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# AMERICAN RIVER Messenger

VOLUME 16 • ISSUE 8

Serving Fair Oaks, Orangevale & Sacramento County

APRIL 23, 2021

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## Army Veteran Furniture Program Serves Once Homeless Vets



In the image from left to right: Ernst Larson, Adjutant; Diana Squire, wife; Dwight Davis, father-in-law and WWII veteran, Lisa Hamett, daughter, Frank Squire 2020 LOTY for Post 861; Don Sparks, 2nd Vice Cmdr; and Don Harper, Post 861 Cmdr. Photo provided by the American Legion

By Ernie Larson, American Legion Legislative Action Post 861

SACRAMENTO REGION, CA (MPG) - ABC Channel 10 News aired a 90-second prime-time special on Thursday, March 18, at 6 P.M. highlighting Frank Squire, U.S. Army veteran and member of American Legion Sacramento Legislative Action Post 861 in Sacramento, California, and his Furniture Program team which picks up and delivers home furnishings to newly-housed, previously homeless veterans.

Previously, on Thursday, January 21, 2021, Frank received The Outstanding Member of the Year Award for the year 2020, for his work with the program, presented by Cmdr. Don Harper, American Legion Sacramento Legislative Action Post

861. COVID restrictions required some good old-fashioned American ingenuity to devise a way to surprise Frank with his well-earned award, so, with a "Honey-Do" list of distractions provided by Frank's wife, Diana, a self-described military brat, Cmdr. Harper was able to assemble a small unit of retired 'ne'er do wells' from the post, including Bob Fitzgerald, Air Force; Don Sparks, Army; Dwight Davis, Navy WWII; Ernie Larson, Army; Lisa Hamett, daughter, and, of course, Diana.

Five years ago, Frank began volunteering at Mather VA Medical Center in California by providing rides to patients in need. It wasn't long before Frank found himself being asked by Volunteer Services to deliver some items of home furnishings to the new living quarters

of enrolled formerly homeless veterans at the request of Mather VA social workers who were implementing the HUD-VASH program The U.S. Dept. of Housing and Urban Development-VA Supportive Housing (HUD-VASH) program is a collaborative program between HUD and VA which combines HUD housing vouchers with VA supportive services to help homeless veterans and their families find and sustain permanent housing.

With Diana's support and encouragement, Frank's furniture delivery program grew along with other hospital programs, and he found himself coordinating the work of several volunteers from within American Legion Post 861 and VFW Post 10125 as well as family members, Continued on page 3

## Ami Bera's Congressional Art Competition is Now Open



Ami Bera

From the Office of Congressman Ami Bera, M.D.

SACRAMENTO, CA (MPG) - Each year, I'm proud to have my office take part in the annual congressional art competition *An Artistic Discovery*. This is a great opportunity for qualifying high school students from Sacramento County to demonstrate their terrific artistic abilities.

The winner of this competition will have their artwork hung in the U.S. Capitol for one year!

Each student who enters the competition must comply with all of the contest's rules and regulations.

Specifically, please be mindful of the following:

For my office, the deadline to enter the competition is Sunday, April 25th at 11:59 PM PT.

Please submit a photo of your artwork by visiting [bera.house.gov/artcompetition](http://bera.house.gov/artcompetition) and clicking on the submission portal. Make sure the photo is clear and well-lit.

All artwork must be completed by individual high school students residing or attending school in the 7th congressional district of California; If you're not sure if you live within the 7th congressional district see [bera.house.gov/california-7th-congressional-district](http://bera.house.gov/california-7th-congressional-district)

Accepted mediums in 2-D format: paintings, drawings, collages, prints, mixed-media, computer-generated art, photographs; Entries must be the ORIGINAL work of the student; framed dimensions cannot exceed 26" x 26" x 4" and should not weigh more than 15 pounds, including the frame (Frame Optional); Winning artwork will be displayed in the United States Capitol for the next year!

Please review carefully all of the additional documents in the 2021 Rules for Students and Teachers and 2021 Student Release Form.

To learn more about the rules and other information at [bera.house.gov/artcompetition](http://bera.house.gov/artcompetition) 2021 Rules for Students and Teachers.

If you have any questions, please don't hesitate to call my office at (916) 635-0505 to speak with a member of my staff.

Good luck to all of the participants! ★

## Silver Dragon Restaurant Relocates to Fair Oaks

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - Silver Dragon, a popular Chinese restaurant for over 30 years in the Sunrise Village in Citrus Heights, has found a new home at 8116 Madison Avenue in the Fair Oaks Plaza.

The restaurant closed on Jan. 24, 2021, leaving loyal patrons without their favorite dishes until its new location opens later this summer. Owners of Silver Dragon were unavailable for comment, but evidence of exterior construction at the restaurant is underway.

The new location is in a shopping plaza on the southeast corner of



Folsom Palace Asian Cuisine & Bar is planning to open its third restaurant at 5450 Sunrise Blvd, Suite E. Photo by Thomas J. Sullivan

Madison Avenue and Fair Oaks Boulevard, next to Caffe Italiano Ristorante.

Reviewers of Silver Dragon highlighted its affordable prices and a

large menu, noting popular dishes like pork fried rice, Continued on page 3

# Rebuilding Wind-blown Aviary

*Wildlife Care Association Gets a Hand from Wells Construction Corporation*

By Cecilia Lee Feser

**SACRAMENTO REGION, CA (MPG)** - There was a mighty wind in February of this year. Trees were split in two, trampolines were blown out of yards and landed on the roadways. Four large electric and light poles were split in half that were in front of the High School. Yet, the blessing, no one seriously hurt.

One of the wind-blown buildings destroyed was the flight aviary used by The Wildlife Care Association. Again, a blessing, no birds were killed. There were three crows being treated for various issues in the aviary when the storm hit. The next day, two had flown off and one was stunned and sitting next to the twisted wooden and wire mess. The two never returned and live happily out in the wild, the one behind was treated and when well was released too.

Here's some information about the Wildlife Care project while I watch the quick build. The workers that run the rescue at the Wildlife Care Association, are mostly volunteers. Even the workers in front of me, building, the new Aviary are volunteers from, Wells Construction Company with their day job being workers for the same Wells Construction. Jim Brown was my contact for the new construction. More about him and the volunteers to come in part 2 of this article.

