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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

APRIL, 2018

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MaryAnn Henriksen
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Unsung Heroes Receive Praise



(Above) Convener of the "Unsung Heroes" exhibition, Lisa Daniels (center) holds a photo of her dad, Milton Daniels. WWII veteran Pearl Wallace shows a 1944 portrait of her friend Odessa Taylor. David Jones holds a study of Buffalo Soldier Benjamin Brown. (Right) Barbadian Rigaude Prout volunteered for the US Navy during WWII. Daniels archival photo

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Lisa Daniels thought she knew the grandmother who raised her in Fresno. In college, she had to write a biography of a loved one. She discovered "Gram" (Rita Hernandez) was part of a civilian force that had riveted the aircraft carrier Franklin D. Roosevelt. "Gram always had great stories," says Daniels. "But I never knew she'd served in WWII."

"I wanted more information about African American war contribution. I was baffled by limited recourses and set out to gather as many first-hand accounts as I could." Her mission taught Daniels (now 53) that many thousands of veterans are unsung heroes. "Most mainstream wartime stories don't include the African American

experience," she explains. "I'm trying to get that on record. My work provides a platform for those who were not given a voice. My father, Milton Daniels, served in Vietnam. He's been encouraged by the stories I've heard. He's finally finding the strength to open up about his experiences."

Eighteen years ago, his daughter founded the Unsung Heroes Living History Project. As of today she has archived narratives and pictures from the Civil War, the Spanish-American War and from all 20th and 21st century theaters. Such research is gaining nationwide traction; Last year, Daniels partnered with Indiana University Southeast in a project where students collected veteran narratives. During African American History Month (February) Daniels



presented the "We Also Served" exhibition at Rancho Cordova Library. She also exhibited 50 pictures for basketball audiences at Golden 1 Arena. During the Kings/Lakers game, the home team presented the curator with the Sacramento Kings Dream Award. "Afterwards, people were reaching out to shake my hand," she said. "Their appreciation was a testament: we all have a story. As time goes on, we'll all grow to appreciate

Continued on page 9

Sacramento County Credit Rating Increased

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - As a result of Sacramento County's commitment to fiscal responsibility, major credit-rating company Standard and Poor's Rating Services (S&P) raised the County's credit rating two notches.

Following the Great Recession in 2008, Sacramento County diligently worked to strengthen the region's economy, financial flexibility and fiscal stability, providing more job opportunities and housing options while also implementing new budget processes and financial policies.

S&P raised Sacramento County's credit rating to the following:

- County Long Term Rating from "A" to "AA-"
- County Pension Obligation Bonds from "A" to "AA-"
- County Certificates of Participation from "A-" to "A+" Additionally, the S&P's rating report highlighted the following factors as areas of strength for Sacramento County:
- Strong economy, with access to a broad and diverse metropolitan statistical area
- Strong management, with good financial policies and practices under S&P's Financial Management Assessment methodology
- Strong budgetary performance, with operating surpluses in the general fund and at the total governmental fund level in fiscal 2017

S&P summarized Sacramento County's position in their annual report, stating that their rating "reflect(s) our view of the County's restoration of positive available fund balances, resulting in an improvement in the county's financial flexibility, as well as our opinion of the county's improved economy, as reflected in improved wealth and income indicators." ★



With fiery goals, febrile spirits and heat-seeking muscles, the Gold River Fun Fever is Off to the Races on May 5. Photo courtesy Jan Float

Stingrays Fever

By Jan Float

GOLD RIVER, CA (MPG) - Are Stingrays in the Sea known as a school, pod or swarm? None of the above. It's a Stingrays Fever; and this month, Gold River's is on the rise! Stingrays Fever is already spreading like wildfire and spiking technique temps. Though the season hasn't even started, team Fever is intensifying daily and cannot be contained.

Like all athletes, swimmers must warm up and cool down in between events. This, however, is no simple warmup ... it's a Fever! So now that the Stingrays have sparked ignition, there's not a snowball's chance in GR of extinguishing this inferno until the final explosive days - their Meet of Champs on July 28 and 29.

April generates more flammable energy, as League rules permit the integration of cardio into practice sessions.

