



**Cultivating Leaders
in Casa Roble FFA
Program**

PAGE 10

**Local Attorney
Targets Frivolous
ADA Lawsuits**

PAGE 4



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VOLUME 17 • ISSUE 6

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**SEE
INSIDE**

**ANIMAL SHELTER
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THE PUBLIC**



PAGE 3

**SOCIAL WORKERS
MAKING
COMMUNITIES
BETTER**



PAGE 8

**NIELSEN
APPLAUDS
SITES LOAN**



PAGE 3



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Farewell, ARCO!

Kings Organization and Fans Say Goodbye to the 'Old Barn'



Above: ARCO Arena, most recently known as Sleep Train Arena, reverted to its original name for one final day at the "Farewell to ARCO Arena" event on Saturday, March 19 at ARCO Arena in Natomas. Below: An NBA game ball signed by former Sacramento Kings center Scot Pollard sits in a box waiting to be taken for free by a lucky Kings fan at the "Farewell to ARCO Arena" event.

**Story and photos
by Shaun Holkko, sports editor**

SACRAMENTO CA (MPG) - ARCO Arena, Power Balance Pavilion, and Sleep Train Arena are three names that were synonymous with the home of the Sacramento Kings for 28 years. ARCO Arena officially closed Saturday in Natomas for good, as members of the Kings organization and fans said their final farewells to a building that opened in 1988 and meant so much to a city for so long.

"This is a shining example that in Sacramento there was a time when we were at the top of the basketball world and this is where you had to come to see the 'Greatest Show on Court,' so that gives us hope," said Doug Christie, who played shooting guard in Sacramento from 2000 to 2005. "This building is different than Golden 1



(Center). Golden 1 has things to walk around and see. But here, there was 17,000 people already sitting in their seat. When we came out of that tunnel it was energy, if you didn't have it, they gave it to you."

Christie, now an assistant coach with the Kings, Vlade Divac and Brad Miller were the former Kings players in attendance Saturday. Olympic gold medalist Ruthie Bolton made an appearance to represent the Monarchs, the former WNBA team that won a championship for Sacramento in 2005 before disbanding in 2009.

"This was the venue (where) the fans were the soul, and we were the show," Christie said. "That mix is something that you don't find. We were white-hot before Miami. We were beautiful basketball before Golden State. The only thing we

Continued on page 2

North Sac CHP Welcomes New Area Commander



Captain Mike Sedam has been assigned as the new commander for the CHP North Sacramento Area. Photo courtesy of North Sacramento Area CHP

**By A.J. McTaggart,
CHP PIO**

NORTH SACRAMENTO, CA (MPG) - Captain Mike Sedam has been assigned as the new commander for the California Highway Patrol (CHP), North Sacramento Area.

Captain Sedam reported to the North Sacramento Area from the Sacramento Communications Center. He has been the interim commander since August 2021. Regarding his new assignment, Captain Sedam stated, "I am extremely proud to be given the opportunity to work with the high performing professionals at the North Sacramento Area who truly care about the public we serve. I look forward to working with the community and our allied agency partners." In addition to serving as the North Sacramento Area commander, Captain Sedam is also a board member for the Law Enforcement Chaplaincy Sacramento. Captain Sedam grew up in Northern California and has served with the CHP for over 26 years. Captain Sedam holds two master's degrees: one in security studies from the Naval Postgraduate School and the other in public administration from California State University, Fresno.

The North Sacramento Area provides safety, service, and security to residents, commuters, and tourists using the 62 miles of state highways and 1,200 miles of country roads within its area of responsibility. This includes Interstate 5, Interstate 80, State Route 51 (Business 80), State Route 160, and State Route 99. The North Sacramento Area is focused on preventing injuries and deaths on roadways, serving the public, and assisting allied agencies. In addition to officers and professional staff, the North Sacramento Area has an active Senior Volunteer Program and Explorer Program. ★

Triplett Returns to Alma Mater

**By Shaun Holkko,
sports editor**

ORANGEVALE, CA (MPG) - Most college students go to tropical locations for Spring Break. Luke Triplett chose a different destination for his one week away.

Last week, Triplett returned home to the Sacramento region for Spring Break and spent his time visiting with family, friends and at his old high school, Casa Roble. The 20-year-old linebacker used the week not only to continue working out and preparing for spring football that is quickly approaching, but to also receive the admiration that comes with revisiting your old stomping grounds.

"Getting that extra work in is definitely a plus," Triplett said. "I go back there just to get that love and appreciation that everybody always wants.



Luke Triplett, right, holds a football as he stands and watches practice on Wednesday, March 16 at Casa Roble High School in Orangevale. Photo courtesy of Jane Watterson

Casa Roble definitely gives that to you, especially (Head) Coach (Chris) Horner and his coaching staff."

Triplett plays college football at Montana State

University-Northern, an NAIA school in Havre, Montana. On offense, he plays running back and slot receiver as he prepares for his true-junior season.

"We're coming up on

an uprising right now with our new coaching staff," Triplett said of MSU-N football. "The players are building a family bond that I once had in high school,

Continued on page 3

Farewell, ARCO!

Continued from page 1

didn't do is put a ring on it. I told (Kings' owner) Vivek (Ranadivé) when we were standing here, 'It's gonna happen, it will. And when it does, right on the bottom down there, just put ARCO because that would be so very fitting.'"

Ranadivé, who kept the team from moving out of Sacramento in 2013, and former owner Gregg Lukenbill, who brought the franchise to the 916 in 1985, each spoke Saturday morning about the former home known to many as the "Old Barn."

"I know this is a bittersweet moment for everyone because there is some amazing memories," Ranadivé said. "I describe this place as a communal fireplace. The firepit is the arena, the players are the fire, they lit that fire. The fans huddled around that communal fireplace and it's been an amazing fireplace. So, thanks to all of you for the memories."

Also in attendance for the farewell were politicians, Sacramento Mayor Darrell Steinberg and Vice Mayor Angeliqe Ashby, as well as former Kings coach and broadcaster Jerry Reynolds.

"This is very emotional because there isn't a Sacramentan who hasn't been part of this community for decades who doesn't have incredible memories of experiences here at, I know it's Sleep Train, ARCO Arena. It's what it is, ARCO Arena," Steinberg said. "The memories, even the painful ones, are all good."

The "Farewell to ARCO Arena" event was open to season ticket holders starting at noon Saturday and to the public from 2-6 P.M. Fans had the opportunity to walk through the old arena, take photos and write farewell messages that will remain on the site.



Prominent members of the Sacramento community from past and present pose for a photo at the "Farewell to ARCO Arena" event on Saturday, March 19 at ARCO Arena in Natomas.

The Kings also gave away an abundance of free boxes of team memorabilia like jerseys and signed basketballs that were stored over the years at ARCO, to those who were willing to brave the long line. The event was one last get-together for Kings fans at the place they called home for many years.