When I checked in this morning, I met a man named Dave Gish. While we gathered around the donated donuts and coffee, both were still hot, cream filled, jelly filled, french curlers, Okay okay you get it, I love my writing jobs. Anyway, he started telling me all about the how, when, why of the goals of the Wild life Care Association. He



Above: February's gusty winds did some serious damage. Right: Volunteer workers employed by Wells Construction Corporation erect new walls for the Sacramento Wildlife Care Association's new aviary. Photos by Cecilia Lee Feser



himself has been on board this program since 2015. He volunteered for a year before he was able to go to his first release of a healed bird.

"Amazing to watch", he said. "They sit in the back unsure to move forward. Sometimes you have to tilt the cage forward, sorta making them fall to the front and then they get it and fly off; what a sight!"

I could feel his excitement. He also told me since he started, 1750 animals have been rehabbed and released. When you think about that number in terms of them coming in with all kinds of needs it is amazing they lived. He said they come in a lot from being hit by a car, with the Raptors usually from

systematic poisoning, which is usually caused when they have eaten an affected prey animal killed by poison. They personally do not have the license to keep the raptors, but can care for them until they can be turned over to a licensed care facility. There is an emergency number that is 916-965-9453. It is an answering machine, monitored, and your call will be returned.

I keep talking about "birds" because it is the Aviary being built. But, Dave wants it know they rehab all types of critters.

Raccoons, opossums, turtles, and if they can't or are not licensed they refer you to a care facility that can help you. For instance they do not have the facilities for deer rescue, but they do have, Kindred Spirits up the hill that does only deer rehab. They also are in contact for over 20 years, with Hope Swinimer of East Coast Canada Rehab, for placements.

Most mammals, Dave said, go out to private homes where the care giver has gone through a training and care program before they can actually care for them in their homes. For instance, there is Chris with the endearing name of "the crazy racoon lady". At one time she had 38 in different stages of getting well. He named other such people whom he works with with similar endearing names and preference of certain animals.

Two donuts down, I think, and after writing all these notes, I asked Dave if there was anything else before I closed out this week's story on the beginnings of The Wild Life Association. He said he wanted people to know when animals are well and returned to the wild, they have a policy of where to return the animal. Adult birds are released within 10 miles of where they were found. Raccoons and Skunks must be released within 10 miles from any buildings or properties where people live or work. Lastly, there is ALWAYS A THRILL to be there when you release an animal. He LOVES being here. Also, always looking for volunteers to help with rehab, feedings, cleaning etc.

I thanked him for his time and information. Then looking lovingly back at that half full box of doughnuts, I threw away my napkin and coffee cup. I told him there was too much information for just one article and that the following week's article will be about the Flight Aviary being built all the ins and outs and how they got the money and supplies... Shook his hand and head out to write this up before I can't read my scribbles. Until next week, be safe and hug yourself first!! ★

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# Army Veteran Furniture Program Serves Once Homeless Vets

*Continued from page 1*  
 and local government to provide storage facilities, and to acquire some financial support from local Veterans Service Organizations to help take some of the load off, so he wouldn't have to continue paying for the needed storage units himself, but without much success. Over the years, volunteers who have helped Frank with the furniture delivery program include Diana Squire, Dana & Ruth Johnson, Roger Meier, James Sullivan, William Holmes, Ed McDaniels, Brian Womack, John Lowe, Brent Downend, Peter & Lisa Harnett and their son Owen and daughter Lily, Mike Harris, Janet Whetstone, plus several formerly homeless vets. CONGRATULATIONS and THANK YOU, Frank, and to all of you who have volunteered your time, hard work, vehicles, and

gasoline to deliver home furnishings to many hundreds of grateful formerly homeless veterans! For more information on how you can donate home furnishings, help with pick-up and deliveries, or to help support the program financially, please call Frank at (916) 468-2038 or e-mail him at enablevets20@gmail.com. To learn how you can join American Legion Sacramento Legislative Action Post 861, please contact Ernie Larson at (916) 483-7162, e-mail: ernielarson@yahoo.com, or Cmdr. Don Harper at (916) 201-4443, e-mail: govvia@comcast.net. Visit us on Facebook at American Legion Sacramento Legislative Action Post 861. The American Legion is now open to all veterans honorably discharged since December 7, 1941. That's good news! ★

and local government to provide storage facilities, and to acquire some financial support from local Veterans Service Organizations to help take some of the load off, so he wouldn't have to continue paying for the needed storage units himself, but without much success. Over the years, volunteers who have helped Frank with the furniture delivery program include Diana Squire, Dana & Ruth Johnson, Roger Meier, James Sullivan, William Holmes, Ed McDaniels, Brian Womack, John Lowe, Brent Downend, Peter & Lisa Harnett and their son Owen and daughter Lily, Mike Harris, Janet Whetstone, plus several formerly homeless vets. CONGRATULATIONS and THANK YOU, Frank, and to all of you who have volunteered your time, hard work, vehicles, and

# First LunchboxWax Salon Opens 11th California Location

**By Anastasia Maragos, All Points Public Relations**

**FAIR OAKS, (MPG)** - LunchboxWax, the premier full-service, speed-waxing salon, is officially entering the California state capital. The new salon, located at 8929 Madison Ave. Suite #203 in Fair Oaks, will bring the brand's high-end experience to the community on April 19.

Local couple, Katie and Jim Martin, will be the first to bring this inclusive and body-positive brand to the Sacramento community at large. After 30 years of serving their community through non-profit work, the Martin's decided to contribute to their community through a new venture. The salon operations will closely follow local county guidelines and COVID-19 protocols, keeping guests and waxologists safe during the opening festivities.

"After months of preparation, we are excited to be the first to share the LunchboxWax experience with our neighbors in the Sacramento area," said Katie Martin. "As a woman passionate about business and the self-care industry, providing a high-quality waxing experience to our customers while offering new career opportunities to the community has been an exciting prospect. We are looking forward to building strong relationships with our guests and waxologists alike in the coming weeks that will last us for years to come."