In lieu of antiquated long distances, the Fever's coaches employ Ultra-Short Race-Pace Training. To gain scorching traction before their inaugural meet, Stingrays are diving in for trailblazing sprints and fast-twitched after-burners. Next? The countdown: 5-4-3-2-1 blastoff - full [lightning] speed ahead. With fiery goals, febrile spirits and heat-seeking muscles, on May 5 the Gold River Fun Fever is Off to the Races!

Fever Factoid: In the ocean and in chlorine, yes, Stingrays do fly! Here's the spontaneous combustion of one flared-up flyer, radiating both skill and firepower. To ascend the red truck's ladder and compete at this level, the Stingrays also offer a popular Mini-Rays program. Requirements: Be five years or older, water safe, and able to "swim" unassisted for 25 yards. Benefits: Make friends, kinde confidence, emerge as a teammate.

Continued on page 6

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BIBA Awards Honors Those Who Make Community Great



Robert Sanger and his team (above photo) from the Folsom Cordova Community Partnership took home Nonprofit of the Year. Photos by Rick Sloan



Douglas Brewer of State Farm won Micro Business of the Year. Photos by Rick Sloan



Anna Hovakimyan of Hi Coffee took home the Rising Star award. Photos by Rick Sloan

By MPG Staff

SACRAMENTO REGION, CA (MPG) - The Rancho Cordova Chamber of Commerce held its Best In Business Awards (BIBA) last week, honoring those who have dedicated their time to growing their business and making the community a better place. The River City Christian Church hosted the event that saw no empty seats and West Coast Events and Hi Coffee catered for those in attendance. Over 150 business and

community leaders joined with the board and team from the Rancho Cordova Chamber in celebrating prosperity throughout Rancho Cordova. Board Chair, Denise Brandt (National University) shared, "The Chamber is proud to have this opportunity to honor businesses and individuals for their significant role in driving business and economic prosperity." Diann Rogers, President & CEO of the Chamber, stated, "We are responsible for providing quality programs and

services to our business community. The outstanding Directors on our board are all business and community leaders dedicated to that purpose." We are excited to welcome five new directors for 2018:

- Sally Howard, Folsom Lake College
- Mike Luca, CBRE Industrial Properties
- Greg Robinson, Bank of the West
- Chuck Shaw, Fite Development

- Price Walker, Elliott Homes

We want to acknowledge the hard work and support from two outgoing directors:

- Tony Cincotta, Republic Services (2015-2018)
- Terrence McNamara, A. Teichert & Son, Inc. (2009-2017)

The stage was then set for each award's presenter and the winners were honored with great applause as they made their way to the stage and posed for photos taken by Rick Sloan.

Full list of winners:

- Micro Business of the Year – Douglas A. Brewer, State Farm Insurance Agency
- Small Business of the Year – Spainhower Chiropractic
- Midsize Business of the Year – B&J Body Shop & Towing
- Large Business of the Year – Marriott Sacramento, Rancho Cordova
- Nonprofit of the Year – Folsom Cordova Community Partnership
- Rising Star – Hi Coffee
- Ambassador of the Year – Kimberly Austin
- Chairman's Award – Facilities Team, City of Rancho Cordova

For more information visit ranhocordova.org ★

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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

The Illusion of Rent Control

to find a new home can be devastating (in some cases lead to homelessness). But while these proponents are correct, their proposed solution to this growing issue unfortunately magnifies the problem.

The amount that property owners charge for rent is largely dependent on market forces. If the demand for rooms is low and supply is high, then rents decrease to ensure that owners are able to keep vacancy rates as low as possible. Conversely, if the demand for rooms is high and supply is low (as is the case currently) then the rents increase as more people compete for less units. If the government imposes restrictions on property owners and forces them to offer lower rents than the market would otherwise dictate, we see two incredibly negative things immediately happen.

First, no new housing will be built and in some cases, housing will be torn down and be replaced with other uses (like commercial business). By forcing rents below the market price, rent control reduces the profitability of rental housing, directing investment capital out of the rental market and into other more profitable markets. In a situation where there is already a lack of housing options, this is about the worst thing that can happen. If the quantity of housing options does not keep pace with population increases, the problem is greatly exacerbated.

Second, due to diminishing profits for property owners and an increase in demand, they are no longer financially able to perform proper upkeep of the property or to quickly respond to requests for repair. The quality of the properties quickly decline and that is not a positive thing for the renter, or for the community who has to live with deteriorating buildings in their neighborhood.