It is well documented that Sacramento has struggled for many years on the court, as the current team is 25-48 and close to missing the playoffs for what would be an NBA record 16th consecutive season. However, the Kings' best years in Sacramento so far were at ARCO, including nine playoff appearances, eight consecutive from 1998 to 2006,

and a trip to the 2002 Western Conference Finals.

In 2013, the arena set a Guinness World Record for loudest indoor sports roar at 126 decibels.

"I truly appreciate the soul of this building," Christie said. "I never knew that wood, metal and plastic could make such a sound. But it was a sound that I will never forget."

Off the court, ARCO hosted concerts, high school and college sports, WWE, MMA, Disney on Ice and so much more.

After fighting for years to keep their team in town, Kings fans were rewarded in 2016 with the Golden 1 Center. Now, the space in Natomas that they once called

home will be demolished in the coming months to make way for a new medical center and hospital.

"One of the epic moments of my life was to be able to stand here, and I'll just repeat what I said, I said, 'This is your team, and it is here to stay,' Ranadivé said. "This is a place that has been giving for years and years so I'm really happy that that tradition of giving is going to continue as we open a world-class hospital over here so it's going to keep giving to the community."

"As bitter as it is, it's also sweet because we have a beautiful new arena downtown. As great as the past has been, the future is going to be even better." ★



Sacramento Kings assistant coach Doug Christie, who played shooting guard for the team from 2000 to 2005, speaks at the "Farewell to ARCO Arena" event on Saturday, March 19 at ARCO Arena in Natomas.



Former Sacramento Kings coach and broadcaster Jerry Reynolds speaks at the "Farewell to ARCO Arena" event on Saturday, March 19 at ARCO Arena in Natomas.

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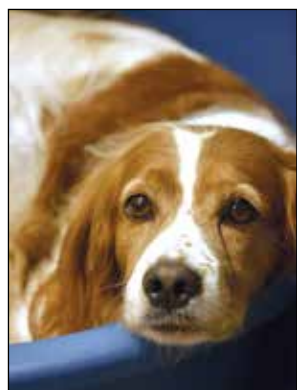
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County Animal Shelter Reopens to the Public

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - On Wednesday, Feb. 23, Sacramento County's Bradshaw Animal Shelter made the transition to fully reopen to the public—doing away with adoption appointments and restricted hours.

Like many businesses, Sacramento County's Bradshaw Animal Shelter has been closed to the public due to the ongoing COVID-19 pandemic. The shelter initially closed its doors in March 2020 in response to state-mandated health regulations. While shelter staff continued to provide outstanding care for the shelter animals and animals in the community, the public was not able to access the shelter for services including adoptions. Furthermore, social distancing mandates and essential worker guidelines called for understaffing and loss of volunteers. This resulted in overcrowding of the animal population, which was temporarily resolved by the shelter's foster program and the implementation of a new



We welcome everyone to stop in and visit our shelter pets and beautiful facility. Photo courtesy Pixabay

adoption by appointment process.

For the next two years and as mandates began to loosen up, the shelter operated in this capacity but began to host walk-in adoption events on weekends and with rescue partners. These events were very successful and helped animals get out of the shelter and into homes quickly—lessening the shelter population impact and increasing positive outcomes.

"We are very excited and proud to reopen without adoption appointments. It is time to achieve even higher lifesaving results and the feedback from the public

has been very positive," said Bradshaw Animal Shelter Director, Annette Bedsworth. "We welcome everyone to stop in and visit our shelter pets and beautiful facility. Help us continue our lifesaving mission and adopt today!"

Here is what you should know before you go:

The shelter is open Tuesday-Sunday, 12 p.m. - 5 p.m. (excluding holidays); The shelter is located at 3839 Bradshaw Rd, Sacramento, CA 95827; Adoptions are first-come, first-serve. Consider arriving early; You are free to browse the shelter without assistance from staff; Adoption applications and specials are available on the shelter's website; You can view adoptable animals before you arrive by visiting the adoptable animals webpage; Pet licensing is available in-person, online and via mail; If you cannot adopt, please consider volunteering, fostering or donating.

To learn more about the Bradshaw Animal Shelter and its lifesaving mission, visit animalcare.sacounty.gov. ★

Continued from page 1
so everything has been good so far. I'm really excited for this year."

Triplett was still maturing while at Casa Roble and did not prioritize his studies as much as he does now in college.

"In high school, I hadn't adult-ed yet," Triplett said. "I was kind of the class clown and just wanted to have fun and do whatever. But I always had my homework done and was really good in the classroom overall."

"In college I've grown up, understood my assignment on what I have to do and that's being a student athlete. So, I've taken school into big consideration and just been pushing myself doing sports and becoming a very good scholar athlete."

Part of his motivation to do well in school away from home has stemmed from the idea of making his hometown proud.

"Being in college, doing well and keeping that right GPA not only benefits myself but (also) the people around me and where I came from. Orangevale," Triplett said. "It shows that a lot of us can leave the hometown and succeed just as well being somewhere else even if it is a couple states away."

Triplett had a strong senior season for the Rams, leading his team to 11-2 overall and a perfect 5-0 record in Golden Empire League play.

"Luke was our defensive player of the year his senior year," Horner said. "He's likeable, he's outgoing, very personable. He's got a motor that won't stop, and he's always got a nose for the football. He's just an intense football player who hits like a Mack truck."

However, Triplett is a different person on and off the field according to his former coach.

"It's like Dr Jekyll and Mr. Hyde," Horner said. "He's funny, he's happy-go-lucky and he's always in a good mood around campus. He flips a switch and becomes Johnny Intensity. It's kind of eerie how he can go from zero to crazy in five seconds flat."

Unlike some players who can flip that metaphorical switch and become intense

leaders vocally, Triplett lets his play do the talking for him.

"He's not a rah-rah type of leadership guy where he's going to get up and give speeches," Horner said. "The way he carries himself on the field is the way he leads. He leads by example."

One of Triplett's favorite memories from playing for the Rams before graduating in 2019 came during his senior season in 2018 when Casa Roble won on the road at Vista del Lago 35-28 in overtime.

"I'm not a big fan (of the Eagles) because the games always come down to the wire," Horner said. "For some reason, we have the worst luck against that team. I like them and I like the coach, they're just a really hard team to beat because something inevitably always happens. That game was no exception."

"In my football career, we've been playing Vista for, shoot, 10-12 years and I could never beat them," Horner continued. "The only time I beat them was Luke's sophomore year and then we beat them Luke's senior year. Those are the only two wins and I'm like 2-8 against those guys (in) whatever level I'm coaching."

Horner is going into his 22nd season coaching football at Casa Roble. He spent his first 12 years at the school as head coach of the freshmen team, next two as a varsity assistant, then two as junior varsity head coach before the last five plus years as the varsity head coach.

Therefore, Horner has seen a lot of talented athletes throughout the years.

