



**Equestrian Center Honored as Small Business of the Year**

PAGE 2

**First Generation Farmers Return to their Roots**

PAGE 2



# AMERICAN RIVER Messenger

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SEPTEMBER 4, 2020

**SEE INSIDE**

**WILDLIFE CARE ASSOCIATION PHOTO CONTEST**



PAGE 3

**BUTTERFLIES TO SUPPORT GRIEVING CHILDREN**



PAGE 7

**RENTERS HELPLINE AIDS AND INFORMS TENANTS**



PAGE 3



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## A Freeway for Fish



Above: A new flume and fish ladder will next year conduct migrating salmon from the American River to Nimbus Fish Hatchery. Contractor Scott Ransdell (left) inspects construction progress with hatchery staffer Laura Drath and Bureau of Reclamation project manager Mark Curney. Right: The 2020 salmon run will bring adult Chinook thrashing through American River waters in fall.

**Story and photos by Susan Maxwell Skinner**

**SACRAMENTO REGION, CA (MPG)** - A two-year, \$9.7 million project extending Nimbus Hatchery's famous fish ladder into Nimbus Basin is half complete. The hatchery's 65-year-old ladder will soon serve for a final season and the new passage will open next summer.

Existing hatchery steps rise for a fraction of the 1,900ft channel currently under construction. Via a circuitous route, the new piscine freeway will conduct Chinook salmon and steelhead to hatchery processes that began after Nimbus and Folsom Dam were built. In the Department of Fish and Wildlife facility, eggs and milt are harvested for artificial fertilization. Edible fish meat is saved for food closet distribution and in spring, millions of fry are released. Once endangered, Chinook adults now return in reliable numbers for fall breeding.

The current ladder system employs connected pickets to divert fish to hatchery steps. Though many adults

spawn and die before reaching this weir, the altered American River provides insufficient breeding sites. In mitigation, many thousands of salmonids are annually processed at Nimbus. Hellbent on reproduction, their end-of-life journey through Carmichael, Fair Oaks, Rancho Cordova and Gold River provides an autumn spectacle for nature lovers. In preparation for the 2020 run, weir pickets were recently lowered. When water temperatures reach November fridity, ladder gates will open and the hatchery's vital work will resume.

Upstream, the new ladder entrance has already been built. Engineered by the Bureau of Reclamation, the massive extension project begins near the south side of Nimbus Dam. Migratory fish will next year gain an extra quarter-mile of river for natural spawning; those that reach the dam unfulfilled will be lured by churning water to a rock-lined flume.



Swimming gradually uphill, they'll encounter a pond and steps. Lookouts (including an underwater window) will enhance visitor views. "We've wanted a submerged window for ages," approves Nimbus interpretive specialist Laura Draft. "Fish anatomy and adaptations are more visible underwater. This makes for more exciting visitor experiences."

The Roseville-based firm of J.R. Conkey heads the construction. Syblon Reid contractors (Folsom) will pour 2,030 cubic feet of flume concrete. Oaks and cottonwood trees in the four-acre project area have been largely preserved. This piscine freeway will pass under Hazel Bridge, paralleling a

*Continued on page 3*

## Scammers Targeting SMUD Customers

**SMUD News Release**

**SACRAMENTO REGION, CA (MPG)** - SMUD urges customers to be on the lookout for scammers claiming to represent SMUD and threatening disconnection if immediate payments are not made.

A common scam currently being used works like this:

Scammers contact a customer - sometimes from a phone number that appears to be SMUD's customer service number - and threaten disconnection if a payment is not made immediately via a pre-paid debit card, often at a pay station such as CVS or Safeway stores (not authorized SMUD pay stations). Some scammers have even asked for a cash payment to be made in person at a public location;

Then the scammer demands that the customer call back a non-SMUD number with payment details; When the customer calls the number, it is answered with a recording of SMUD's phone-based customer service menu; When the customer chooses a menu option, the call will go to voice-mail or will be answered by a scammer posing as a SMUD employee.

Please note that SMUD representatives will never call a customer and direct them to a non-SMUD payment facility or require a specific method of payment such as cash, wire payment or money card.

A list of authorized SMUD pay stations can be viewed by visiting [SMUD.org/Pay](http://SMUD.org/Pay). The following are not SMUD authorized pay stations: CVS, RiteAid, Walgreens and Safeway. Also, SMUD does not accept payment via Green Dot, Money Pak, MoneyGram or Reloadit.

If customers receive a suspicious call, SMUD asks them to ask for a name and number, then hang up and call SMUD at one of the following published numbers:

Residential customers: 1-888-742-SMUD (7683)  
Business customers: 1-877-622-SMUD (7683)

Customers can also email SMUD at [scamreporting@smud.org](mailto:scamreporting@smud.org) with the same information.

To learn more about how to protect yourself from fraud, visit [SMUD.org/Scam](http://SMUD.org/Scam).

## SacRT to Restore Service to pre-COVID-19 Levels

**By Jessica Gonzalez, SacRT**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Regional Transit District (SacRT) announced today they are implementing a September 2020 service recovery plan to restore service to pre-COVID-19 levels. The additional service begins on Sunday, August 30, 2020. The service recovery plan increases service for light rail (Blue and Gold lines), bus (routes 1 through 93) all peak-only/express (routes 102, 106, 107, 109, 113, 129, 134, 161 and 193), and Folsom Stage Line (routes 10F and 30F).

SacRT is also making some adjustments to several bus routes to improve

on-time performance. SacRT and Yolobus will continue to monitor ridership on the Causeway Connection (route 138) and may add additional trips in late September.

Due to low ridership as a result of COVID-19, SacRT will continue to suspend service on the Airport Express (route 142), the 200 series routes and Folsom Stage Line (route 20F). Based on a ridership survey, starting September 1, Jibe Express will be reducing service to match current ridership demand. Visit [jibe.org](http://jibe.org) to review the new and current schedules with interactive map and timetable listings.