In places where there is demand for more housing, a more effective policy is to simply build more housing. The challenge then becomes how to reduce the cost of construction, where to site the housing, and how to implement affordable housing programs in a way that works for the neighboring communities. But in order to keep our housing affordable, we can't create policies that sound good on paper but make the situation worse – we have to come up with long term solutions if we ever want to fix things.

Thank you for reading – and as always, if you want to contact me, call me at 916-874- 5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Through the generosity of the Gold River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

It is quite rare to see economists largely agree with each other on governmental policy. While economists are supposed to be non-partisan and purely scientific, that's not really how it works in practice. Often times you can have well respected economists taking radically different positions on the same subject. So for an issue that has 0% of economists strongly supporting it, one would think that the concept of rent control would similarly have zero political support. Yet as you read this, efforts are underway to bring rent control to your community.

Rent control can sound good on the surface – rent gets set at a fair price and can only be raised by modest percentages so renters aren't priced out of their homes with huge rent increases that they cannot afford. Proponents will argue that low income families don't have enough options for where to live as it is, and that having



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By David Dickstein, Gold River resident

'Fool's Gold'

April Fools' Gold



Bad driver or sabotage? Photo by David Dickstein

With so much fake news being spread by the mainstream media, what's wrong with a little more?

- Actor Will Smith has been named the new general manager of our local supermarket, making him the Fresh Prince of Bel Air.
- Gov. Jerry Brown has declared that all of 95670 will become the first "Sanctuary Zip Code" as of Jan. 1. Sportsman's Warehouse is expecting record revenue next year.
- Gold River Discovery Center is adding four more grades to become a K-12 school starting next year. Hello Bella Vista and Rio kids, goodbye Gold River Park.
- In June, Rancho Cordova will vote on whether to annex Gold River. If the ballot measure passes, the east side of Sunrise Boulevard will be known as Rancho River, and on the west will be the community of Gold Cordova.
- KCRA is investigating whether the rash of cars plowing into Gold River's monument signs is actually the work of a shady sign company.
- To appease societal movement toward gender-neutral names, Mother Lode Village has officially been renamed "Parent Lode Village."
- With passage of a new restriction by the Gold River Community Association board, residents can no longer hang toilet paper with the end under the top of the

rolls. Surprise raids will be conducted and violators will be required to replace their illegally hung bathroom tissue with sandpaper for 2-4 months.

- In other CC&R news, Gold River residents must put their footwear on sock, shoe, sock, shoe. Anyone caught doing sock, sock, shoe, shoe must perform 2 hours of community service at Gold River Shoe Repair.
- Hooters is replacing the abandoned IHOP across Sunrise, obviously welcome news for pancake lovers longing for a full stack.
- The Highway 50 interchange approved by the Rancho Cordova City Council in 2015, despite widespread concerns from Gold River residents about pollution and noise, has been scrapped. In its place will be a much-needed north-south freeway linking Rancho Cordova and Roseville.
- Monster Golf and Tommy T's have merged. The new business is called Tommy Tee's.
- Rubio's Coastal Grill, Wells Fargo Bank and Il Forno Classico have merged. The

new business is called Rubio's Classico Fargo Forno. (OK, now we're just getting kooky.)

- Looking for a new revenue stream to offset escalating homeowner dues, GRCA will transform the clubhouse on Gold Country Boulevard into an escape room on weekends. The community's newest – and only – indoor adventure hotspot will feature a full bar after 9 p.m., when it's adults only. Puzzles and riddles, conceived by Gold River's smartest millennials, will change monthly.
- When Gold Station becomes the 26th village of GRCA starting in the new year, all 2,749 portable basketball hoops currently on the streets and in driveways will be in violation.
- The Gold River Racquet Club is giving away 1-year memberships to the first 50 people who come in wearing a Los Angeles Dodgers shirt. Tell them you want the "April Fools' Special!"

David Dickstein is a Gold River resident. He can be reached at daviddickstein1@gmail.com. ★

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 18. Opposite of adore
 19. *Before - Rodham; After -
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 29. Muscle or strength
 31. #17 Across, pl.
 32. Quarter side, pl.
 33. Empower
 34. *Before - ____; After -

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Stingrays Fever

Continued from page 1

Come on out and learn how to fly!

Fever-Pitched Registration for the Stingrays and Mini-Rays is Open Online!