"Luke is one of the top 10 (overall and) top five defensive players I've coached," Horner said. "He'll do whatever you tell him to do. Even if he doesn't like doing what you're asking him to do, he's still going to do it because he's a competitor. He's one of the better defensive players that I've had the ability to coach."

Triplett is currently double majoring in Criminal Justice and Liberal Studies. His current goal is to take football as far as he can. If it doesn't work out for Triplett as a professional football player, a career as a Fish and Game Warden watching over wildlife in California interests him. ★

Nielsen Applauds Possibility of \$2.2 Billion for Sites Reservoir



Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - On Thursday, March 17, the United States

Environmental Protection Agency formally invited the Sites Project Authority to apply for a Water Infrastructure Finance and Innovation Act (WIFIA) program loan.

"This is good news, especially after Senate Democrats recently killed my legislation – Senate Bill 890 – that would have helped fully fund Sites Reservoir," said Nielsen.

In total, Sites will be eligible for up to \$2.2 billion in low-interest loans, which accounts for 49 percent of

the project's cost.

Although the WIFIA program is primarily used for wastewater and drinking water systems, the America's Water Infrastructure Act of 2018 directed the EPA and Reclamation to work towards opening the program to some Reclamation water projects as well.

To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★

Revised Sacramento County Housing Element Approved

Sacramento County Press Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on March 8 to adopt a resolution amending the Sacramento County General Plan, including the Housing Element.

The Board of Supervisors approved the initial General Plan Amendment amending the Housing Element of the Sacramento County General Plan back in July 2021, and Planning and Environmental Review (PER) submitted the adopted Housing Element to State of California Housing and Community Development Department (HCD) for certification in July 2021.

On October 28, 2021, PER staff received a letter from HCD requiring additional changes for certification.

Between December 2021 and February 2022, PER staff worked with HCD and the Sacramento Housing Alliance (SHA) to address all concerns and comments related to the Housing Element.

"The Revised Housing Element includes program clarifications that respond to the State of California Housing and Community Development Department and Sacramento Housing Alliance comments," said Todd Smith, Principal Planner. "With the approval of the Board of Supervisors, the adopted Housing Element will be resubmitted to the HCD, and we are confident that it will be certified."

Two versions of the approved Housing Element are available for review on the PER Housing Element Update webpage: a "clean" version and a version with changes tracked. ★



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Local Attorney Targets Frivolous ADA Lawsuits

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - A Carmichael attorney, Catherine Corfee of the Corfee Stone Law Corp. (Corfee Stone) is cautioning local businesses on Fair Oaks Blvd., and Sacramento County to be especially alert to an individual who is known throughout California for filing frequent ADA lawsuits against small businesses for the purpose of recovering attorney's fees.

Signed into law in July 1990 by President George H.W. Bush, the Americans with Disability Act (ADA) aims to make buildings and transportation accessible for those with disabilities and to protect them from discrimination in employment. Store owners and restaurants can often face a fine of \$4,000 for each individual ADA violation.

According to Corfee, the plaintiff, Brian Whitaker, a quadriplegic who uses a wheelchair, has filed more than 1,000 ADA lawsuits across California since the COVID-19 pandemic began last year, according to published news reports.

In his recent filings, Whitaker alleges that he was "barred from full and equal access to the business, was denied access because of insufficient ADA parking, a non-ADA dining table, and/or the sales counter was too high."

Attorney Dennis Price, of the San Diego law firm Potter Handy, which has a specialized division called the Center for Disability Access and which has represented Mr. Whitaker, did not respond to the Messenger's request for comment.

In her blog, Corfee outlines steps which local

business owners and restaurants should be taking to protect themselves against serial ADA filings by individuals such as Whitaker, who in her opinion, "seek only money and never return to patronize the business they may sue."

"As of January 20, 2022, our law firm tracked plaintiff Brian Whitaker's recent ADA complaints which have been filed against businesses in Fair Oaks, and Sacramento," Corfee said. "Many of these targeted businesses are located on Fair Oaks Blvd."

If a business is mailed a notice of an ADA complaint in any form they should take action quickly and promptly seek legal counsel before responding, Corfee said.

"If a defendant does not respond to the ADA complaint, the plaintiff such as Whitaker, who alleges an ADA violation against a business owner, can obtain a default judgment and possibly attorney's fees," she said. The likely cost for legal defense in an ADA case when not taken in time, could drain a business financially.

Corfee, a graduate of UC Berkeley and the McGeorge School of Law, has been in professional legal practice since 1991. She has practiced ADA and California disability access law since 1985 and has published case law on the subject. She also worked for two prior United States Magistrate judges in the Eastern District Court of California.

"Most everyone chooses to settle with Mr. Whitaker because of the expensive cost of litigating," she said.

Many ADA cases can become a "game" for attorney's fees as the disabled person's attorney tries to



Catherine Corfee has practiced ADA and California disability access law since 1985. Photo provided by Catherine Corfee

protract litigation to earn more money in fees to later reclaim such in a settlement, a motion, and/or at trial.

Her firm has lowered its price to file a motion to dismiss an ADA claim when the defendant makes the perfect ADA changes and implements an ADA policy and procedure, she said.

"The only remedy under the ADA is "injunctive relief," Corfee explains, which is a "fix-it order" plus attorneys' fees and costs. "The best thing a business can do is to fix (cited ADA discrepancies) perfectly, and in advance of a lawsuit," she said.

"We can also prepare for

our business clients ADA policy and procedural manuals, much like an employee handbook," she said.

Corfee said she recommends the retention of an ADA compliance expert, such as a Certified Access Specialist (CASP), to physically inspect a business or commercial facility to provide specific access recommendations.

In Corfee's opinion, business owners should also think twice, however, about hiring just any random CASp.

While a CASp may be an expert on the ADA access standards, they are often not attorneys who are licensed to

read and fully keep up with the many court decisions interpreting the ADA and California Building Codes," she said.

"They should also hire an experienced CASp who will not "throw the book at them and overwhelm them with too many codes to fix," she said.

Corfee recommended her clients hire an ADA attorney to oversee the CASp so that his or her report is not discoverable by the plaintiff.

"If they get a hold of a CASp report of "all" potential ADA violations, then they can use it against the defendant and amend the lawsuit to add more barriers," she said.

"Having an attorney direct the CASp makes his report "privileged" pursuant to the attorney-consultant privilege is recommended," she said.

Corfee offers four helpful tips which business owners should follow to ensure ADA compliance or properly respond to a filed complaint.

- Tips include:**
1. Retain a CASp who has litigation experience, been deposed and who has filed declarations in courts or as an expert.
 2. Retain a good ADA attorney who cares about winning, more than collecting your money and ensure the attorney directs the CASp, so that the CASp's report is privileged per the attorney-consultant privilege, and provides solutions, rather than just identifies ADA violations.
 3. Take steps to fix the ADA matter within 120 days or within 180 days if a building permit is needed. "If the business does have a CASp inspection, and fixes the most important

barriers in 120 days, or a disabled plaintiff does sue, a business may not be found presumptively not liable for statutory damages," Corfee said.