The forthcoming LunchboxWax salons will offer a full range of hair removal services from top



Local Couple, Katie and Jim Martin, to Bring Brand's High-End Waxing Experience to Fair Oaks. Photo credit All Points PR

to toes, bottoms to brows and cheeks to chest. Using its proprietary three-step speed-waxing process, LunchboxWax has a "soft wax" technique that is more effective and less painful than traditional waxing.

"Entering the Sacramento market for the first time with Katie and Jim leading the way has been an exciting process to watch," said Christo Demetriades, COO of LunchboxWax. "With 30+ years of successful business management experience between the couple, and Katie's passion for the self-care industry, I can't think of a more ideal team to partner with LunchboxWax and transition into a new territory. We are excited for the Martin's to open their first location in the coming weeks and provide the community with the high-end waxing they have been waiting for."

The brand's low-cost investment, along with support from an executive team with extensive salon

and franchise experience, attracts individuals who are passionate about providing exceptional customer service, enjoy working as a team, and possess a desire to create a positive impact in their local community.

For more information on LunchboxWax services, please visit [www.lunchboxwax.com](http://www.lunchboxwax.com).

LunchboxWax is a boutique speed-waxing franchise catering to men and women who are mindful about the businesses and people they choose to perform personal services. Founded as a culture-first business by Debi Lane in Boise, Idaho, in 2010, LunchboxWax began awarding franchises in 2013, and today has 48 salons across the country. In 2021, LunchboxWax ranked on Entrepreneur's Franchise 500 list.

To learn more about LunchboxWax franchise opportunities, please visit [www.lunchboxfranchise.com](http://www.lunchboxfranchise.com). ★

# Silver Dragon Restaurant Relocates to Fair Oaks

*Continued from page 1*

chow mein, hot and sour soup and various lunch specials.

"We have been blessed to serve you and your families for the past 30 years in this location and hope to see you again very soon," said a message taped on the restaurant door at the time of its closure last January.

According to the sign left by its owners, a lease for the location could not be renewed, as Sunrise Village is undergoing major renovation. The restaurant's former location and commercial businesses in the Citrus Heights shopping plaza have since been gutted, awaiting new tenants.

In Citrus Heights, Folsom Palace Asian Cuisine & Bar is planning to open a third restaurant at 5450 Sunrise Blvd., Suite E, in the Sunrise MarketPlace business improvement district. The restaurant has locations in Folsom and Eldorado Hills and will open in the location of the former PizzaRev, a pizza franchise restaurant. Adjacent restaurants in the same retail center are Dos Coyotes, Nation's Giant Hamburgers, and Menchie's Frozen Yogurt.


An initial building permit has been submitted to the Citrus Heights planning department, said Alison Bermudez, city planner. "We reviewed their initial request and have sent it back with our notes."

The building permit submission was filed by Leck Soungpanya, doing business as Leck Associates.

A spokesperson for the restaurant could not be reached.


Kathilynn Carpenter, executive director of the Sunrise MarketPlace business improvement district, confirms the restaurant is in the early permitting stage, with an opening date not yet set. Business incorporation documents have been filed for "Folsom Palace Sunrise Inc," with an address of 5450 Sunrise Blvd, Suite E.

According to the company's web site, the business has been in the food and restaurant industry for over 20 years. Its dine-in menu features popular entries such as moo shu pork, curry beef or chicken and various seafood offerings prepared with low sodium, less oil and no MSG. ★



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## Pandemic Weight

Would you believe 60% of Americans report an average gain of 29 pounds during the pandemic? **Nicolette Pace**, founder of NutriSource, provides education and counseling on what you can do about it with a few tips she shared on POPPOFF.

- 1. JUICE IT UP.** Drink warm lemon juice with water in the morning. Take the juice of half a lemon and add a pinch of cayenne pepper to strengthen the body and detox. It wakes up the digestive system and contains Vitamin C for skin and immunity and to balance the pH of the body. It flushes out the system and rehydrates the body...a fluid breakfast.
- 2. GET SERVED.** Move your food plate away from the serving area to limit the potential to eat seconds. Family style is a no-no for celebrities who need to be slim for performing on camera, stage, or modeling.
- 3. TAKE MEASUREMENTS.** Measure volume in serving utensils like a favorite ladle or serving spoon as well as glasses, cups, mugs, bowls, and plates that you use frequently.
- 4. BUZZ IN.** Caffeine can perk you up in more ways than one. Take some before a workout since it is a clinically proven ergogenic aid, which means it acts on the central nervous system, reduces fatigue, and allows for greater exertion as feelings of work load and pain are reduced.
- 5. GO WITH YOUR GUT.** Eat probiotic-rich foods to enhance your good gut bacteria, which in turn will keep your weight down. Look for fermented foods like kombucha tea, kefir, yogurt, lebe, miso and fermented vegetables.
- 6. SKIP PROCESSED FOODS.** Eat

processed foods minimally as much as possible. "Uncured meats (naturally done with celery juice), organic poultry and meat, in season fruits, vegetables, and seafood (preferably locally or regionally grown) will give max nutrients for energy, vitality, and anti-aging and beauty inside and out.

- 7. SIP SMART.** Lighten up on caffeine and replace sugary beverages, artificial sweeteners, and alcohol with nutrient-rich green tea, white or black tea, yerba mate, or cocoa. Drink citrus-fruit, or herb-infused waters like herbal tea and mineral water for daily hydration.
- 8. WORKOUT WISELY.** Before exercising, avoid large volumes of fluid or food, especially when toning core muscles, to avoid cramps and digestive upset. However, be sure to take at least 12 ounces of fluid an hour. Dose protein and slow carbs one to four hours before to enable sustaining energy.
- 9. MIND YOUR MORNING MEAL.** Don't eat if you're not hungry when you wake up. Just make sure that you eat within four hours of waking up.
- 10. FLUSH IT OUT.** She recommends doing a potassium and nutrient flush. It will infuse your body with energy and vitality to help keep your belly flat for a big day.
- 11. DO A DETOX.** Detoxing will help with bloating if you do not go overboard on fiber or dairy (if you're sensitive), which can actually make bloating worse.