Ever been to a swim meet? If not, swing on by for Time Trials on May 5. Visit goldriverstingrays.org for more info. Photo courtesy Jan Float

After team parents chill out at the Dine Out, families gather for the warm Picnic in the Park and tickets are on sale for the River Cats' annual nod to our erupting regional swimming community, the Fever's favorite fun-fueled function comes rolling along. With amped-up degrees of excitement, this season's highlight is the June 10 appearance of Olympian Maya DiRado. In year past, phenoms Jason Lezak and Anthony Ervin have electrified GR and seared indelibly-etched memories. Their inspirational and entertaining clinics include dryland Q&A, complimentary T-shirts, autographs, photo-ops, in-the-water

demonstration and hands-on instruction.

23-year-old Maya, having watched the torch light the cauldron in Rio, was beyond stoked to fly home with four medals - and an astonishing tale about her famous nail! To learn more about "Dynamic DiRado" (a bubbly, geyser-like force of nature), take a peek at this article: <https://www.swimmingworldmagazine.com/news/maya-dirado-the-finish-that-broke-a-nail-and-stunned-the-world/>. For anyone interested in co-sponsoring this once-in-a-lifetime event and receiving a

white-hot gratuity package, please contact Head Coach Jeff Float via 916.638.7001 x553 or coachjeff@goldriverstingrays.org.

Ever been to a swim meet? If not, swing on by for Time Trials on May 5. It's a head-spinning firestorm of blustery activity: raging races, cheers, tunes, times. Guaranteed: You'll be wanting more. Just sign up, suit up and heat up! Our Gold River Fever espouses "Good Things Come to Those Who BELIEVE!" We Believe it's going to be another successful season for the sizzling Stingrays! ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Call Your Friends Often They're Thinking About You

Do you frequently have a friend or family member whom you love, come into your mind and you think, "I should call so-in-so" and then you don't, but then the loved one calls you? It'd be good to call your friends often because chances are if you're thinking of them, they're thinking of you.

The other day I'd been thinking about Bernice, my friend in Fresno and because we hadn't talked in several years I was sort of worried that maybe she was dead (you have to start thinking that way when your friends get old and Bernice is 84). She and I were friends from the church we were members of, and we remained friends after I moved to Washington 42 years ago.

I'd been thinking about her for several days and had promised myself I'd call her before the day was over. Bernice is one of those senior citizens who hasn't even dipped her toe into the 21st century as far as cell phones, Facebook, Google and such are concerned. I've tried to talk her into getting a smart phone or a computer but it was always like trying to talk a slug into running.

So back to the day when I talked to her; the phone rang and it went like this.

Ring, ring, ring?
"Hello?"

"Hi Pam this is Bernice."
"Oh, my goodness! I've been thinking about you and honest I was going to call you today! It's sooo good to hear your voice!!!! HOW ARE YOU?????" (I was so delighted to hear her voice my energy level was up there as if she'd been raised from the dead.)

"I'm fine, how are you?" Bernice asked.

"Oh I'm fine, God I miss you! I love you so much, I hope you know!"

"Uh, thank you, I love you too (she seemed rather stilted in her response), uh, I just called to tell you that I can't get off the farm, because of the snow up here in the hills."

"Snow?"
"Yeah do you have snow down there?"

Okay, this was getting weird! Was Bernice losing it? For one thing it's rare for it to snow in Fresno and Bernice doesn't live on a farm or up in the hills. She lives in Fresno where it's as flat as a ballet dancer's chest.

"Um, we got a little dusting today, but it's not sticking." I answered.

"Oh good, if it's not snowing down on the flats, I can probably get your eggs to you tomorrow."

"My eggs to me tomorrow? Oh dear, I thought you were my dear friend in California! You sound just like her and her name is Bernice too!"

We both started laughing as we thought back over our conversation. I apologized about my effusive behavior and she laughed and said she really enjoyed the love that poured all over her through the phone lines. We've never met, she leaves my eggs at Billy Jo's beauty shop, Billy Jo calls me and I pick them up.

It got me to thinking, what if we were excited to see anyone just because they're alive? When the UPS guy drops off a package and you run out and get it,

what if you greeted him as if you loved him, not as a lover, just as a fellow human being who is bringing you a package. "HI, THANK YOU! I'M SO GLAD YOU CAME AND BROUGHT ME THIS PACKAGE! I LOVE YOUR UNIFORM AND YOU KEEP YOUR TRUCK SO CLEAN! TAKE CARE!! HAVE A GREAT DAY!"