4. Have the CASp return before 120 days to write the A+ report demonstrating the business owner has perfect ADA compliance, and save all receipts, bids, payments made, as there are tax credits available for completed ADA work.

"At Corfee Stone, we feel that we know the best CASps, and can offer excellent alternative solutions to help business owners minimize their legal expenses when they have to make specific ADA improvements," she said.

Corfee said she prefers to perform her own physical site inspections and share her knowledge of the California building code.

"Many ADA attorneys rely solely on their (designated) CASp and do not know the codes themselves, as I do," she said.

Clients who hire her law firm can count on her expertise and experience to develop a keen strategy to leverage settlements.

Visit the Corfee Stone Law Corp. on the web at: corfeestonelaw.com

Local business owners with specific questions regarding the Americans with Disability Act (ADA) or compliance with law can call Catherine Corfee directly at (916) 487-5441, or by cell phone at (916) 812-7322 between 10 a.m. and 5 p.m. to schedule a minimum one-hour business consultation. She is also available by email at corfee.catherine@gmail.com or corfee.assistant@gmail.com ★

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**A talk on
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**Prayer and Healing
Explore the connection**

Sponsored by Fujiko Takai Signs, CSB
Christian Science practitioner and teacher
A member of the Christian Science Board of Lectureship

Carmichael, CA: Around the world people are looking to prayer for solutions, safety, and well-being. Fujiko Signs, practitioner of Christian Science healing and international speaker, will present an online talk titled, "Love without limit, Life without fear," Thursday, April 7 at 7 PM, online at www.tinyurl.com/yc286hfd and in-person viewing at First Church of Christ, Scientist, Carmichael located at 4949 Kenneth Ave. in Carmichael. The lecture online link can also be accessed directly at the church website ChristianScienceChurchCarmichael.com

The talk will focus on universal healing precepts found in the Holy Bible, especially in Christ Jesus' life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science. This live web lecture is free, open to the community, and hosted by First Church of Christ, Scientist, in Carmichael.

"We will explore the relationship between prayer and healing through the universal divine truth that unites us," says Signs. "We will talk about the practical understanding of God as ever-present love so we can make progress, unafraid like trusting children." Sharing examples of healing from her own life and professional practice of Christian Science, Ms. Signs will explain why Christian Science is both Christian and scientific, meaning that people can prove its effectiveness for themselves, as fully described in the book Science and Health with Key to the Scriptures, written by the founder of the Christian Science movement, Mary Baker Eddy.

Ms. Signs will also touch on the life of Mary Baker Eddy, a mid-nineteenth century American woman, who came to understand, confirm, and teach what she felt was original Christian healing. Eddy herself said she was especially inspired by Jesus' demand, "He that believes on me, the works that I do will he do also; and greater works than these will he do, because I go unto my Father" (found in the Gospel of John 14:12 in the Bible).

For over 150 years, people around the world have worked to follow Christ Jesus in this practice of Christianity and continue to do so today, experiencing healings of physical ills and personal difficulties.

Fujiko Signs has been a Christian Science practitioner for many years, helping people on a daily basis through this scientific approach to prayer. Based in Tokyo, Japan, she speaks to audiences around the world as a member of the Christian Science Board of Lectureship.

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By Marlys Johnsen Norris, Christian Author

In today's world we hear about infidelity and divorces because mankind does not know the God of all creation or that He loves each one of us in a special way.

People who walk in and out of marriage believe for a short time they were in love, however *what they felt "did not originate in the heart of God"*! It was not love at all but a seeking to satisfy the deep need to be loved. Neither of them understood anything about the seriousness of a "vow taken before God".

What Is A "Vow?"

They obviously did not know the God of the Holy Bible when they said the words "I Do"! Nor did they know that the *only true love we have is only is birthed from the heart of God* when we walk with Him. Aren't we glad our God is a God of "second chances"?

One can be raised by loving parents and even attend church gatherings, but until each person recognizes their personal need to know and love God — our Heavenly Father —

with their heart and soul JUST like Jesus did, we will continue to make huge mistakes in our life's journey.

Jesus is the Way, the Truth and the Life! He obediently and willingly

died on a cruel Cross to purchase our forgiveness for all our sins and wrong doings. He knocks at the door of our hearts until we decide to invite Him into our hearts and lives!

Marriage agreement between a man and woman and God (all three) involves a sacred agreement. It is called a "VOW," when they both say "I do." The vow is taken in front of a minister of the Gospel and several other witnesses. "It is never to be broken or dishonored in any way". God's presence is birthed in the marriage!

Marlys Johnsen Norris
Christian Author
of 7 Books
ARM Columnist since 2006
Stephen's Minister
Marlysjn@gmail.com ★

How will Newsom's Gas Price Relief Promise Work?



By Dan Walters CALMatters.org

It's time once again for some fun with numbers, in this case data surrounding the sharp spike in gas prices.

Although the recent uptick in fuel prices varies from community to community and even station to station, a good estimate of the increase, perhaps a bit conservative, is \$1 per gallon. It's mostly due to global oil markets reacting to the Russian invasion of Ukraine and efforts to punish Russian President Vladimir Putin with economic sanctions.

Last week in his State of the State address, Gov. Gavin Newsom dropped his previous proposal to offset the gas price increase with a very small "pause" in a scheduled state gas tax increase.

"Now, it's clear we must go further," Newsom said. "That's why, working with legislative leadership, I'll be submitting a proposal to put money back in the pockets of Californians to address rising gas prices."

That was it — no details, just a vague promise. While we await some indication of what Newsom intends, let's put a buck-a-gallon

price increase in numerical perspective:

—Californians own and drive 29 million automobiles and light trucks, such as pickups and SUVs;

—Each year, they rack up 330 billion miles of automotive travel, an average of about 11,000 miles per vehicle;

—Motorists burn 15 billion gallons of gasoline each year, which averages out to 517 gallons of fuel for each vehicle (43 gallons per month) and an average of 21 miles to the gallon;

—Therefore, on average Californians are paying an extra \$43 per month to drive, if one assumes the price increase has been \$1 per gallon.

Higher costs for refueling their cars can certainly be painful to those in lower income brackets or those, such as long-distance commuters, who are running up high mileage counts. But unto itself, \$43 a month shouldn't be a critical issue for many Californians.

That said, we tend to focus on sharp price increases in everyday commodities, such as gasoline, as an indicator of high inflation. It's a squeaky wheel in political terms — and politicians feel compelled to grease the wheel or face a popular backlash.

So what can Newsom and legislators do to offset higher gas prices in this election year?

The tax increase pause Newsom originally proposed would have cost about \$500 million or a \$17 annual savings per vehicle,

hardly worth doing.