**Nicolette Pace** shares her expertise on CBS, ABC, NBC, Fox News, even Dr. Oz listens. Check out [www.nutrisource.org](http://www.nutrisource.org). Lookin' good! ★

## Bills would Hamstring Future California Recalls



By Dan Walters  
CALMatters

As signatures on petitions to force Gov. Gavin Newsom into a recall election are being tallied, the Legislature is considering bills that would, if enacted, make future recalls of California's elected officials less likely.

Two Democratic state senators, Ben Allen of Redondo Beach and Josh Newman of Fullerton, are carrying measures they say are needed to reform the recall process.

Newman's Senate Bill 663 would allow targets of recall campaigns to access the lists of recall petition signers and try to persuade them to remove their signatures. Current law allows only election officials to access their names to validate signatures.

Currently, signers have 30 days after the recall to change their minds. SB 663 would extend that to 45 days.

Critics say that revealing the names of petition signers would subject them to harassment by recall targets and their supporters.

Newman, who went through a recall election himself in 2018, told the Senate's election committee this week that "this bill has no impact whatsoever on the recall effort against Governor Newsom" because, as now written, it would not take effect until next January.

Theoretically, SB 663 could be amended to make it take effect immediately and thus impact the Newsom recall, but only with a two-thirds vote of the Legislature and Newsom's signature, thus making it highly unlikely.

The Senate elections committee approved SB 663 and another Newman measure, Senate Bill 660, that would ban the now-common practice of paying professional petition circulators by the signature, not only for recalls but also for initiative measures and for referenda to invalidate laws passed by the Legislature.

A prohibition on per-signature payments has been floated for years. Advocates contend that paying signature-gatherers by the name encourages them to mislead potential petition signers about the issues before them.

However, every recent governor has vetoed at least one version of the proposal. When he vetoed a 2019 ban on per-signature payments, Newsom said, "While I appreciate the intent of this legislation to incentivize grassroots support for the initiative process, I believe this measure could make the qualification of many initiatives cost-prohibitive, thereby having the opposite effect."

Allen, meanwhile, is offering a constitutional amendment and a conventional bill that would affect the recall process.

Senate Constitutional Amendment 3 would make successful recalls more difficult by placing the name of the targeted official on the ballot as a successor candidate.

Under current law,

voters are given two issues to decide — whether the official should be ousted and which of the successor candidates should be elected instead.

That, Allen argues, is unfair because with multiple candidates, someone could win with relatively few votes. Under his measure, voters would simply decide whether to retain the incumbent with a plurality of votes or opt for one of the other contenders.

SCA 3 also would cancel a recall election if the incumbent resigns after the recall qualifies which, in the case of governors, would mean an automatic takeover by the lieutenant governor. If another statewide official facing recall resigned, the governor would name a successor.

Allen's second measure, Senate Bill 752, would require that before voters signed petitions for a recall, an initiative or a referendum, they would have to certify that they had read a list of the proposed measure's top financial contributors. As with Newman's SB 660, its declared aim is to prevent signature gatherers from misrepresenting the issues involved.

It's debatable whether these measures would, as Newman and Allen contend, improve the recall and other forms of direct democracy. They certainly would make them more cumbersome and expensive and therefore less likely to succeed.

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



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# Ask Toni

## HELP!!! My Sister with Cancer Loses Medicaid!!



Toni King

Toni:

My 60-year-old sister who had no health insurance or Medicare was granted Medicaid in January last year. She was granted Medicaid because she had stage 3 breast cancer with lymph-nodes that were removed. She just learned from her Doctor that her Medicaid had been cancelled effective May 1st. My sister has not received anything from Medicaid stating that she was cancelled, and we cannot get anyone at Medicaid to tell us what the problem is. She was being paid \$703.00 as a disability check and recently she got a raise to \$1,431 for Social Security Disability which she has recently qualified to receive effective April 1st. When she went to Social Security to apply for Social Security Disability no one said she would get an increase in her \$703 monthly Medicaid check.

Someone told me about what you do to help people who do not know where to go or what to do. This is overwhelming because my sister cannot receive her chemo treatments any more due to not qualified for Medicaid. Can you tell me what I need to do? Thanks, Gray from Jackson, MS

Oh My... Gray:

I do not get very many problems like this, but after talking with you this week, I wanted to inform my readers about this Medicaid issue. People need to know how vitally critical and important it is, when you qualify for Medicaid to be sure you stay in the monthly income and asset bracket that qualifies you for Medicaid. One dollar (\$1) too much and you can LOSE your Medicaid benefits and will have to pay 100% out of your pocket for your medical expenses.

Gray, my heart ached when you said, "you would have helped your sister with some of her expenses because of her disability check raised from \$703 to \$1,431,

but you could not pay the \$2,600 per chemotherapy treatment with 8 treatments in a cycle that totaled over \$20,800. She lost her Medicaid for only \$400.00." And that you considered the state had given your sister a "death sentence" because her doctor is not giving her chemo since the medical facility is not getting paid.

Here is what I would advise you to do to help your sister:

1. Ask how you can have her Social Security discontinued from the \$1,431 to the original amount of \$703 for Medicaid, so that she can be in the correct income bracket to qualify for Medicaid. Who knows maybe there is a loophole somewhere?
2. Talk to the cancer facility where your sister was receiving her medical care and chemo treatments. Find out if there is a non-profit fund set up for situations like your sister's. See what grants or philanthropic organizations help in this type of emergency.
3. Contact the American Cancer Society area office and explain about her serious situation and how time is slipping away with her not receiving her chemo treatments. She needs help NOW!!

My main goal in writing this week's column is to make the public aware to how important it is when you qualify for Medicaid, whether you are under 65 with no health insurance or are over 65 and have Medicare, that you must stay within the financial limits... *One dollar (\$1) too much and you lose your Medicaid benefits and must pay 100% out of your pocket for medical expenses.*

**2021 Confused about Medicare Zoom** webinar is Thursday, April 29th at 4:00 PM. Visit [www.tonisays.com](http://www.tonisays.com) to sign up for Toni's new webinar event.

*Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at [www.tonisays.com](http://www.tonisays.com). Have a Medicare question? Call 832/519-8664 or email [info@tonisays.com](mailto:info@tonisays.com).* ★

## Wreaths Across America Tour to Stop in Carmichael



The goal of the Wreaths Across America Mobile Education Exhibit is to bring community together and teach patriotism while remembering the service and sacrifice of our nation's heroes. Photo: WWA

### Wreaths Across America Press Release

**CARMICHAEL, CA (MPG)** - Wreaths Across America (WAA) is proud to announce that its Mobile Education Exhibit (MEE), which has been traveling the country to honor our nation's veterans, will make eleven tour stops in California. Starting on April 24, 2021, the WAA MEE will be in California for the first of multiple stops.

On Thursday, May 6th, the tour will be stopping in Carmichael. The General John A Sutter, Sacramento, Gold Trail, Rio Cosumnes Chapters of the Daughters of the American Revolution will host the WAA MEE for an open house to honor our nation's veterans and active duty military at 5631 Cypress Ave. from 10am - 4:30 pm.

"The goal of the Wreaths Across America Mobile Education Exhibit is to bring community together and teach patriotism while remembering the service and sacrifice of our nation's heroes," said Karen Worcester, executive director, Wreaths Across America. "However, over the last year,

in light of the current health crisis, we feel this exhibit has taken on even more meaning by providing the opportunity for people to safely participate in something that is both educational and inspiring, while supporting and giving back to the communities it visits."

The MEE achieves this goal by bringing the local community, veterans, active-duty military and their families together through interactive exhibits, short films, and shared stories. The exhibit serves as a mobile museum, educating visitors about the service and sacrifice of our nation's heroes as well as serving as an official 'welcome home' station for our nation's Vietnam Veterans.

When the MEE pulls into your area, all veterans, active-duty military, their families, and the local community members are invited and encouraged to visit, take a tour and speak with WAA representatives and volunteers. They can also share more about the national nonprofit, and the work its volunteers do to support our heroes and their communities year-round.

The public tours for the MEE are free and open to the public with social distancing, sanitation and COVID-19 safety procedures in place to protect the health of all visitors in accordance with the CDC's recommendation for large gatherings stemming from concerns surrounding the COVID-19 pandemic. Members of the media, dignitaries, veterans and other interested groups are urged to come, ask questions, share stories and experience this one-of-a-kind exhibit.

To host the MEE in your community, whether it be for a parade, a school-related or veterans' organization, or a public or private event, visit <https://wreathscrossamerica.org/mee> to make a request.

You can sponsor a veteran's wreath anytime for \$15 at [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org). Each sponsorship goes toward a live, balsam wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest at noon on Saturday, December 18, 2021, as part of National Wreaths across America Day. ★

## Kiefer Landfill Accepting Treated Wood Waste

Laurie Slothower, Sacramento County News

**SACRAMENTO, CA (MPG)** - Treated wood, or pressure-treated wood, has been treated with a chemical preservative to protect it from decay. It is considered hazardous waste by the state of California. Fence posts and decking material are the most common household uses. It is also found in guardrail posts, railroad ties and pilings.

On Jan. 1, the state law that allowed disposal of treated wood waste in California landfills expired. As a result, acceptance of treated wood waste at the Kiefer Landfill - and for landfills across the state - was suspended.

The Sacramento County Department of


Waste Management and Recycling applied for and received a variance from the state to accept the material.

Customers are asked to keep treated wood waste separate from any other items in their load. Regular Kiefer Landfill facility fees will apply.

Commercial haulers are required to obtain a California Department of Toxic Substances variance. For information, visit the Department of Toxic Substance Control website.

For location, hours and fee information for Kiefer Landfill, visit the Waste Management and Recycling website.

For more information, visit [www.SacGreenTeam.com](http://www.SacGreenTeam.com), or email [SacGreenTeam@SacCounty.net](mailto:SacGreenTeam@SacCounty.net). ★



### COVID-19 related funeral? You may be entitled to a FEMA reimbursement.

As a service to the community, East Lawn is offering to assist **anyone** who has lost a loved one due to the COVID-19 pandemic navigate this process.

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By Marlys Johnsen Norris, Christian Author

*If you are a Christian and trust in a great God who created heaven and earth and in His Beloved Son Jesus Christ, you have the faith to believe in a miracle!* Your very life today is because of a miracle Almighty God performed in your life the day you were born and then, "born-again" with the Holy Spirit of God residing within you. It is the power of Holy Spirit of God that guides and directs your life and inspires you to pray to receive God's blessings forever.

Today are you struggling because someone you love dearly is dealing

## Believe in Miracles!

with issues in their life and you can do nothing physically to help them! Friend, but God can! Why not get down on your knees to lift up the pain in your heart to God and ask Him to intervene on behalf of their need to be completely and miraculously healed. God is capable of doing anything and He already knows all about it. We do have to ask so that when He answers our prayers, we can express our deepest appreciation and give Him thanks. Praising Him over and over again for all He has done. It is "not" our prayers that are honored, so don't brag, but Almighty God we claim to know and love in our lives.

*Scripture clearly tells us to "ASK, SEEK AND KNOCK AND THE DOOR WILL BE OPENED!" (Revelations 3:20) and another place it states "SEEK THE KINGDOM*

*OF GOD AND HIS RIGHTEOUSNESS AND ALL THINGS WILL BE GIVEN TO THEE."* (Matthew 6:33) *Plus another place God's Word tells us that "WHEN WE PRAY IN FAITH WE HAVE THE POWER TO MOVE A MOUNTAIN."*

There is always an open door to God's heart! It is when we commune with Him we discover amazing things. Our search for happiness, peace and joy has just begun and He is more willing to teach us than we ever knew before. God's message of love embraces our lives and our journey is fulfilling all of our lives. To God be the Glory!

**Marlys Johnsen Norris**  
Christian Author and ARM Columnist since 2006  
Stephen's Minister  
Marlysjn@gmail.com  
PO Box 114,  
Orangevale, CA 95662 ★



## Dare to Live Without Limits

by Bryan Golden

### The Treasure Within You



Within you is a vast treasure awaiting rediscovery. You have more power, potential, and capability than you realize. A sculptor looking at a piece of marble sees a figure waiting to be revealed. The sculptor's job is to remove enough stone to expose the silhouette.