It wouldn't take long and we'd be tagged as nuts, but we sure could be a little perkier when we deal with people and with our family members. For all we know, it could be the last time we see them.

When I went into Billy Jo's to pick up my eggs, she started giggling about Bernice. She said, "Bernice told me all about your conversation! She said it was a little disconcerting, but enjoyable at the same time." Of course I had to re-enact the conversation and I had the whole beauty shop in stitches.

P.S. I called "my" Bernice as soon as I hung up from "egg" Bernice and we had a glorious time catching up on each other's lives! Bernice knows me well and knows how passionate I can get with my love of my friends and she howled when I told her about "egg" Bernice!

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

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20th ANNUAL FAIR OAKS CEMETERY

MEMORIAL DAY EVENT

★ SATURDAY, MAY 26th, 2018 @ 10:00AM ★



Military Chaplains

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day events in the area.

The twentieth Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 26th, at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.

This year's theme is to honor our Military Chaplains from all wars. Some of the first chaplains were appointed in the late 1800's. Many more were commissioned during World War II. More than 400 chaplains have died while serving in the U.S. military.

The Chairman of the Fair Oaks Cemetery District's Memorial Day Committee, Bob Clouse, will be the Master of Ceremonies. The main speaker(s) will focus on the history and facts of the United States Military Chaplains.

The Fair Oaks Cemetery will be decorated with over 400 American flags lining its roadways as "The Avenue of Flags". We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the Memorial, in honor of over 1800 Veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer, and recorded music provided by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony, provided by the Orangevale/Fair Oaks Grange and the Fair Oaks Historical Society.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remember our loved ones and say thank you to our Veterans and their families for their sacrifices.



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Elli, the True Companion



By Kay Burton



Meet Elli a Canine Companion dog in training. Photo courtesy Kay Burton

Elli is a service dog in training for the Canine Companions for Independence, a national non-profit organization. Diane Johnson is a volunteer who will raise Elli for about 16 months then she will go to their campus for 6 months of professional training.

Upon training's completion, Elli will be partnered for free

with a disabled person. She will not serve a blind person, but one who uses a wheelchair, is deaf, or is a veteran with PTSD.

Elli wears an identifying yellow cape in many public places she goes to. Diane's job is to teach her basic commands and to socialize her in a variety

of situations. Dianne says she couldn't find another volunteer job filled with as much joy.

Kay Burton is a longtime columnist and supporter of the SSPCA and other Rescue groups. To share your family pet story with our readers, email: Kayburton@comcast. ★

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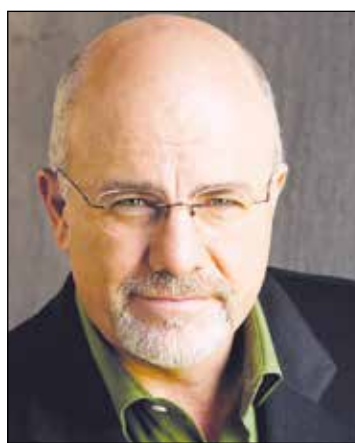
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Dave Says

Two extremes

Dear Dave,
I'm about to graduate from college, and while I've been in school my mom has been handling most of my finances. Recently, I discovered she's been taking my student loan money and spending it on herself. So far, it looks like she's taken around \$12,000, and I have a total of \$25,000 in student loan debt. Since I realized this was happening, I've been reading your books and learning how to manage my own money. I don't know how to deal with this situation with her, though. She admits she did wrong, but says she can't pay it back. Can you help?

-Alan

Dear Alan,
I hate hearing this. There's no easy way to deal with these kinds of situations.

The first thing you need to do is take over complete

and total control of all your finances. Shut down any accounts that have her name on them, and anything else financially-related that she can access. I know this sounds harsh, but she has proven she's just not trustworthy. It's a hard thing to hear about a parent, but at this point you've got to take steps to protect yourself. What she has been doing is theft, and financial child abuse.

One extreme is to press criminal charges. The other extreme is to just forget it, and pay it. In between is a promise from her to repay everything she has taken, but she's already out of control. That's a promise that wouldn't be kept. The problem with prosecuting someone criminally for this type of action — other than the emotional toll, because she's your mom — is the money's already gone. It's doesn't make them magically have the money to repay you. On top of all this, you'd have a really hard time legally getting the student loans removed from your name due to theft.