However, fully offsetting the jump could be a major hit on the state budget. At \$1 per gallon, it would require the state to rebate about \$15 billion to motorists for a full year — almost exactly what the prison system costs — or just over \$500 per vehicle.

The trick will be to make rebates large enough to have some positive psychological response from California motorists but small enough to avoid a major budget impact.

Would \$100 per car — enough, perhaps for one 20-gallon fillup — sufficiently impress Californians that their politicians' hearts are in the right place? Even that relatively small amount would cost the state budget about \$3 billion.

Rebates of any size would be relatively easy to distribute if done on a per-vehicle basis, since the state already has data on vehicle ownership.

It would become infinitely more complex to focus relief for those who are feeling price increases most keenly, such as low-income motorists or super commuters. That could become a bureaucratic nightmare on a par with the dysfunctional Employment Development Department.

The rebate promise is now on the agenda and it will be a very interesting situation to monitor.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

Laughter Is Not for Sissies

Dr. James L. Snyder

Since birth, I have been infected with a Laughter-Virus. I'm not sure which side of the family it came from, or it could've come from both sides. But the least little thing will make me laugh. Sometimes I have a hard time stopping laughing. I have yet to find a mask big enough to cover my face while I'm laughing.

Although I believe laughter to be very good and healthy, I must confess that sometimes my laughter has gotten me into trouble, especially with The Gracious Mistress of the Parsonage.

Not long ago, she came into the living room with a worried look on her face and asked me, "Do you know where my glasses are?"

I immediately began to laugh because I assumed this was a joke. The reason I assumed it was because her glasses were on the top of her head.

She looked at me, "Why are you laughing? Do you know where my glasses are? This is a serious question."

She turned around quickly and walked away, muttering something to the effect of, "Why is he laughing at me?"

A few minutes later, she came back wearing her glasses and said rather

firmly, "Why didn't you tell me my glasses were on the top of my head?"

With a smothered smile, I looked at her and said, "I thought you were just trying to trick me."

Looking back at me, she smiled one of those suspicious smiles, turned around, and walked out.

I couldn't help but smile, which eventually turned into laughter.

But as everybody knows, what goes around comes around.

Last Thursday was a long day, and I finally got home, walked into the living room, my wife looked at me very strangely and said, "You did not have a jelly donut anytime today, did you?"

With a hearty laugh, I responded by saying, "Of course not. You know I don't eat donuts during the day?" And I laughed most heartily.

"You sure about that?" She said on the edge of laughing.

I laughed and shook my head, and started to walk away.

"Well then," she said rather slowly, "it looks like your shirt had a donut without you knowing it."

I stopped in my tracks, and there it was. A drop of jelly from a donut. According to the evidence, I must've had

a donut that day.

I tried to laugh it off, but in a very stern voice, she said, "That is not funny. Stop your laughing."

Laughing does have a way of getting you into trouble; at least, that has been my experience throughout the years. But on the other side, laughter has good aspects to it.

Not many people have much to laugh about these days. If it weren't for politicians, some people wouldn't have anything to laugh at.

Thinking about how important laughter was in my life, I was reminded of the Bible verse. David said, "Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The Lord hath done great things for them" (Psalm 126:2).

That verse sums up the important aspect of my life. Because of the great things God has done for me that has become the platform for healthy laughter in my life. Looking at my life from God's perspective, there are many things that would induce laughter.

Dr. James L. Snyder lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 1-352-216-3025 or e-mail jamesnyder51@gmail.com. His web site is www.jamesnyderministries.com. ★



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CLUES

ACROSS

- Betting probability
- Once headed by J. Edgar Hoover
- Formally surrender
- Gravy holder
- Nile dweller, for short
- More certain
- Tiny bit
- a.k.a. Bruce Banner
- One who plies one's trade
- "Days to ____," on a seed packet
- Big-ticket ____
- Apartments, e.g.
- *Plumerias are often used in this Hawaiian greeting
- Scrooge's visitors
- Digging into
- What Carl Lewis did
- Bestow
- Month before Nissan
- Dress with a flare
- Choler
- On a store tag
- Central points
- Paul Reubens' Herman
- Mother lode stuff
- African bloodsucking pests
- Salty dogs
- Current tense of #30

Across

- Retches
- Bovine cries
- *Like an aggressive weed
- Frustration, in a comic book
- *Holds a plant stem to a support
- Type of hot sandwich
- One born to Japanese immigrants
- Check out
- Shakespeare's "at another time"
- "The ____ Who Loved Me"
- *Flower's location after a garden?

DOWN

- Kimono closer
- Banish to Hades
- Crunched numbers
- Facebook's update feature
- *Seed plant's harvest
- *Goes to seed
- Rotten and stinky
- *Plant variety
- Famous canal
- Hold as a conviction
- Make a blunder
- Church service oil
- Salesman's speech, e.g.
- Loosen laces
- Tennis do-over
- *Splice, to a gardener
- Nimbi on ikons
- In the cooler (2 words)
- Former Saint Brees
- "Pulling my leg," e.g.
- Mother-of-pearl
- *Kind of thumb
- Pizzeria output, pl.
- "____ you kidding?"
- *N in N-P-K
- Sneaked glances
- Slammer
- "The Shawshank Redemption" theme

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We Stand with the People of Ukraine



Max Semenenko

Commentary
by Betsy Mahan

Sacramento has one of the largest Ukrainian immigrant populations in the USA, and they are stepping up to help the besieged, freedom-loving people of Ukraine push back against Putin's aggressions.

While President Trump was our leader, Russia was in check. During the Bush and Obama Administrations, Putin successfully restored

control over parts of the former Soviet Union, and now he's back on the battlefield because of Biden's weakness.

While Putin was able to ignore any consequences of crossing Biden, he underestimated the resolve of the Ukrainian people to remain independent of Russia. Their bravery and patriotism has been admirable and worthy of our respect and assistance.

One Sacramento resident who has a personal stake in the Ukraine's survival is local businessman and candidate for Congress Max Semenenko. With family under siege in his former country, Max is stepping up to inform Sacramentans on the circumstances that led to this invasion, and how to help the people of Ukraine persevere.

Below are Max Semenenko's observations:

"Vladimir Putin has shattered European security and is threatening nuclear war against any country that stands in his way. Putin's war against innocent Ukrainians is criminal and an attack on the fundamental principles of sovereignty and self-determination that underpin global security. NATO and the west have no choice but to recognize what's unfolding in Europe. The world must stop Vladimir Putin.

I was born in Ukraine, and I understand why Ukrainians want to join NATO: Peace, security, freedom. Ukraine declared independence in 1991, when the communist Supreme Soviet of Ukraine proclaimed that Ukraine would no longer follow the laws of

USSR. What the people of Ukraine didn't do in 1991 was ask to remain a part of a Soviet Union. Nor did they want to continue living under Russian laws.