What abilities, talents and desires do you possess that are waiting to be uncovered? Why is it that inner treasures are not always obvious? Let's follow a person's development from birth to adulthood.

When a baby is born, he or she has no concept of fear, failure or danger. We'll call the baby Alice. Her imagination and dreams are limitless. Yet, she's completely vulnerable to her environment.

Alice is totally dependent on her parents for food, shelter and protection. As Alice grows, her parents teach her the dangers of her surroundings. She learns what she can't or is not allowed to do. There is little, if any, emphasis on teaching her how to fully realize her potential.

Alice starts school and begins her formal education. That process includes learning proper rules of behavior. Rules, by their nature, outline what is not allowed or acceptable. Again, there is little or no emphasis on how to fully realize one's potential.

Alice's education constantly imposes limitations. There are several interesting examples that illustrate the impact learned limitations can have. Put a flea into a small jar with a glass top. The flea quickly determines that there is a limit to how high it can jump. Remove the glass top and the flea, due to its conditioning, won't jump out of the jar even though it has the capability to do so.

Take a fish tank and divide it in half with a piece of glass. Put several fish on one side. The fish will hit the divider until they learn where the swimming limits are. Remove the divider and the fish will still remain on one side of the tank.

The educational system and societal constraints are the equivalent of the jar top and fish tank divider on Alice's development.

As Alice grows and interacts with others she will be exposed to jealousy. People tend to be envious of what someone else may have. Jealousy can manifest itself through ridicule, and alienation. If Alice shows ambition, unique abilities or talents she may find herself being rejected.

Each time Alice experiences a negative reaction, a layer of stone forms around her dreams. She finds it easier to go with the flow and be accepted rather than blaze her own trail.

Alice finishes school and begins working. She may not be doing the kind of work she once dreamed of due to all the limitations imposed on her while growing up.

If Alice shows too much enthusiasm or ambition she may be admonished by her coworkers. She could be denied a promotion while someone less capable moves ahead because they are more adept at office politics.

Alice might want to go back to school to further her education or change careers. Perhaps she wants to start her own business. Her family and friends discourage her from being "unrealistic." Once again, a layer of stone is added as she receives little or no encouragement. Alice's dreams, aspirations, and abilities become so deeply buried that she forgets they ever existed.

Everyone has a buried treasure waiting to be rediscovered. What is yours? Uncover it and your life will be enriched in unimaginable ways.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2021 Bryan Golden ★

## That's Why Doctors Call Us Patients

By Rev. James L. Snyder

For the past month I have been engaging with my eye doctor. I've had two cataracts removed which isn't a serious thing in itself. But what goes into this surgery is what baffles me.

The first time I went to the eye doctor, he scheduled me for a 9:15 appointment. No problem. The Gracious Mistress of the Parsonage got me there 15 minutes ahead of time to make sure I wouldn't be late.

An hour later, I finally got in to see the doctor. I think he is, on the side, trying to develop patience in my life.

On the first visit, I had to wear a mask, and it's no problem for me. If it makes other people feel happy, so be it. I'm just not real happy about wearing a mask.

As I was sitting waiting for my appointment, the lobby began filling up with new patients. An old guy sat next to me, and we nodded heads. I went back to what I was doing.

In a few minutes, I begin to smell something rather disgusting. I didn't want to look over to the guy next to me, but I did not smell that before he sat down, so I decided that I could not take that stench any longer.

I got up to get a drink of water prepared for us, washed my hands, and then sat at another place.

This time an older woman came in and sat two seats away. Again I nodded my head, smiled, and went back to reading.

Then I smelled that smell again. This was getting to be rather ridiculous. I can understand some old man smelling that bad, but I was a little confused as to why this woman smelled like that.

As I was thinking, a terrible thought rumbled in my head. This thought cannot be true, I said to myself. But what if this stench is not coming from the outside but rather from the inside of my mask?

That idea was preposterous, and I wanted to throw it out as quickly as possible. But you know how it is; a thought will haunt you until you pay attention to it.

Cautiously, I pulled my mask down, took a deep smell of my breath and almost passed out. That stench was my breath.

The problem was that my mouth was in close proximity to my eyes of which the doctor was going to be working on. Something had to be done before the doctor

called me in.

As I was thinking of this, the nurse walked into the room and called my name and took me into the surgical room.

I tried keeping my mouth closed as much as possible, hoping that a closed mouth and several masks would work.

The doctor finished his surgery, and just as he was going out the door, he turned and looked at me and said, "Are you sure you didn't have any breakfast? Smells like you ate garbage this morning."

My patience deflated right there.

"Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain" (James 5:7).

Patience doesn't come easy, but it does have a wonderful reward attached to it.

*Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com). ★*

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  - Heavy Metal band Quiet
  - \*Worn by monster hunters and dragonslayers
  - \*Sea monster with atomic breath
  - Brooms and cauldrons to a witch, e.g.
  - Subject of biographies, pl.
  - \_\_\_ of Aquarius
  - Saudi's southern neighbor
  - Ceremonial flight
  - "I" problem
  - Sweet-talk
  - Marine eagle
  - The Revenge of the \_\_\_ 1984
  - \_\_\_ you sure?
  - Desires
  - Russia's Romanov, e.g.
  - Comfy pants
  - Preceding month
  - Google Maps predecessor, pl.
  - Blackbird-like birds
  - Crow sound
  - Group of professionals
  - Like a bow string
  - \*Witch of Russian fairytales
  - \_\_\_ con carne
  - G in 1000 g., e.g.
  - Loose hood
  - Was rebroadcast
  - Prospector's mother?
  - Bassoon cousin
  - Nod up and down
  - \*He played Dracula and Count Dooku
  - \*Like Sendak's Things
- DOWN
- England's favorite drink, in French
  - \*Addams Family's Lurch: "You \_\_\_?"
  - A dish of stewed meat
  - Waddle
  - Bridal veil fabric
  - Objects of worship
  - Just a little
  - Michael Douglas' 1978 mystery thriller
  - Like the Weasleys of "Harry Potter"
  - Second qtr. calendar month
  - Alex Trebek's forte
  - Drooping
  - \*Jeepers \_\_\_, sing.
  - Coats with Zn
  - Tap order
  - Yiddish busybody
  - Opposite of digest
  - Like high ground
  - Pestilence pest
  - Lock horns
  - Darlene or Jacob of Ozark
  - MCAT and LSAT
  - \*Amity Island fish
  - Bonanza find
  - \*Transylvanian bloodsucker
  - Shylock's practice
  - Use a Singer