SacRT's service recovery plan is an integral part of supporting the region as it reopens by adding more

service to ensure people can safely travel to essential destinations. Similar to other businesses, the COVID-19 pandemic may have an impact on SacRT employees (i.e., school and childcare predicaments, and health related matters) possibly resulting in manpower shortages, which may cause temporary service adjustments with little or no notice. SacRT encourages customers to check the Service Alerts page at the top of [sacrt.com/alerts](http://sacrt.com/alerts) in advance of heading out to the bus stop.

SacRT is doing everything possible to keep its employees and customers safe and healthy to ensure minimal impacts to service during these unpredictable times. To learn more about SacRT's

best safety practices and other prevention guidance, visit [sacrt.com/covid-19](http://sacrt.com/covid-19).

Visit [sacrt.com/recovery](http://sacrt.com/recovery) for more details and a look at the new timetables.

Riders and Community Urged to Take the Ready to Ride Transit Survey

SacRT is conducting a survey of our riders and the community to better understand how we can best plan to meet the Sacramento region's mobility needs as Shelter-in-Place orders are relaxed and the pandemic continues. We are seeking feedback about willingness to take public transit during/after the COVID-19 pandemic to help our advocacy for safe, clean and convenient transit as we move past this crisis. ★



# Cooley Honors Local Equestrian Center as Small Business of the Year

# Heroes of Human Services Award Nominations



Tarzan, Misty on the left, Brittney Chambers owner and founder of CBC Therapeutic Horseback Riding Academy, and Maverick (right). Photo: Office of Assemblyman Ken Cooley

By Marianne Conarroe, Office of Assemblyman Ken Cooley

**RANCHO CORDOVA, CA (MPG)** - On Monday, July 27, Assemblyman Ken Cooley (D-Rancho Cordova) announced Brittney Chambers, owner and founder of CBC Therapeutic Horseback Riding Academy, LLC as his Small Business of the Year 2020.

Every year, members of the California State legislature take time to honor a small business from their district. Prior to the Coronavirus Pandemic, the Salute to Small Business event provided space for small businesses to learn of resources and meet with other small business owners from across the state. The annual event is sponsored by the California Small Business Association, a volunteer-driven, non-partisan organization with the mission to provide small businesses with a meaningful voice with policy-makers in state and federal government. This year, the in-person event is postponed to a later date.

"I actually knew in January who I wanted to honor as my small business of year," said Assemblyman Cooley. "Understanding the reasons for the postponement of the in-person event, I still wanted to publically salute the great work of Brittney Chambers and her riding academy. Brittney created a niche service to help disadvantaged youth, veterans experiencing PTSD, and people struggling with addiction or mental health issues find a certain solace while communing with Brittney's horses."

CBC Therapeutic Horseback Riding Academy is located in southern Sacramento County and is adjacent to Deer Creek. Ms. Chambers has over 20 years of experience with horses. She has ridden several different disciplines and specializes in Rider Biomechanics, and both English and Western Fundamentals. Brittney combined her education and experience in the human services field with her passion for horses after earning degrees in social science and alcohol and drug counseling, and a Master Degree in criminal justice administration. She confidently

serves at risk youth, individuals who have mental health or addiction issues, the developmentally and physically disabled, veterans, individuals who are involved in the criminal justice system, and anyone who just wants to become involved with horses. More about CBC: <https://www.cbcequine.com/>

"It is an honor to be receiving this recognition. I am so happy that I am able to help those in need by introducing them to a new way of healing, said Brittney Chambers. "It is always such a great experience when you get to see the moment at which one connects with the horse for the first time. It is truly amazing. I appreciate all of the support I receive from the community in order to help change lives, by the touch of a horse."

Assemblyman Ken Cooley represents Assembly District 8 which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Herald, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/> ★

By Andrea Sandoval, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The Heroes of Human Service Awards recognition was created to honor those who have touched the lives of others through their advocacy, dedication, service and support throughout Sacramento County.

We are looking for individuals/groups who have demonstrated outstanding involvement and commitment to human services. Human services are broadly defined as community services that support and protect individuals and families. Examples include efforts not limited to: Social work; Mental health care; Dependent care; Job training; Shelter services; Health programs; Mentoring; Financial assistance; After school programs; Nutrition services; Substance abuse services; Legal and criminal justice services; Recreation services.

A person/group may be nominated for extraordinary efforts exhibited by commitment, dedication and dependability over a period of time OR a person/group may be nominated for a one-time specific situation or incident that exhibited extraordinary effort. ALL nominations will be considered.

**Who is Eligible?**

Nominees must have demonstrated a commitment to human services through efforts to provide residents of Sacramento

County with the resources, services, supports, or opportunities needed to enhance quality of life and social functioning.

Nominees may be from a volunteer organization/ club or committee: Examples should be reflective of efforts that go beyond the scope of their regular employment.

Nominees may be from a place of employment: Examples should be reflective of extra-ordinary work that they do at their place of employment that is beyond performing their regular work duties

**Selection and Notification**

A panel representing the Sacramento County Board of Supervisors and the Human Services Coordinating Council will make the selection of honorees and those selected will be notified by their respective County Supervisor's office.

**How do I Nominate?**

Fill out the nomination form and return it to the Human Services Coordinating Council by the deadline. You may attach extra pages if needed to answer questions. Please only nominate one person or group per form. Submission deadline is Sep. 4, 2020.

**Submission form**

For questions regarding the nomination process please contact:

Gloria Bedford  
Human Services Program Planner  
916-875-1344  
bedfordg@saccounty.net ★

# First Generation Farmers Return to their Roots

City of Rancho Cordova

**RANCHO CORDOVA, CA (MPG)** - In 2018, husband and wife, Greg and Alex Kerezek returned home to Rancho Cordova after living in San Jose where they attended college in the years after they graduated from Cordova High School. After returning home, they soon founded their urban organic farm, Rancho Roots.

Located in the historic Hachiya Persimmon Orchard just behind the Cordova Baptist Church and Preschool on Coloma Road, Rancho Roots is home to a variety of culinary herbs, fruits and leafy greens such as rainbow

chard and kale. The farm is also home to quail, chickens, and even 40 rabbits who play a particularly special role in their farming process.

"We like to say that we are bunny owned and operated. And they really are great companions," said Alex.