Putin claims Russians in Ukraine are estranged from their homeland, are under attack, and that Russia is coming to their defense. In 2014, Putin began issuing Russian passports to ethnic Russians in Crimea and areas in eastern Ukraine. Crimea was invaded and annexed to Russia soon after. Putin has since continued his asymmetrical form of cultural warfare in eastern Ukraine while arming and directing "Russian rebels" to fight a war of "independence" against Kiev.

I support heavy sanctions on Russia and engaging our allies to ban Russia

from international banking and financial markets. The USA must step up aid for Ukraine's resistance, and when Vladimir Putin threatens nuclear retaliation, President Biden and our NATO allies must communicate our resolve to halt Russian aggression in equally strong terms.

This new reality demands a new posturing and resurgence of NATO forces into eastern Europe. We must immediately demonstrate by our actions that the United States and NATO will fight back and reverse any further Russian aggression.

The USA and our allies have blindly tolerated dependence on Russian energy supplies, in effect financing their wars. It's not too late to return the United States to its status as an energy independent

nation, and as a Member of Congress that will be one of my priorities.

I am personally supporting and working with Revived Soldiers Ukraine, a non-profit that is providing aid to Ukrainian families and healthcare to wounded soldiers. You can join me and donate at www.rsukraine.org.

Please pray for peace - for the United States, our soldiers, and our leaders. Pray for the safety of our friends and allies facing the enemy, Ukrainian leaders, families, and those on the frontlines."

Sacramento voters should contact their Member of Congress and demand that the USA return to energy independence and stop funding Russian aggression. Contact information is available at SacCountyGOP.com. ★

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She travels the world for the best information to make our lives better. She is a wellness consultant, and has made extraordinary contributions in the fields of nutrition and balanced living. Dr. Susan Smith Jones is the founder and president of Health Unlimited in Los Angeles. With our upside-down world today from the pandemic to war, **Dr. Jones** has penned “Uplifted” 12 Minutes to More Joy, Faith, Peace, Kindness and Vitality. She shared these tips on POPPOFF.

- 1. ADOPT AN ATTITUDE OF GRATITUDE.** Be grateful for everything that’s going on in your life, whatever the circumstances. This attitude can foster happiness and peace of mind, assisting you to live more fully.
- 2. WALK BAREFOOT OUTDOORS ON THE NATURAL GROUND.** This is called earthing or grounding and you will be absorbing salubrious electrons through your feet into your body to boost your immunity, vitality and mood.
- 3. STRENGTHEN YOUR FAITH.** Faith is an invisible and invincible magnet that attracts to itself whatever it fervently desires and expects. In 2 Corinthians 5:7 we read: Worry ends when faith begins.
- 4. LIVE BY THE GOLDEN RULE.** Treat others with the compassion you wish to receive, and you will instantly feel more joy and peace. This starts with being compassionate with yourself and letting go of any negative self-talk.
- 5. FIND WAYS TO VOLUNTEER YOUR TIME.** When you share your love and time with others, your brain’s pleasure and rewards centers light up like a Christmas tree, and you release the neurotransmitters serotonin and dopamine, feel good chemicals which combat anxiety and depression.

- 6. STRIVE TO GET 7-8 HOURS SLEEP AT NIGHT.** Studies reveal that when you get more sleep on a regular basis, your stress level abates and you become a more compassionate, positive uplifted person.
- 7. CARVE OUT TIME TO MEDITATE DAILY.** Practicing meditation will change your brainwaves in a positive way, and make you feel calmer, less anxious, more compassionate and optimistic and even help increase your income.
- 8. WHAT YOU EAT AFFECTS YOUR MOOD.** If you want to feel more uplifted daily, you must eschew foods made with white sugar and white flour and choose to eat foods as close to the way nature made them as possible with lots of fresh fruits and veggies.
- 9. EXERCISE TO FEEL HAPPY AND UPLIFTED.** Just ten minutes of aerobic exercise doubles the level of norepinephrine in the body, a chemical to happiness. Try to work it in at the beginning of your day to reap the benefits all day and have no excuses later in the in the day to skip your workout.
- 10. SPEND TIME IN NATURE.** Nature calms us down and reduces anxiety. Whenever possible, find ways to exercise outdoors. In her book “Uplifted” she writes about a disease she calls NDD... “Nature Deficit Disorder.” Too much time away from nature wrinkles our soul and deprives us of a cost-free “visual valium” experience. Our moms were right when they said “Go outside and play. To this she added...” “Go outside to play and pray.

Check out **Dr. Jones** and her free monthly newsletter at www.susansmithjones.com. **HAPPY LIVING!!!** ★



By County Supervisor Sue Frost

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

We are all aware that the county’s homeless population has been growing and we can see the impacts every time we leave our houses. As we continue to tackle homelessness, we run into challenges at almost every turn including state laws, court decisions, pandemics, and judicial rulings. That being the case, we are constantly adapting our approach and, I am happy to say, enhancing the ways we try to solve the homeless problem.

The solutions we have put forward include increased access to treatment for mental health and drugs and alcohol addiction, and we are increasing our outreach to connect people to those services. While treatment for mental illness and addiction is the best thing we can do to help people get off the streets, it will never be enough on its own. We have to do more than treat the root causes and offer options that help connect people to services and get them into safer environments. For that reason, Sacramento County is moving forward with a plan to establish sanctioned encampments throughout the county, and shutting down the illegal encampments.

A sanctioned encampment is almost certainly what

Orangevale Community Update

The Path to Eliminating Illegal Homeless Camps

you think it is: an area designated by the county for homeless individuals to live/camp legally and safely. While this may not sound like something you want to get excited about and might even concern you, I believe this is the best thing we can do at this time. First, Sacramento County cannot get back to enforcing ordinances that prevent camping on public land until we can offer an alternative due to a decision at the 9th Circuit Court of Appeals. Second, a sanctioned encampment is far preferable to unregulated camping.

We have learned from the failures of other sanctioned sites and intend to keep the county’s new sites staffed at all times, regulated to prevent drug use and other criminal behavior, and we will put them in the areas that will see the greatest benefit. By areas that will receive the greatest benefit, I mean the areas currently being the most heavily impacted by unchecked campsites. While many people may jump to the conclusion that the best place to put a sanctioned site is as far from developed areas as possible, the real best approach is to find locations that are near where large groups of homeless people are already dwelling. This ensures we get the most people we can living in sanctioned encampments because it is an area they already have a connection to.

Most importantly, sanctioned encampments are more than just a place for homeless individuals to sleep. We will be using them as an opportunity to connect individuals to the services we know they need to get into transitional or permanent housing and back to a self-sustaining lifestyle.

Sanctioned encampments will have the benefit of being staffed by mental health and behavioral health professionals that can get at the issues that are keeping so many people trapped in homelessness. Regardless of whether or not substance abuse or mental illness is the cause of a person’s homelessness, for many it has become part of what prevents them from escaping homelessness.