Honestly, under the circumstances I think you're probably going to end up eating this.

But sit down, and try to have a calm, clear discussion about what has happened, and why it happened. Let her know first, without a doubt, that you will criminally prosecute her if she ever uses your name to put money into her own pocket again. Second, tell her you're prepared to forgive her and forget about it — and she pays you back at some point, if she can — if she agrees to get some financial and emotional counseling.

Try to get her some help, and get her under control, Alan. If you don't, I'm afraid things are only going downhill from here.

—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. ★

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For more information visit: capitalregionsmallbusinessweek.org

Calendar of Events (April 30th—May 4th)

April 30th Small Business week Kick-Off (4:30-7 PM) *Dante Club*, \$20: Multi-Chamber mixer to network with small businesses from every chamber in Capital Region. Appetizers and a drink ticket included in admission price.

May 1st BizX (2-7PM) *Crocker Art Museum*: "Marketing Like a Boss" \$10-15

May 2nd Capital Connection (11-3PM) *Rancho City Hall*: Come hear from and meet with banks and other lending institutions about how your business can access capital and achieve its goals.

May 3rd Small Business Start Up Guide (10-12 PM) *Location TBA*: If you're thinking about starting a new business or already in process of launching your new venture, come learn about the business fundamentals from a panel of experts.

May Market Place (4-8 PM) *Automobile Museum*: Shop with 70 small businesses and learn about the latest products and services local vendors have to offer.

May 4th Small Business Awards Breakfast (7:30-10 AM) *Citrus Heights Community Center*: The small business awards celebrates local businesses that drive our economy.



Photo by Rick Aeschliman

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Unsung Heroes Receive Praise

Continued from page 1
each other.”

Daniels' day job is in management of Capitol Heights Academy, Sacramento. After hours, she photographs veterans and gathers memorabilia. Many gems come from family sources. “I'm humbled - as a total stranger - to be welcomed into homes and have families share with me,” she said. “I now see the military as extended family. I've adopted every person I've interviewed. I check up on them constantly.”

Important history has come

word-of-mouth from WW II survivors. Though trained as a nurse, Sacramento resident Odessa Taylor was assigned to the US Army 6888 Postal Delivery Battalion in 1944. First Lady Eleanor Roosevelt lobbied for black women to have meaningful wartime roles so Odessa and 850 Women's Army Corps recruits were dispatched to Europe. In harsh conditions, they worked around the clock to clear months - even years - of backlogged troop mail. Heroines in England and France, they got handshakes from Queen Elizabeth; they were feted in luxury

after a triumphant march through Paris. Returning Stateside, no battalion medals awaited. Official recognition of their value to allied morale waited until 2009.

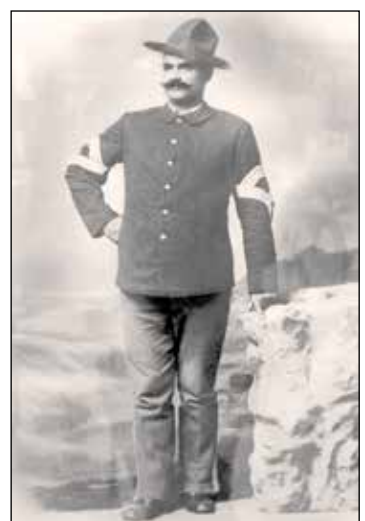
“Odessa Taylor has since passed on,” concludes the historian. “Telling her story pays homage to her and others who served. In earlier times, many of these people fought on two fronts. They were honored overseas for what they did fighting for us. Then they came home to mistreatment.”

Daniels feels the exhibition provides a vehicle to discuss the impact of African

Americans in the military. “It's great when people come in off the street, see the pictures and tell stories that give them pride and identity,” she said. “It's also an opportunity for conversation about as us, as a collective people. We're all part of the American fabric.”

Learn about the *Unsung Heroes History Project* at www.unsungheroeshp.org

Contact Lisa Daniels at 1-916- 664-8745.



Buffalo Soldier Sergeant Benjamin Brown received the Congressional Medal of Honor in 1890. Daniels archival photo

VOTING HAS CHANGED IN SACRAMENTO COUNTY!