**Crossword Puzzle Solutions on Page 7**

1	2	3	4	5	6	7	8	9	10	
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15				16			17			
18			19				20			
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59					60			61		
62					63			64		

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

Solutions on Page 7

**Find Puzzles on Page 7**

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**Sudoku Puzzle on Page 7**

8	3	5	6	4	7	1	2	9
9	4	7	1	5	2	6	8	3
2	1	6	9	8	3	5	4	7
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5	2	4	3	6	8	7	9	1
6	5	2	4	3	1	9	7	8
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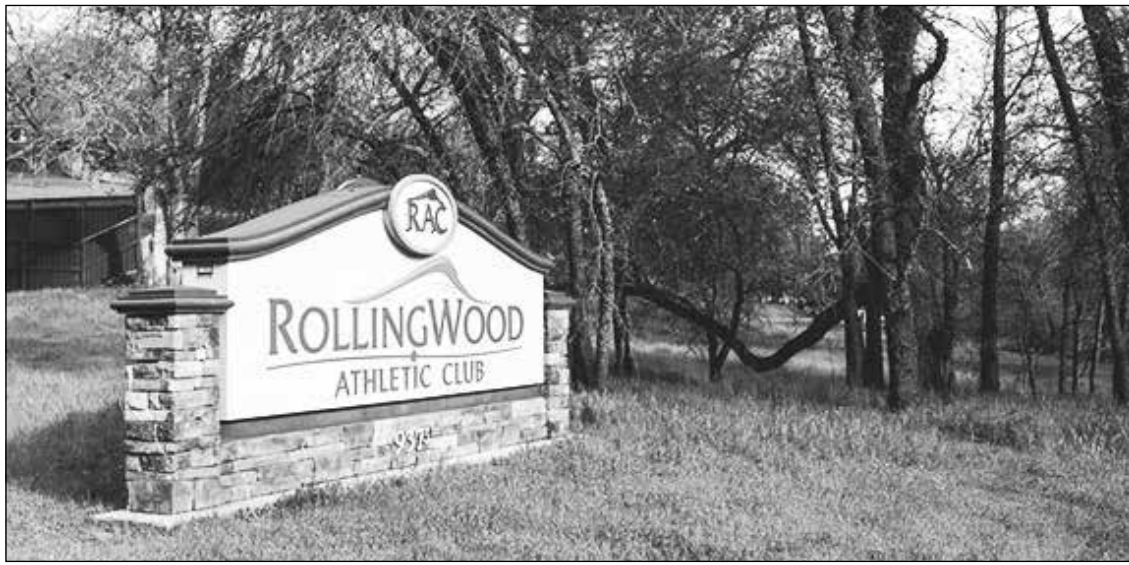
# Rollingwood Athletic Club Rolls with Your Times and Needs

By Michelle Carter

**ORANGEVALE, CA (MPG)** - Rollingwood Athletic Club (RAC) sits at the crossroads of Fair Oaks and Orangevale and is very much a symbol of the area's semi-rural vibe. You must traverse a winding, tree-lined driveway before you can even glimpse the rooftop of the club, set back on 10 acres amongst mature trees and in a valley between neighborhoods.

Despite its more tranquil atmosphere, the club isn't short on state-of-the-art facilities, from tennis courts and two large swimming pools - indoor and outdoor - to a spacious fitness area and several rooms for group fitness classes. And the amount of outdoor space has definitely helped the club make it through the challenges of the past year with COVID restrictions.

During the pandemic, tennis courts were converted into outdoor training facilities and group fitness areas, moving some large equipment outside and adding sails and easy-ups to shield members from rain, wind, and sun, and so that they can continue to work out safely. Currently, the club operates an online sign-up system to ensure it does not exceed safe capacity restrictions.



The club is gradually resuming certain activities and members will benefit from some of the changes made during the pandemic. Photo by Michelle Carter

Like many businesses, however, the pandemic has not left RAC unscathed.

"After the initial shutdown in March and April of last year, and as summer offered opportunities to resume outdoor fitness, we offered our members the opportunity to continue paying their membership dues, freeze their membership, or discontinue," says Stephani Leigh who handles the club's marketing. "Since then, we have seen about 30% of our members return." Which means the club, which is locally

and independently owned, still has a long way to go to return to full, pre-COVID operations, although continuing to offer a full schedule of more than 30 HIT, yoga, cycle, pilates, TRX, and aqua classes.

Outside of the fitness facilities and pre-COVID, the club acted as a community gathering space, with large indoor and outdoor areas for local organizations to meet, birthday parties to be held, and even a remote space for members to work from. Currently, those spaces sit empty, waiting for the time, hopefully very

soon, when they can once again be filled with music and passing chatter.

When I visited on a Wednesday morning, the tennis courts were open and games were being played, members were trickling in for an outdoor class, and a socially distant yoga class was happening in the group fitness room.

As the area continues to resume more normal activities, the club looks forward to welcoming back those members who have been waiting in the wings for the health

situation to change, and those members will get to benefit from some of the changes that the pandemic necessitated.

What was an unused outside area behind the club will be kept as an outdoor fitness area and there is now a new pickle-ball court, which has been hugely popular. Meanwhile, the club has been able to gradually resume junior swimming and tennis programs which family members have been very appreciative of. "It's been great to see the smiles of the kids around the club," Stephani says.

RAC has been in business since 1978 and being adaptable, moving with the trends of the time to meet members' evolving needs and schedules, has been part of that longevity. "We'll continue to do that, putting feedback at the heart of our business," says Stephani. "We want to hear from our members and we want to offer what the community tells us they want to see from us."