Again, while this may not sound ideal to some, and I am sure there are people who are worried that one of these encampments will be near where they live, shop, or dine, I am confident this is the right move. Fewer homeless individuals making campsites around the county is a good thing. Increasing outreach and connection to drug/alcohol treatment and mental health services is a good thing. And getting the power back to shut down illegal camping sites all over the County is also a good thing. These sanctioned encampments are the balance between compassion and toughness my constituents have been telling me they support for as long as I have been a Supervisor. This is just one of many important steps we must take as part of our comprehensive approach to relieving the County’s homeless crisis.

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.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta. ★

Social Workers: Making Communities Better

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Social workers make communities better. They help protect children, youth, and the elderly from abuse. They connect people suffering from substance abuse and mental illness to services. They link people challenged by homelessness, poverty and lack of healthcare to housing, benefits and employment. They help severely disabled individuals live in the least restrictive environment possible.

March is National Social Work Month, and Sacramento County joins the National Association of Social Work (NASW) in celebrating this great profession and in sharing this year’s motto, “The Time is Right for Social Work.”

The goal of Social Work Month is to inform the public, policymakers and legislators about the way social workers meet people where they are every day and help them live to their fullest potential.

Sacramento County employs almost 600 social workers in many different County departments. The Department of Child, Family and Adult Services (DCFAS) and the Department of Human Assistance (DHA) have the largest numbers of social workers on staff.

DCFAS social workers link individuals and families to services that promote the safety, health and well-being of community members across all ages. Throughout the COVID-19 pandemic, they continued to provide



Social workers in DHA work tirelessly to help those in the greatest need of services become self-sufficient and independent. MPG file photo

in-person visits, working on the frontlines along with doctors, nurses, law enforcement and other essential employees.

At DHA, social workers help families who are experiencing homelessness, domestic violence and other family crises. They help clients learn job-seeking skills. A team of social workers specializes in helping clients navigate the challenging disability benefits process. DHA also has a social worker in the General Assistance Program making referrals to service agencies.

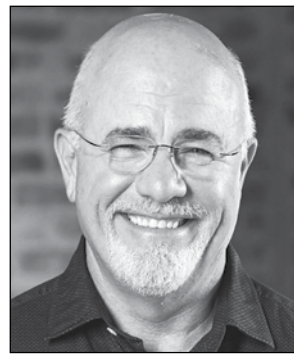
In addition to these efforts, DHA also has social workers assigned to the Homeless Outreach and Encampment Teams working with Sacramentans experiencing homelessness to navigate public benefits and shelter/housing options.

“Our DCFAS social workers are everyday heroes and I feel privileged to be a part of this team,” said Michelle Callejas, Director of the

Department of Children, Family and Adult Services.

“The social workers in DHA work tirelessly to help those in the greatest need of services become self-sufficient and independent. It is because of their efforts and the efforts of those they work with across department and jurisdictional lines that Sacramentans can thrive and be safe,” said Ethan Dye, Director of Human Assistance.

Social work is one of the fastest-growing professions in the United States, according to the Bureau of Labor Statistics. At the same time, Sacramento County has an ongoing need for social workers to help the community’s most vulnerable residents. The Human Services Social Worker and Human Services Social Worker (with Master’s Degree) positions are on continuous file, meaning the County is always accepting applications. If you’re interested in applying, visit saccountyjobs.net. ★



Dave Ramsey Says

probably looking at about the same length of time – or less, since the debt is gone – to save up an emergency fund. Keep in mind that an emergency fund is three to six months of expenses, not income.

But here’s the thing. If you start building retirement right now and have an emergency, do you know what you’ll use? Yep, you’ll use your retirement. That’s why an emergency fund comes before retirement in the Baby Steps.

The median household income in America is around \$68,000, and that’s often two incomes. You’re probably working pretty hard for that \$38,000, so I would challenge you to think about and work toward something you could be doing in the near future to make that much money or more.

I want you to open your mind and imagination, and start thinking fresh again. Don’t do something silly like quit your job today, but if you’re going to be making \$38,000 five or 10 years from now it’s time to aim at something else.

I’m trying to speak to your retirement fears, as well as warn you against addressing retirement without having an emergency fund in place. Save up a solid emergency fund over the next year, while at the same time doing some serious thinking and goal setting.

Maybe you’d like to do something completely different, or even own a printing company by that time. Who knows? The cool thing is you can make it happen, and the choice is all yours!

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

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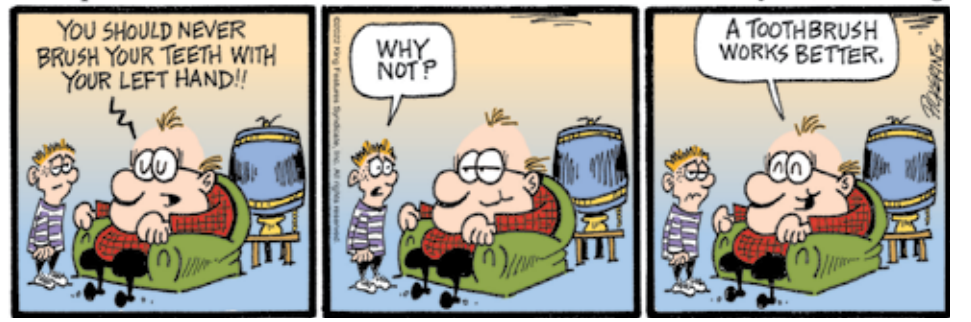
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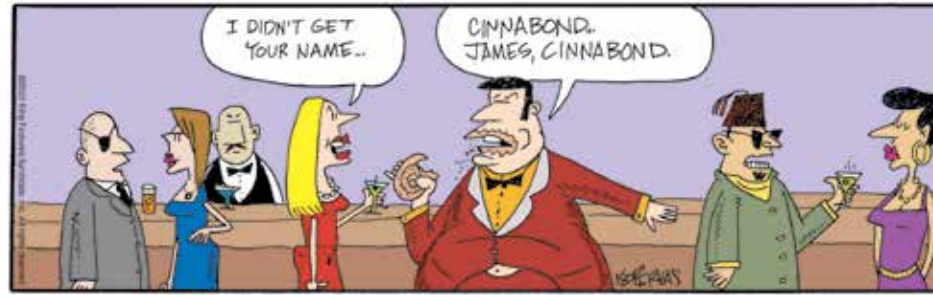
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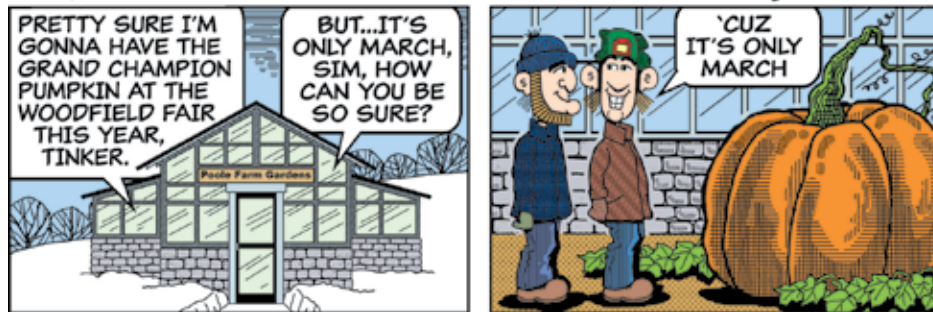
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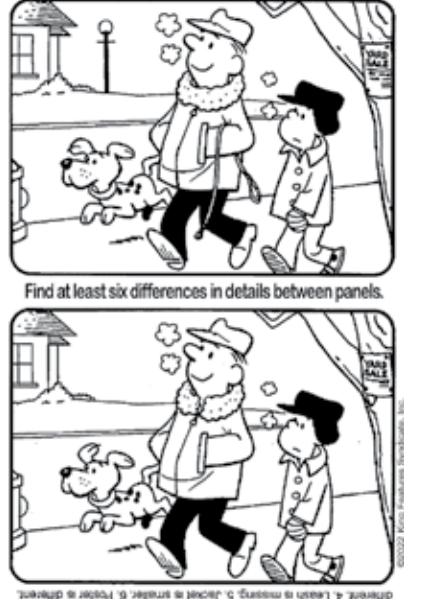