Early on in their farming journey, Greg and Alex learned that to make sure the soil had proper nutrients to continue to produce well, they needed a healthy, organic compost. After some trial and error, further research led them to rabbits. The rabbits live in hutches constructed from completely repurposed materials and help by eating the remains of crops after they've

been harvested, and provide healthy manure for an organic compost that feeds the next crop.

Alex and Greg practice a regenerative agricultural philosophy which mimics nature and feeds the soil naturally to produce all organic crops. In fact, the farm, which is on two-thirds of an acre, is planted underneath and between the existing orchard's rows.

You can visit Greg and Alex (and the bunnies) at the Rancho Roots Farm Stand every Saturday from 9 AM – 1 PM and every Tuesday from 2 PM – 6 PM at 10527 Coloma Road. Learn more about Rancho Roots at [RanchoRoots.com](http://RanchoRoots.com) or find them on Instagram at [@RanchoRoots](https://www.instagram.com/RanchoRoots).



Rancho Roots Farm's success provides plentiful yields thanks to its furry colleagues. Photos: City of Rancho Cordova

## Election Information

### November 3, 2020 Presidential General Election

Keep Yourself Safe. Vote Early and Vote by Mail.

**Oct 5** Ballots begin being mailed. Ballot Drop Boxes open.

**Oct 19** Close of registration. Register today!

**Oct 24** Some Vote Centers open through Election Day.

**Oct 31** All Vote Centers open through Election Day.

**Nov 3** Election Day! Last day to turn in your ballot.

**Vote Early! Don't wait for Election Day**  
Take advantage of early voting and **avoid the lines!** You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage necessary.

**Planning on voting in person?**  
Voters should anticipate long lines  
Social distancing will be enforced at all Vote Centers (6 feet of clear space)  
Gloves, hand sanitizer, masks, and one-time use only pens will be made available to voters  
No voter should have to choose between their health and participating in the November 3, 2020 Presidential General Election.

**Vote Early! Vote by Mail.**

Visit [www.elections.saccounty.net](http://www.elections.saccounty.net) or call Toll Free (800) 762-8019



# Renters Helpline Aids and Informs Tenants with Eviction Issues

## Sacramento Self-Help Housing

**SACRAMENTO REGION, CA (MPG)** - Sacramento Self-Help Housing's free Renters Helpline is currently experiencing a significant uptick in calls, and remains open and staffed with experts available to help with potential renter discrimination, tenant/landlord disputes, education on new laws about rent increase and "just cause" evictions, and eviction ban to COVID-19. On average, the helpline typically receives approximately 750 calls per month. However, in the first week of April 2020 alone, 311 calls were received with 90 related specifically to landlord/tenant issues, the eviction moratorium and COVID-19 prevention.

Originally launched in 2016, the helpline is made possible through a collaboration with Project Sentinel, and Legal Services of Northern California (LSNC). The free service provides tenant education on their rights, and dispute



**SSHH Renters Helpline Tenant Advisor, Virginia Perez, will help and inform those with possible eviction issues.** Photo: SSHH

resolution services for residents in unincorporated Sacramento County, and the cities of Sacramento, Rancho Cordova, Elk Grove, Citrus Heights and Folsom. Experienced Tenant Advisors deal directly with concerns regarding landlord/tenant disputes and help to refer fair housing issues to the appropriate agency.

The Renters Helpline is one of a variety of programs offered by Sacramento Self-Help Housing, a non-profit 501(c)3 agency that

is dedicated to assisting those who are homeless or at risk of becoming homeless to find and retain stable and affordable housing. To help solve the ever-increasing number of homeless men, women and families in Sacramento County.

The Renters Helpline is available at 916-389-7877 Monday through Friday from 8:30 a.m. to 5 p.m. For more information about the Renters Helpline, please visit [www.rentershelpline.org](http://www.rentershelpline.org). ★

# 6th Annual Wildlife Care Association Photo Contest Takes Flight!

## Rick Reed Public Relations

**SACRAMENTO REGION, CA (MPG)** - BIRD is the Word! The 6th Annual Wildlife Care Association Fall Photo Contest takes flight! Take a picture on your mobile or your camera. Enter FREE under 12 or make a donation to rehab wildlife! You could be the 2020 Wildlife Care Photo Contest winner! Get outside and give us your best shot of a bird or birds in your backyard, local park or Sacramento area wild location. Easy!

Submit your picture on the Wildlife Care Association Facebook page as a message with photo attachment. Contest is open between October 1 to December 31, 2020. Entries can be made in two categories- Under 12 years old you can enter FREE! Those over 12 are asked to include a minimum \$5.00 donation to WCA on the Facebook donate link for each entry. (Under 18 yrs old? Ask your parents to help!)

Submissions should include your email, the



**2019 Winner Leucistic Black Phoebe by Chamong Xiong.** Photo provided by WCA

location photo was taken, and your best guess what type of bird this might be. Enter @wildlifecareassociation on Facebook.

Each photo may be entered once, but individuals may submit more than one. Enter often and donate to help the WCA heroes of nature save thousands of injured, orphaned and displaced wildlife every year. The non-profit wildlife rehabilitation volunteers depend on the community for their support giving wildlife a second chance to live.

The WCA Photo Contest winner will be awarded a special prize including a

guided tour of the Dome at McClellan Park, their photo featured in WCA Facebook/Instagram as a hero of nature!

Give us the bird! Snap some shots, submit them and let's see if they fly! For more information call 916-965-WILD

Fine Print: One picture will be chosen from submissions to determine a winner. WCA staff reserves the right to select a winner from content and other factors including artistic merit. All photos submitted become the property of WCA for its use in outreach, education and fundraising. ★

# A Freeway for Fish

*Continued from page 1*

re-aligned bike trail. Banks between the hatchery and the dam are already permanently closed to anglers. A future program will augment Nimbus Basin shoals to encourage natural spawning.