Beginning with the June 5, 2018 Election:

- All voters will be mailed a ballot
Ballots will be mailed beginning May 7, 2018
- You can return your ballot
 - by mail
 - at a Ballot Drop Box
 - at a Vote Center
- Vote Centers will replace traditional polling places
Voters can vote at any Vote Center in the County!
Vote Centers open beginning May 26, 2018
- Remember to update your registration if you:
 - move
 - change your name
 - change your political party

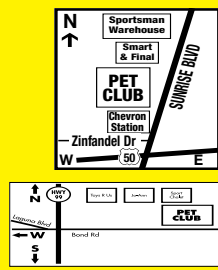
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Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
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2 FREE CANS OF PREMIUM FUSSIE CAT FOOD
2.8 Oz Tin Black Label Only
With Any Purchase of Pet, Fish Food, or Supply PLU 349
Limit: 1 Coupon Per Family GRM
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AVODERM NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice **\$31.99**
•Chicken Meal & Rice **\$31.99**
•Lite •Original **\$33.99**
•Large Breed Adult **\$33.99**
Effective 4/4/18 - 4/10/18

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag
•Chicken •Lamb •Beef •Large Breed
•Senior 35 Lbs
•Lite 30 Lbs
•Lrg Breed Lamb **\$31.99**
(Ex Athlete \$36.99)
\$29.99
Effective 4/4/18 - 4/10/18

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Reg & Lrg Breed) •Senior •Lite
30 Lb Bag
Limit 2 Bags Per Family **\$35.99**
Effective 4/4/18 - 4/10/18

EARTHBORN HOLISTIC DRY DOG FOOD
Natural Grain Free
•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)
28 Lb Bag Limit 2 Bags Per Family **\$39.99**
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9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 4/4/18 - 4/10/18

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz
Limit 2 Cases Per Family **20/\$11.00**
Effective 4/4/18 - 4/10/18

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family **\$10.99**
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SCOOPAWAY CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)
Limit 2 Boxes Per Family **\$5.49**
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WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
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11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**
PEDIGREE DRY DOG FOOD \$21.99
•Adult 50 Lb Bonus Bag Limit 1 Bag Per Family
CAT COUNTRY PREMIUM ORGANIC CAT LITTER \$7.49
Limit 2 Bags 20 Lb 40 Lb **\$13.99**

WORLD'S BEST CAT LITTER \$12.99
•Original •Extra Strength 14 Lbs Limit 2 Bags
PRECIOUS CAT CLUMPING CAT LITTER \$5.99
18 Lb Bag Limit 2 Bags Per Family
JONNY CAT PREMIUM CAT LITTER \$1.69
10 lb Bag Limit 2 Bags Per Family
WELLNESS DRY CAT FOOD \$30.99
•Chicken (12 Lb) •Indoor (12 Lb) •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$31.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)

Super Buy CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD \$10 OFF
24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon **OUR REGULAR LOW PRICES**
PEDIGREE CANNED DOG FOOD 69¢
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)
MEOW MIX DRY CAT FOOD \$10.99
•Original Choice 16 Lb Bag Limit 2 Bags Per Family
SCIENCE DIET IDEAL BALANCE DRY DOG FOOD \$34.99
30 Lb Bag •Adult •Large Breed Adult **\$39.99**
Limit 2 Bags

HAMILTON PET LEASHES 20% OFF
•Collars •Harnesses All Varieties
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PET CENTER CHICKEN BREAST TENDERS \$9.99
16 Oz Jar •Chicken Nibblers 100% Natural
ASPEN PET PORTABLE PET HOMES (Pop & Go) 20% OFF
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EARTH-RATED WASTE PICK UP BAGS 20% OFF
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MODEL TANK SIZE PET CLUB SALE
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CASCADE 150 35 Gal. **\$17.99**
CASCADE 200 50 Gal. **\$20.99**
CASCADE 300 100 Gal. **\$27.99**
TETRA BOXED 10 GALLON TANK With Economy Kit \$36.99
Just add Heater For Tropical Fish Limit 1 Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz. **\$5.99**
Amquel Plus 16 Oz. **\$5.99**
Novaqua Plus 16 Oz. **\$5.99**
REEF CRYSTALS \$14.99
50 Gal. Salt Mix

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD 59¢
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/4/18 - 4/10/18 GRM PLU 568