Just Like Cats & Dogs



by Dave T. Phipps

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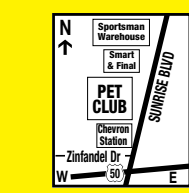
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Representative Bera Secures \$3.76 Million for Community Projects

Office of Representative
Ami Bera, M.D.

WASHINGTON, DC (MPG) - On Wednesday, March 9, 2022, Representative Ami Bera, M.D. (CA-07) announced that he secured over \$3.76 million in funding to directly support nine community funding projects in California's 7th Congressional District. The funding was secured through H.R. 2471, the 2022 Fiscal Year government funding package, which passed the House of Representatives today with strong bipartisan support.

"I'm incredibly proud to secure over \$3.76 million in funding to directly support nine projects throughout Sacramento County," said Representative Bera. "These investments will support vital water infrastructure projects in our region, will improve public safety, and will fund the construction of important youth and recreation centers. This funding will go a long way in making Sacramento County healthier, safer, and stronger for generations to come."

Funding secured by Representative Bera will support projects in Citrus Heights, Elk Grove, Fair Oaks, Folsom, and Rancho Cordova.

Project Sponsor: Fair Oaks Recreation & Park District

Project Name: Fair Oaks Community Clubhouse Facility Renovation

Project Location: 7997 California Ave, Fair Oaks, CA 95628

Amount Secured: \$560,929

Explanation: The funding would be used to renovate the Fair Oaks Community Clubhouse which serves as an important gathering place for the community and would make it accessible for all ages. In particular, the funds would support accessibility upgrades for the clubhouse by building a new ADA-accessible ramp for

the main entry of the facility and installing a new lift for the facilities stage.

Project Sponsor: Meristem
Project Name: Community Employment Program for Adults with Autism

Project Location: 9200 Fair Oaks Boulevard, Fair Oaks, 95628

Amount Secured: \$1,000,000

Explanation: This program's purpose is to prepare and place young adults with autism, who often face significant barriers to employment, into internships with local businesses. Program participants will receive work skills training and job coaching from Meristem and be placed in paid internships in mainstream jobs that offer public interaction and provide pathways to sustainable employment. Funding would help grow the program into a year-round paid internship model, expand the level of training and increase the number of internship opportunities.

Project Sponsor: Army of Corps Engineers (on behalf of the San Juan Water District)

Project Name: Orange Vale Water Company Well #3

Project Location: 1325 J St, Sacramento, CA 95814

Amount Secured: \$75,000

Explanation: The funding would be used for the planning, design, and construction of a treatment plant to support OVWC's Well #3 in Orangevale, CA. The treatment plant will remove perchlorate concentrations and meet all drinking water standards. The project is a valuable use of taxpayer dollars because it would improve and enhance San Juan Water District and OVWC's groundwater access and conjunctive use capabilities. Access to a reliable water supply is critical as our state faces extreme periods of dry and wet periods. ★

Cultivating Leaders in Casa Roble FFA Program

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Casa Roble High School's agricultural education program is more than just about raising animals but cultivating future leaders too. The Future Farmers of America (FFA) curriculum has been a long-standing program at Casa for nearly 50 years and is one of about 9,000 programs throughout the country.

According to the National FFA organization, FFA is one of the top school-based youth leadership organizations in the country preparing students for careers in and outside the agriculture industry.

"Casa is really special because it values the importance of Agriculture and how it can positively impact students," said FFA Advisor and Ag teacher, Christina Tannehill.

Tannehill, a Casa alumna, began her FFA career by enrolling in the program as a Freshman. "That's when I discovered my passion for Agriculture and raising animals. I feel very fortunate to pass on the tradition at Casa by teaching what I love."

Casa Roble High School is the only school in the San Juan Unified School District that offers hands-on experience for students looking for a special agricultural education and leadership experience.

Projects range from raising baby pigs, to goats, to little lambs or even a steer to name a few. The FFA students not only pick and purchase their animal to raise but handle all aspects of caring for them including feeding, bathing, grooming, exercising, and administering medication when needed.

"The main things I hope to teach the students is the value of leadership, community, and the many facets of the field of Agriculture," said Tannehill. "They gain the hands-on experiences that most students are not normally exposed to."

One of those experiences is when new livestock is born. "We were in class with Mrs. Tannehill, and she showed the cameras in the barn of the goat giving birth to twins," said Casa Senior Raelyn Bannister, "When we went out there, the sheep was also giving birth. It was very exciting!"

Such situations are not uncommon to these students who learn all aspects of farm animal care. ★



A newborn begins the journey of domestic life. Photo by Tim Engle

"Our students learn responsibility in caring for a live animal. They get here before school, and stay after school too," said Tannehill, "It's a big commitment!"

And it's not just a time commitment, but a financial one too. On average students invest \$800-\$1000 for pigs, sheep, and goats. For a steer it's closer to \$4000. Part of their responsibility is learning the financial side of raising an animal by keeping track of all the costs and ultimately taking their project to the County Fair for sale.

"Since we are a small FFA chapter, our motto is quality, not quantity, with the hope of breaking even, making a profit is a bonus."

To help cover upcoming program expenses, Casa FFA is hosting a Western Spaghetti Feed fundraiser, April 2, 2022, at 6:00 at the Orangevale Grange. The community is invited to attend this fun-filled event with food, friends, dessert auction, raffle, and live music by Madison Hudson! For more information, go to <https://allevents.ticketspice.com/spaghet-twestern> ★



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