The autumn phenomenon of massive Chinooks challenging the hatchery weir will end when this aging barrier becomes redundant and is removed. BLR project

manager Mark Curney welcomes the eventuality. "The weir has maintenance and safety issues," he explains. "In years with big storm flows, serious damage has occurred. We've had to reduce river flow for up to five days for repairs. Our project will improve public and employee safety. It will also reduce costs and increase the hatchery's operational flexibility." ★

*Nimbus Hatchery is located at 2001 Nimbus Rd, Gold River. Due to COVID restrictions, operations are now closed to the public. Facility parking is open and the 2020 salmon-run may be viewed from walking trails. Limited ladder viewing is possible from November to March. For more information, visit: [www.wildlife.ca.gov/fishing/hatcheries/nimbus](http://www.wildlife.ca.gov/fishing/hatcheries/nimbus).* ★

# Women's Empowerment and Rotary Unstopped by COVID-19!

## By Pete Schroeder, Fair Oaks Rotary

**FAIR OAKS, CA (MPG)** - Women's Empowerment... they make a meaningful difference in so many lives. A wonderful organization - they provide job training... and SO MUCH MORE... for homeless women, so that they can break the cycle of poverty they often find themselves trapped in.

Fair Oaks Rotary... what do we do? Well, we "sponsor" the fall graduation ceremony each year by providing and serving the luncheon after the ceremony. This year found the class size reduced from the

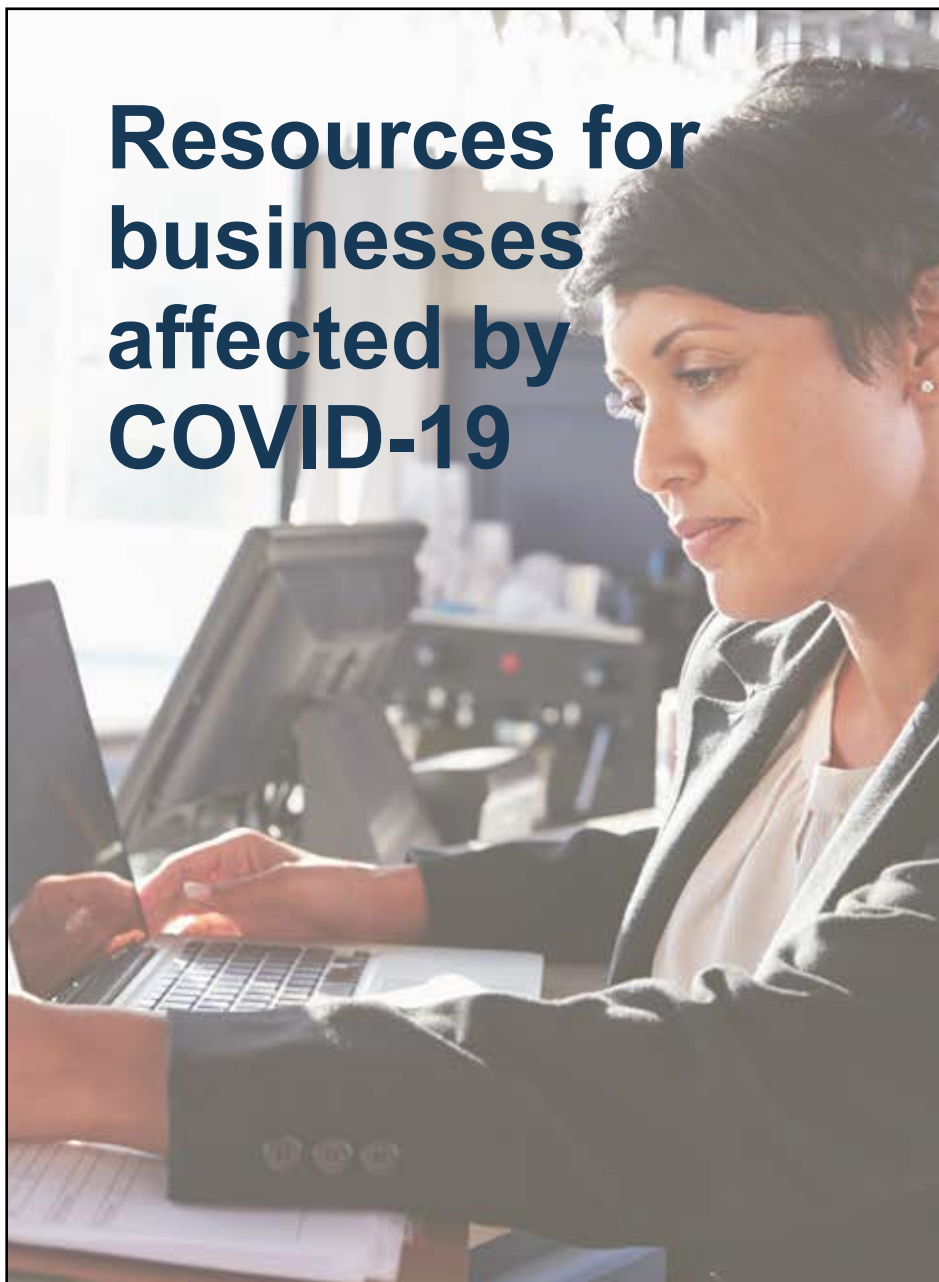


**Participants in the Women's Empowerment ceremony from left: Kira and Jaci Zemenchik with Rotarians Karen Romines and Geri Beck.** Photo: Rotary of Fair Oaks

usual 20-25 to seven, meaning less need for food and servers, but we were still there. Regardless of the number, this is an event that tugs at your heartstrings! Let's hope that they're back

up to speed as soon as this pandemic ends, because some of us miss helping get rid of the left-over dessert. If you'd like more information, please visit us at [www.RotaryFairOaks.org](http://www.RotaryFairOaks.org). ★

# Resources for businesses affected by COVID-19



Visit [SacBERC.org](http://SacBERC.org) and [Economic.SacCounty.net](http://Economic.SacCounty.net)

@SacBERC



# AB 3262 Amendments Made Suing Small Businesses Easier

## NFIB California

**SACRAMENTO, CA (MPG)** - August 24 amendments proposed for Assembly Bill 3262 would only exacerbate an already bad idea, the state's largest and leading small-business association charge.