Rollingwood Athletic Club is located at 9373 Winding Oak Drive in Fair Oaks and offers racquet sports, aquatics, open gym, and various fitness classes along with Junior programs in fitness, swimming, and tennis. Visit <https://www.rollingwoodclub.com/> or call (916) 988.1727 for more information. ★

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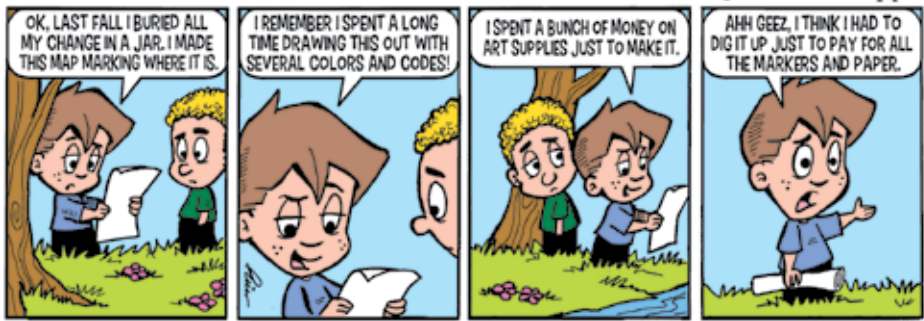
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by Dave T. Phipps

## The Spats



by Jeff Pickering

## Out on a Limb



by Gary Kopervas

## THEY'LL DO IT EVERY TIME



BY AL SCADUTO

## R.F.D.



by Mike Marland



## GRIN and BEAR IT



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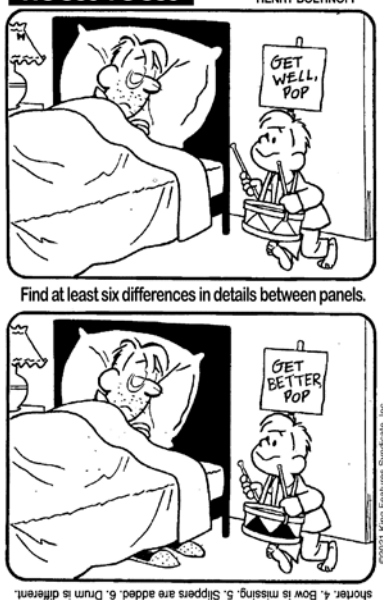


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<p><b>GREENIES DOG TREATS</b></p> <ul style="list-style-type: none"> <li>12 Oz Pkg • Chewy Texture • Easy to Digest</li> <li>Regular • Grain Free 12 oz <b>\$13.99</b></li> <li>Teeny (43 Ct) • Reg (12 Ct) <b>\$11.99</b></li> <li>Limit 2 Bags Per Family • Petite (20 Ct) • Large (8 Ct)</li> </ul>	<p><b>ROSY'S ORGANICALLY GROWN KITTY GRASS</b></p> <p>• Single Tub <b>\$2.99</b></p>	<p><b>QUIET TIME PET BEDS</b></p> <p>All Sizes - Assorted Colors <b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>BOXED GLASS TANK WITH STARTER KIT</b></p> <ul style="list-style-type: none"> <li>10 Gal Tetra LED Deluxe... <b>\$53.99</b></li> <li>20 Gal Tetra LED Deluxe... <b>\$91.99</b></li> <li>29 Gal Tetra LED Deluxe... <b>\$112.99</b></li> <li>55 Gal Tetra LED Deluxe... <b>\$187.99</b></li> </ul>
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<p><b>BONUS COUPON</b></p> <p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b></p> <p>3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/21/21 - 4/27/21</p> <p><b>ON SALE Everyday</b></p>	<p><b>BONUS COUPON</b></p> <p><b>FRISKIES PARTY MIX CAT TREATS</b></p> <p>2.1 Oz • Selected Varieties Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/21/21 - 4/27/21</p> <p><b>\$1.19</b> CHM PLU 573</p>	<p><b>BONUS COUPON</b></p> <p><b>FRISKIES PREMIUM CAT LITTER</b></p> <p>20 Lb Bag Limit 1 Bag With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/21/21 - 4/27/21</p> <p><b>\$3.89</b> CHM PLU 362</p>
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**By County Supervisor Sue Frost**

**Orangevale Community Update**

**Laura's Law in Sacramento County**

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

This summer the Sacramento County Board of Supervisors will have a big decision to make regarding whether or not to implement "Laura's Law." I want to take this opportunity in my monthly article to explain to you what this law is, why this is coming before the Board of Supervisors, and why it is such a big deal.

Laura's Law is named for 19-year-old Laura Wilcox, who was a college student working in a Nevada County mental-health clinic in 2001, when she and two others were shot and killed by a man with untreated severe mental illness. After the incident Laura's parents chose to advocate for assisted outpatient treatment (AOT) for individuals who meet strict

legal criteria and who, as a result of their mental illness, are unable to voluntarily access community mental health services.

Since then, California counties have the option to "opt in" to the program, and that has been done so far in most of the larger counties. To date, Sacramento County has been one of the few larger counties who has not opted in and has never held a public hearing at the Board of Supervisors regarding whether or not to implement the program.

This process changed however with the passage last year of AB 1976, which requires counties like Sacramento to hold public hearings at the Board of Supervisors about whether we will "opt in" or "opt out", and if we choose to "opt out" we have to provide specific reasons for this to the State. The deadline for Sacramento County to have this hearing and formally decide will be July 1st of this year.

Earlier this month a mentally ill homeless man assaulted a child on Freeport Blvd. in Sacramento, only to be released back into the public in less than 24 hours – and this was after he had been captured

and released previously for assault and battery of another woman. As a former emergency room nurse, I understand firsthand that there are people living in our community who cannot take care of themselves, and they desperately need help.

People like this should be able to get help before more crimes are perpetuated in our communities – it's the compassionate and safe way to move forward. I do not know how I will vote on this issue when it comes before me as I want to have an open ear to both sides as well as be able to fully comprehend the fiscal impacts, but I do know this is a growing problem and we should be handling this problem better than we are right now.

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. ★

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- Compliance before or after a regulatory inspection?
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- Compliance with new and existing regulatory and permit procedures?

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