence Unit

Devonta MacDonald and Brittany Gibson were convicted by a jury of attempted murder and conspiracy to commit murder with allegations of premeditation and deliberation, use of a firearm, discharging of a firearm and causing great bodily injury found true.

On February 7, 2017, the victim was walking home from a convenience store in South Sacramento when it appeared his girlfriend, Brittany Gibson, drove up and pulled over alongside of him. When he approached the car, he saw Devonta MacDonald was driving the car with Gibson in the passenger seat. MacDonald is Gibson’s ex-boyfriend. After Gibson nodded her head to signal “yes,” MacDonald produced a gun and shot the victim six times before driving off. MacDonald then backed up and shot the victim three more times. The victim survived, but suffered life threatening injuries and was hospitalized for more than a month.

An allegation that MacDonald suffered a prior strike conviction for robbery will be determined at the sentencing hearing.

MacDonald faces a maximum sentence of 50 years to life in prison. Gibson faces a maximum sentence of 25 years to life in prison. Sentencing for both defendants is set for August 24, 2018, in Department 29 before the Honorable Geoffrey Goodman.

This case was prosecuted by the District Attorney’s High Risk Domestic Violence Unit through a grant funded by the California Governor’s Office of Emergency Services and the Violence Against Women Act. ★



Social Media Overload

It comes at us 24/7 if you let it. What? Social media that’s what. There’s always something that gets your attention and you’re hooked. But Clinical Forensic Psychologist **Dr. John Huber** says we need to do a social media cleanse. Dr. Huber is Chairman of Mainstream Mental Health, a non-profit organization that brings lasting and positive change to the lives of those suffering from mental health issues. “Social Media Cleanse” a fancy term for deleting social media has become something of a buzz-phrase in out increasingly plugged in society according to the good Doc. However, is deleting social activity doing anything for your mental health? Are all those Snapchat stories, Instagram double taps, and Facebook updates impacting your life that much? Perhaps, you can achieve these five goals if you do the

POPPOFF!

with Mary Jane Popp

- social media cleanse.
- 1) IT MIGHT HELP YOU SLEEP BETTER.** According to the National Sleep Foundation, that blue light your phone screen emits can interfere with your body’s production of melatonin, the hormone responsible for helping you get to sleep. Separating yourself from social media might lead you to spend less time on your phone which might help you get to sleep faster.
 - 2) IT CAN FORCE YOU TO REPRIOTIZE IN-PERSON INTERACTIONS.** Using social media at the expense of in-person interactions with friends or family can negatively impact relationships and well-being.
 - 3) IT “MIGHT” REDUCE YOUR ANXIETY.** According to research, excessive social media and technology use is associated with a lot of bad stuff like high anxiety, low quality of life, and depression.
 - 4) IT MIGHT INSPIRE YOU TO GET A LITTLE MORE EXERCISE.** Getting out from behind a screen might inspire you to get on your feet
- a little more. And exercise is associated with a bunch of great things, including decreased anxiety.
- 5) IT CAN HELP YOU REMEMBER ALL THAT OTHER STUFF YOU LIKE TO DO.** If you stop dedicating time to one thing, you free up time for other things. You might prefer to spend time painting, going to the park, hanging out with friends, volunteering, working out, cooking, or doing a whole range of other things.
- Now you probably want to know what **Dr. Huber** means by a social media cleanse. I mean we do live in a social media world. We don’t want to be left behind either. Are we talking a day, a week, FOREVER? Highly unlikely. So I posed the question. And **Dr. Huber** had this definition.
- Not so bad. We need to start somehow and take back our lives. All you have to do is start somewhere. If oyu need more info on **Dr. Huber**, you can go to www.mainstream-mentalhealth.org. He also hosts “Mainstream Mental Health Radio” which is heard nationwide and features interviews with today’s top mental health professionals. ★

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Simple Ways to Protect Our Waterways During the Summer

During the summer, many pollutants that are caused by outdoor activities can harm our creeks and rivers. Lawn and garden chemicals that are used to control weeds or pests, oil and dirt from cars, and trash can wash into a storm drain and empty into a creek or river without treatment.

As you, your family, or friends enjoy the warm weather and outdoor activities, please remember to follow these simple steps to protect our waterways!



Take your vehicle to a car wash that recycles its wastewater.



Reduce the use of pesticides or other products in your garden and around the home. Try eco-friendly products instead.



Properly dispose of trash and remember to recycle if possible.



Check your vehicles regularly for leaks and repair them.



Pick up and properly dispose of pet waste.



Do not dump anything down the storm drain. Only rain down the drain!

For more information on how to protect our creeks and rivers, please visit beriverfriendly.net

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What We Have to Lose When NIMBYism Gains a Foothold



By Don Troutman

SACRAMENTO REGION, CA (MPG) - There are 23 million Americans in long-term recovery from their alcohol or drug abuse, and I imagine that many of them lived in “sober livings” or recovery housing as they learned how to navigate life without drugs or alcohol. Today, sober livings are under siege as NIMBYism ramps up. I’m hearing rumblings about legislative movements to shuttle sober living homes off to industrial zones, or to shut them down entirely. It’s particularly disturbing because, as a result of their brain disease, our residents are classified as Americans with Disabilities, and their protections are threatened

by the growing storm.

Where would we be without recovery housing? Let’s ask some notables who might have stepped inside those very doors as they embarked on their own recovery. That long, long list includes President G.W. Bush, Olympic champion Michael Phelps, prolific author Steven King, Astronaut Buzz Aldrin and actor Daniel Radcliff (AKA “Harry Potter.”) I hardly consider them a blight on the landscape of humanity.

You’ll also find some unfamiliar faces among the millions in long-term recovery. Let’s listen to some of their voices:

“Clean & Sober Transitional Living (CSTL) has given me a safe place to live and a great group of people who share the journey... I know that I am able to enjoy the life I have now because I managed to get here, managed to follow the few simple rules, and now choose to stay and surround myself with the people who understand me and share the same challenges of living a sober life. I’m truly grateful for everything I have learned here and that I found my tribe.” (Muriel)

“Clean and Sober Transitional

Living is an amazing place if you’re trying to do something different with your life..... not only does it help you get clean and provide meetings but also helps you with all the aspects of living life on life’s terms..... from the social part of living on a block with others fighting a similar fight..... honestly there is absolutely no comparison to anywhere else.” (Ross)

“I never knew there was a better way to live. Clean and Sober gave me that. Amazing food. Amazing structure. Meetings every day. This place saved my life.” (Heather)

“If you want change in your life this is a great place to start. This is a beautiful place of healing and love.” (Eric)

I’ll close on that note, with a simple request that people pay attention to the effort to ostracize recovery housing, and then let your support for recovery housing be heard. NIMBYism keeps people from getting and staying healthy. Sober living gives people a chance to reclaim productive lives and fulfill their dreams. Who knows? The next Olympic champion may be living in recovery housing right around the corner. ★

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