NFIB testified earlier before the Senate Judiciary Committee on its opposition to AB 3262, stating that the bill increases liability on all online marketplaces, including the small online marketplaces relied upon by many small businesses. NFIB's concern is that the bill erodes the ability of small- and medium-sized businesses from using their digital platforms.

But subsequent amendments revealed on August

24 make the bill worse by expanding the scope to cover businesses 'facilitating the placement of products into the stream of commerce.'

"Given the vague language in the bill, it is unclear which business owners will be covered under the definition of 'electronic retail marketplace' (ERM) and whether their activities constitute 'facilitating' the placement of products into the stream of commerce leading to liability," said John Kabateck, California state director for NFIB.

In an NFIB survey of its members this week, 68% identified 'increased liability' as a significant concern for them right now. "This bill will compound their existing fears, frustrations and inability to stay afloat

during the COVID crisis," said Kabateck. "AB 3262 should be rejected. The policy is harmful, the last-minute amendments are flawed, and the timing could not be worse."

Keep up with the latest on California small-business at [www.nfib.com/california](http://www.nfib.com/california)

For more than 77 years, NFIB has been advocating on behalf of America's small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is a nonprofit, nonpartisan, and member-driven association. Since its founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit [nfib.com](http://nfib.com). ★

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By Marlys Johnsen Norris,  
Christian Author

No matter what kind of struggle one is going through today, we know that God has a divine plan for our life. He has allowed it in our lives to bring us to the place we need to be. Whatever it is, we know that living life is all about truly coming to truly know and love God with our heart and soul. All our struggles in life help us to learn that fact. **“The Lord our God is gracious and compassionate. He will not turn His face from you.” (2 Chron. 30:9) He promised to never leave or forsake us no matter what happens.**

We need to be optimistic regardless the hardships we experience in our life. In the Bible Paul wrote about afflictions are necessary and increase our glory in heaven. (see II Cor 4:17-18) The optimist sees an opportunity in every difficulty when it occurs! He

## Daily Struggles Are Needed “Tests”!

views everything with a consciousness of the presence of God in life. Plus knowing God is able to deliver out of every trouble looking to the victory in view. (II Cor. 5:10) The ultimate focus is to see all people reconciled to God regardless of the trials in every situation.

The very presence of the Lord in one’s life will be the “hiding place.” It is a place where our Creator/God becomes personal and makes one aware He is there with them. It is a place where He renews faith and provides strength to endure until the prayer is answered. Answers of belief and faith will honor and glorify His Name. God’s promises are given to Christian believer’s to claim during their life. God is more anxious to honor them for everyone who loves His Words of instruction in the Bible.

Do not allow your personal struggles to cheat you of God’s blessings. Negative words of unbelief are sinful. “Sin” separates us from God and He will not hear our prayers and requests. If

one is using them, they need to confess and repent before Almighty God. **“If we confess our sins, He is faithful and just and will forgive us from all unrighteousness.” (I John 1:9)**

It is important to live in right relationship with the Lord because He is more anxious to bless our lives than we really ever understand and accept them. And when we do honor His instructions: **“The Lord gives strength to His people; the Lord blesses His people with peace.” (Psalm 29:11)** We have no need to worry about tomorrow, for tomorrow will worry about itself (Matt 6:34) The promises of God come alive in our lives and **“We know that for those who love God all things work together for good, for those who are called according to His purpose.” (Romans 8:28)**

Marlys Johnsen Norris  
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Orangevale, Ca 95662 ★

## Oh, for a Life like My Kitty

By Rev. James L. Snyder

The other night the Gracious Mistress of the Parsonage and I were watching the news on TV. All it showed was riots, looting, and chaos, which has become the normal. When will they ever get back to broadcasting good news?

After a while, I heard a deep sigh on the other side of the room, and somebody say, “What’s wrong with people?”

I just let that go, realizing that there is no way to answer such an inquiry. People will do what people will do. Many of those people are not good people.

Thinking about this, I remembered a little change that came into our house about a month ago.

Getting up one morning as I looked out the glass doors onto the back porch, I saw a little kitty looking at me. It could not have been more than a month old. I had no idea where this little kitty came from. I assumed it was just passing through, and the mama was somewhere around the corner.

As my wife came into the kitchen, I said, “Look at that little kitty on the porch. Isn’t it cute?”

Even before she looked,

she said very sternly, “Don’t you dare feed that kitten.”

After getting up in the morning, I would go to the glass door, look out, and sitting in front of the door looking at me was the kitty. It would look at me, then turn and look at the food dish, which was empty at the time, and then look back at me and meow.

One afternoon I went out to sit on the porch with the kitty to have a conversation.

The kitty lay down, facing me, and I began our little conversation.

“What do you think all of this nonsense and chaos and looting that’s going on in the world today?”

The little kitty yawned a big yawn and stretched like it was getting ready to go to sleep. It acted as if it had no idea what I was talking about. It was very calm, cool, and collected and seemed to be enjoying resting on the back porch.

“What do you think about all this mask-wearing people are doing today? Do you understand what that’s all about?”

Nonchalantly, the kitty laid his head down on its paws and closed its eyes as though it was no concern.

I had more questions I asked the little kitty and got

the same answers.

Then, the little kitty stood up, looked at me, looked over at the food dish, looked back at me, and softly meowed.

Although the kitty was not too interested in my questions, it was interested in her question, “When are you going to put food in my dish?”

After all, no matter how bad the world was out there, this little kitty could not fix the problems. The only problem this kitty could fix was conning me into giving her food every morning and evening.

Sitting there, watching the kitty, I thought of a verse of Scripture. “Put them in fear, O Lord: that the nations may know themselves to be but men.” (Psalm 9:20)

That kitty knows that it is a “kitty.” Today’s problem is that people do not realize they are “but men” and do not have the solution for the world’s problems.

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 352-216-3025 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com). ★

## Tips for Cleaning Your Property of Wildfire Ash

By Matt Robinson,  
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento area has been surrounded by wildfires and the effects have been smoky skies and falling ash. Breathing the bad air has been tough enough, but what’s been falling from the sky is adding another environmental problem for our waterways.