BONUS COUPON PURINA WHISKER LICKINS CAT TREATS 69¢
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 4/4/18 - 4/10/18 GRM PLU 446

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER \$14.99
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/4/18 - 4/10/18 GRM PLU 422

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USDA CHOICE Beef Cross Rib/Shoulder Clod Roast Pulpa Contra en Trozo sin Hueso \$2.79/lb	GREAT VALUE New York Roast-Bnls \$4.79/lb	USDA CHOICE Beef New York Steak-Boneless Filete de Res Estilo Nueva York sin Hueso \$4.99/lb	USDA CHOICE Beef Espadilla Thin Sliced Shoulder Espadilla de Res sin Hueso \$2.99/lb
Tyson Chicken Leg Quarters Pierna y Muslo de Pollo 40 lb Box..... \$22.99/ea	BONUS BUY Beef Tri Tip Roast Punta de Ternera \$3.29/lb	IBP Pork Butt-Bone In Trozo de Puerco con Hueso \$1.59/lb	USDA CHOICE Beef Shoulder Clod Steak Pulpa Contra en Bistek sin Hueso \$2.99/lb
IBP Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.79/lb	USDA CHOICE Beef Shoulder Clod Steak Pulpa Contra en Bistek sin Hueso \$2.99/lb	IBP Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.79/lb	

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Buy 1 Free (36ea / pack)

"GOOD FEEL" UNSCENTED SANITARY PADS COTTONARY COVERS 4 KINDS **\$4.99 ea** (reg. price \$12.99)

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SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Mexican Green Onions 2/\$1	Italian Squash 69¢	Fuji Apples 3 lb Bag 99¢	Grape Tomatoes 1 Pint 2/\$3	Blueberries 6 oz 1.99	Big Pineapples 2/\$5
Roma Tomatoes 79¢	Gala Apples 79¢	Bananas 2lbs \$1	Mexican Mango 5.99/bag	Yellow Onions 3 lb 99¢	

AMERICAN/HISPANIC GROCERY

Charcoal 7 lb \$2.99	Cane Sugar 4 lb \$2.59	Ariel Powder Detergent 5 kg \$7.99	Micoco Coconut Juice w/ Pulp 10.5 oz 79¢	Palm Corned Beef 11.5 oz \$4.99
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ASIAN GROCERY

Danisa Butter Cookies 32 oz \$9.99	Danisa Bread 99¢	Fish Sauce 23 fl oz 99¢	Tip Bread \$1.39	Banana Bread \$1.99	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39
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EUROPEAN GROCERY

Vopak Bonito Coffee 2 lb \$10.99	Atkins Protein Powder 1 lb \$11.99	Butter Cookies 5.99	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39	Best 4 Spiced Vinegar 750 ml \$1.39
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KOREAN/JAPANESE GROCERY

Sushi Rice 5.99	Shin Ramen 2 Kinds 12.99	Jack Tofu 2 Kinds 16 oz 8.99	Seaweed Seaweed 3.5 oz 2.99	Kanji Kimchi 12.74 oz 1.99	Balsamic Citrus Tea 2.2 lb 5.99
Berkard Bread Crumbs 36.3 oz 3.99	Berkard Pancake Mix 2 Kinds 14.10 oz 2.99	Hella Kitty Soy Sauce Dispenser 6 fl oz 7.99	Kruppie Mayonnaise 12.64 oz 3.99	Prepared Washi In Tube 3.17 oz 1.99	Miyoko Panko 5.5 oz 99¢

HOUSEWARES

Electric Rice Cooker \$109.99	Electric Kettle \$19.99	Electric Pressure Cooker \$29.99	Electric Toaster \$9.99	Electric Coffee Maker \$19.99	Electric Air Fryer \$19.99	Electric Slow Cooker \$19.99	Electric Food Processor \$19.99	Electric Blender \$19.99	Electric Juicer \$19.99
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FROZEN DEPARTMENT

Oriente Brand Lumpia • 5 Kinds 2 lb Bag \$8.99	Cooked & Peeled Shrimp 71.90 • 340 g \$4.99
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EUROPEAN DELI

Svalia 45% Lithuanian Cheese \$4.99	Alex's Meat Bologna German Casing \$3.99	Svalia 50% Dvaro Cheese \$5.99	Bobak's Hunter Smoked Bacon \$7.49
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