Ash contains wood and vegetation, but also chemicals from homes and other buildings caught up in the flames then sent adrift to fall over the Sacramento region. We can help keep more from ending up in the water by being careful about how we remove the ash on our property.

If ash covers your home, walkway or vehicle, avoid breaking out the hose and washing it down the gutter. That untreated ash can pollute the storm drains and

eventually the creeks and rivers. Sweeping up the ash from around your home and depositing it in your trashcan is the best way to remove the pollutants.

When it comes to cleaning your vehicles, you should get rid of the ash on your vehicle as soon as possible because it can harm the paint. Taking your vehicle to a carwash will keep wastewater out of the storm drain system by diverting the wastewater to the sanitary sewer system or to a landscaped area where it will not pollute our creeks, rivers and waterways.

The cleaning up after the fires has both the U.S. and California Environmental Protection Agencies developing plans on clearing the ash without causing damage to creeks and rivers.

You can find more information from the United States Geological Survey (USGS) on the effects of ash in the waterways. ★

## Ninth Circuit Court Rules on 10 Plus Firearm Magazines



By Dave McCulloch, Capitol Media

WASHINGTON, DC (MPG) - The California Rifle & Pistol Association received the much-anticipated ruling in the long-fought Second Amendment case *Duncan v. Becerra*. This is the same case that led to “Freedom Week” where thousands of Californians were able to lawfully purchase standard capacity magazines much like the rest of the country.

CRPA has been fighting this case since the 30,000+ member-driven organization filed it in 2017, and has led the fight through the courts with the assistance of the National Rifle Association.

Initially won through a positive ruling by the United States District Court in San Diego, the state quickly appealed — and Judge Benitez was forced to stay his ruling to allow the purchase of magazines holding more than 10 rounds of ammunition until the appeal was made to the Ninth Circuit. CRPA’s legal team quickly answered the State’s appeal and presented oral arguments.

“Today’s decision in *Duncan v. Becerra* is a major victory for the Second Amendment, both in California and across the country,” said Chuck Michel, president and General Counsel of the California Rifle & Pistol Association.

In its case, CRPA demonstrated how prohibiting law-abiding citizens from manufacturing, obtaining, selling, transferring,

or even possessing standard-issue magazines for firearms violates the constitution.

“After years of fighting, the Court decided in favor of our plaintiffs’ challenge against the state’s ban on standard capacity magazines that hold more than 10 rounds,” said Michel.

The court noted that the state’s efforts to ban these magazines does not pass the strict scrutiny or intermediate scrutiny tests and is a heavy burden on the Second Amendment rights of Californians.

“This is a huge win specifically for the right to possess these valuable self-defense tools. But more generally, this case may present the Supreme Court with an opportunity to set things straight on the underlying issue of what the standard of review test should be when considering any Second Amendment challenge,” Michel said. “The Supreme Court seems inclined to do away with the complicated subjective tests that many courts have wrongly applied in Second Amendment cases, in favor of a clearer more objective “originalist” approach that considers the text, history and tradition of a law to determine what infringements might be tolerated,” he concluded.

CRPA continues to fight in nearly a dozen major court battles to protect and defend the Second Amendment in California.

Founded in 1875, the California Rifle & Pistol Association provides training in the safe, responsible, and enjoyable use of firearms; sanctions competitive shooting state championships; and fights for the Constitutional right to keep and bear arms for those who choose to own a gun in California for sport, hunting, or self-defense. For more information, visit [crpa.org](http://crpa.org). ★



## Dare to Live Without Limits

by Bryan Golden

### Take or Make



*Give a person a fish and they will eat one meal. Teach a person how to fish and they will eat for a lifetime.*

Do you seek how much you can take from life, or do you strive to see how much you can make? What’s the difference? You take what someone else offers. You make for yourself by creating the circumstances you desire.

Taking, although tempting, is harmful because it creates a dependency. Those who only eat when someone provides a fish are totally reliant on others for their well-being.

People with a sense of entitlement are takers. They feel they are owed something without having to work for it. These people have a victim mentality in that they do not believe they are responsible for their circumstances. Instead, they passively wait for things to happen rather than making them happen.

You gain control of your future by learning how to fish. This means you are willing to work for your goals instead of waiting for them to be provided. Self-reliance is true independence. Being responsible for your well-being enables you to choose your path and direction. It provides true freedom to build the life you desire.

No one owes you anything. It’s up to you to make the life you want. Be willing to do whatever is required for as long as necessary to attain your

objectives. Concentrate on your goals. Maintain a positive can-do, will-do attitude.

Never blame other people or circumstances. You are responsible for your life. You are responsible for making the circumstances you want. Learning how to fish involves acquiring the knowledge, skills, and abilities needed to attain your objectives.

Not everything you attempt will work out as planned. When this happens, it’s your responsibility to fix it. Don’t complain. Figure out what steps are required to get back on track. You learn more from mistakes than when all works out perfectly.

Making excuses for failure inhibits your accomplishments. Excuses justify why you can’t, or won’t, reach a goal. It’s impossible to make a situation work in your favor while you are conjuring up explanations for falling short.

Make things happen today by cutting free from the past. Lamenting about what you could have, should have, or would have done limits future successes. Learn from the past to repeat successful behavior, while eliminating mistakes.

Doing what you love to do facilitates making things happen. Enjoying your pursuit boosts your enthusiasm. Life should not be a constant grind. Looking forward to each day accelerates accomplishment.

Pursuing your passion

also generates happiness, which propels you forward. A positive mindset knows no limitations and heightens your ability to make things happen. Use your self-talk to constantly reinforce all that is possible.

Spend at least 20 minutes each week learning something new. Utilize your knowledge, skills, and abilities in moving forward. Anything lacking in these areas can be acquired, or you can seek out the advice of experts. “No excuses,” should be part of your foundation.

Don’t procrastinate. Be proactive each day. Utilize your time productively, it flies by all too fast. Capitalize on mistakes by using them as stepping stones. Get right back up whenever you trip and fall.

Let go of fear because it is so detrimental to your progress. Fear is vanquished by doing what you are afraid to do, and going where you are afraid to go. Ignore naysayers. It doesn’t matter what other people say, think, or do.

Don’t waste any time looking for something to take. Instead, strive to make your own life rich and rewarding.

**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. © 2020 Bryan Golden ★



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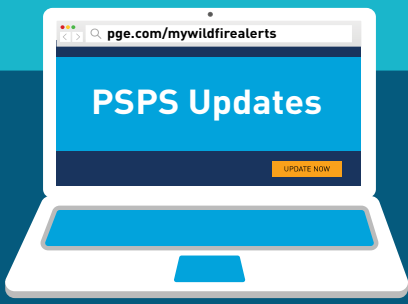
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# PREPARING FOR A PUBLIC SAFETY POWER SHUTOFF

Public Safety Power Shutoff (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe winds and dry weather conditions are forecast. While turning off the power helps prevent wildfires, we also know it will disrupt lives and cause hardship for our customers. That's why PG&E does not make this decision lightly and will only call a PSPS to help keep customers and communities safe.

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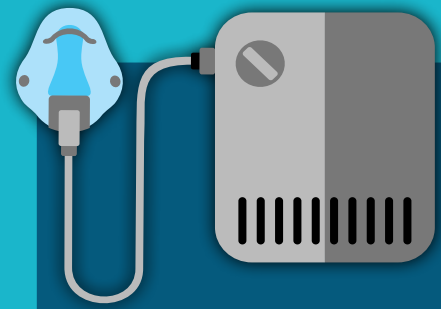
Make sure PG&E can reach you before a PSPS by updating your contact information at [pge.com/mywildfirealerts](https://pge.com/mywildfirealerts).

1



Pack or restock your family's emergency kit including food, water, batteries, masks, radio and a first aid kit.

2



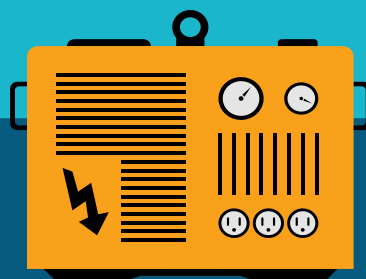
Make preparations for anyone in your family who depends on electricity for medical needs.

3



Practice manually opening your garage door (if you have a garage).

4



Ensure any backup power sources are ready and safe to operate.

5



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# Social Security Matters

## Can I Hide My Social Security in A Tax-Advantaged Account?



**By Russell Gloor, AMAC Certified Social Security Advisor**

**Dear Rusty:** I will be 62 years of age at the end of this year. Can I start drawing my Social Security at age 62 and have it directly deposited into my IRA (arm's length), not spend it and continue to work without affecting my tax position? I will defer actually using it until a later date  
**Signed: Curious Investor**

**Dear Curious Investor:** Regardless of where you have your Social Security benefits deposited, if you continue to work after claiming early benefits, you'll be subject to Social Security's earnings test. The earnings test applies to anyone who collects benefits before they reach their full retirement age (which for you is 66 years and 8 months).

It doesn't matter if you spend your benefits, save them, or invest them; you'll still be subject to Social Security's earnings limit. And, since IRS rules say that only earned income (which excludes Social Security benefits) can be deposited into an individual retirement account (IRA), it is not possible for you to direct-deposit your Social Security benefits into an IRA. In any case, even



(investments, interest, pensions, earnings, etc.), plus 50% of the SS benefits you received during the tax year, plus any non-taxable interest you may have (combined this is known as your Modified Adjusted Gross Income, or "MAGI"). If you file your income taxes as a single and your MAGI is more than \$25,000 (or if you file "married-jointly and your MAGI is more than \$32,000) then 50% of your SS benefits will become part of your taxable income. And filing single with a MAGI of more than \$34,000 (or \$44,000 if married-filing jointly), up to 85% of your Social Security benefits will become part of your taxable income (by the IRS). Once again, it doesn't matter how you dispose of your benefit payments; they will still be taxable if you exceed the clip levels mentioned above, and you will still be subject to Social Security's earnings test until you reach your full retirement age.

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if you otherwise save your benefits for later use; you will still be subject to Social Security's earnings limit. For 2020 the annual earnings limit is \$18,240 (the limit changes annually) and if that is exceeded, Social Security will take back benefits equal to \$1 for every \$2 you are over the limit. The earnings limit goes up by about 2.5 times in the year you reach your full retirement age (FRA) and goes away once your FRA is attained.

Social Security gets your earnings information from the IRS when you file your income taxes, and you cannot avoid the earnings test by having the money deposited for later use. The earnings test will still apply, and they will take back some of your benefits if you exceed the limit. For information, by "take back" benefits, I mean they will notify you that they have overpaid you (due to your earnings from working) and will give you the option of either paying them back in full with a lump sum payment, or they will withhold your future benefits until they recover what you owe because you exceeded the earnings limit.

As for your "tax position" on your benefits, that will depend upon your combined income from all other sources

# Do Crises Help or Hurt Tax Hikes?



**By Dan Walters CAL Matters**

Does the trauma enveloping California this year – pandemic, recession, heat waves, blackouts and disastrous wildfires – make voters more or less likely to vote for tax increases?

Sponsors of a \$12 billion a year hike in taxes on warehouses, office buildings, factories and other commercial property hope it's more.

Proposition 13 would raise that money for schools and local governments by changing Proposition 13, the iconic 1978 ballot measure that imposed tight restrictions on property taxes. If it's passed, taxable values of commercial property would be increased to current market levels.

Public employee unions and other advocates of government spending have long yearned to crack Proposition 13 via what's called a "split roll" and after many starts and stops, finally decided that 2020's presidential election, with a high voter turnout, would be the best time to give it a try.

Even before California and its economy were hammered by COVID-19 and recession, polling indicated that the measure had no better than a 50-50 chance of passage. The iffy climate for new taxes was also signaled in last

March's primary election, just before the pandemic hit home, when more than half of hundreds of local tax and bond measures were shot down.

Nevertheless, split-roll advocates forged ahead with what became Proposition 15, setting up what promises to be a titanic political war with commercial property owners and other business groups. Pandemic and recession are likely talking points for both sides.

Some local authorities have pulled back long-planned tax increase proposals, believing that chances of passage even in a high-turnout presidential election have faded.

One of those instances occurred in July, as a deadline for placing measures on the ballot approached. The Sacramento Transportation Authority, which had decided to ask local voters for a half-cent sales tax increase, abruptly reversed course when polling indicated it would likely fail.

"We understand the public sentiment at this time given the pandemic and social unrest, people are focused on other things," transportation authority board chairman Darren Suen, a member of the Elk Grove City Council, said.

However, it appears that most local government proposals to raise taxes, including bonds that would be repaid from increased property levies, will remain on the ballot.

The California Taxpayers Association counts 237 local tax and bond measures to be decided in November, including 176 direct tax increases totaling roughly \$1.5 billion. Voters

also will face \$13.1 billion in local school construction bonds and \$1.9 billion in other local bonds, Cal-Tax says.

Most are traditional increases in sales taxes or parcel taxes on property, but they also include local levies on legal marijuana sales, property transfer documents, utility services and hotel rates.

A semi-new taxation wrinkle is being tried in several San Francisco Bay Area communities – direct taxes on business. San Francisco itself has two business tax measures on the ballot, including a gross receipts tax based on the difference in pay between corporate executives and their employees. Richmond proposes a new tax on telecommunication services and video streaming.

There's also a new wrinkle in the long-running conflict over spending taxpayer money to persuade voters to endorse new taxes and bonds. Such advocacy is illegal, although almost never prosecuted. But California's Fair Political Practices Commission recently fined Los Angeles County's government for waging a million-dollar campaign for a 2017 tax measure under the guise of "information."

Watchdog organizations will be monitoring local governments this year to see if the FPPC fine has an effect on how local governments spend public funds to present their tax increase pitches to voters.

Email Dan at dan@calmatters.org

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

# Democrats Have Only Themselves to Blame for AB 5 Catastrophe

**By Nghia Nguyen, Office of Senator Jim Nielsen**

**SACRAMENTO, CA (MPG)** - Following Sacramento politicians' mandate to do away with independent business contracts as dictated by Assembly Bill 5, many businesses and professionals fought for exemptions. Ridesharing companies, Uber and Lyft, the main targets of labor unions and Democrat lawmakers, were not successful in their efforts resulting in a roller coaster ride in the courts.

"This is a complete and utter catastrophe," said Senator Jim Nielsen (R-Tehama). "Hundreds of thousands of Californians have been sitting on pins and needles waiting for various court decisions. They fear facing a dismal job market that has resulted from haphazard COVID-19 shutdowns."

Last week, Uber and Lyft were ordered by a judge to classify their drivers as employees, as dictated by Assembly Bill 5. Company

officials warned they would have to shut down to comply with the order.

These two companies have become an integral part of residents' daily lives. Drivers like these independent contractor jobs for their flexible hours and the additional income they provide.

Millions of Californians depend on this service to go to the doctor, to get food, and countless other critical needs - especially important while food and other services are limping along, relegated to providing only delivery service.

"California is facing a deep recession. Sacramento Democrats' actions ensure that the state continues to be hostile to employers and promotes their exodus, leaving the people of this increasingly unaffordable state without jobs," added Senator Nielsen.

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

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# President Trump Approves Major Disaster Declaration

**FEMA News Release**

**WASHINGTON, DC (MPG)** - FEMA announced that federal disaster assistance has been made available to the state of California to supplement state, tribal, and local recovery efforts in the areas affected by wildfires from Aug. 14 and continuing.

The President's action makes federal funding available to affected individuals in Lake, Napa, San Mateo, Santa Cruz, Solano, Sonoma and Yolo counties. Assistance can include grants for temporary housing and home repairs, low-cost loans to

cover uninsured property losses, and other programs to help individuals and business owners recover from the effects of the disaster.

Federal funding is also available to the state, tribal, eligible local governments and certain private nonprofit organizations on a cost-sharing basis for emergency protective measures by wildfire in Lake, Napa, San Mateo, Santa Cruz, Solano, Sonoma and Yolo counties.

Federal funding is also available on a cost-sharing basis for hazard mitigation measures statewide.

Willie G. Nunn has been named as the Federal Coordinating Officer for federal recovery operations in the affected area. Damage assessments are continuing in other areas, and more counties and additional forms of assistance may be designated after the assessments are fully completed.

Individuals and business owners who sustained losses in the designated area can begin applying for assistance tomorrow by registering online at www.DisasterAssistance.gov or by calling 1-800-621-3362 or 1-800-462-7585 TTY. ★



# Let's Release Butterflies to Support Grieving Children

By Kala Haley-Clark, Sacramento Children's Museum

RANCHO CORDOVA, CA, (CA) - Honoring grandparents at the 2nd annual Grandparents Butterfly Release on Sunday, September 13th took on a profound, unexpected new meaning considering the coronavirus pandemic. The event, co-hosted by Sacramento Children's Museum (SCM) and Snowline Hospice, invites families to purchase and release butterflies to honor the special role that grandparents play in a child's life.

Many of last year's participants honored a grandparent who died. This year, however, families will also honor the wonderful, vulnerable grandparents our community keeps safe by sheltering in place.

Releasing butterflies on Grandparents Day is an ideal event for families craving a safe but inspiring outdoor event. SCM's drive-through events this summer - including July's PajamaJam and semimonthly ExplorAbility events for children with autism, have been wildly popular with museum attendees.

While the vendor booths, interactive games, and indoor museum experience will not be a part of this year's festivities, attendees can enjoy their own socially distanced space, free giveaways, and outdoor museum programming. Masks are required for all attendees. Families who want to participate, but who don't yet feel comfortable in a group setting, can schedule curbside pickup for their butterflies.

"It's important for us to engage families while we're closed, whether it's outside of the museum or from their homes," says Sharon Stone Smith, SCM's executive director. "We're delighted to bring our museum family together at such a challenging time."

Rene Hamlin, Snowline Hospice's development director, agrees. "This is a wonderful event that brings multiple generations together. Watching a butterfly take flight is an incredibly



Releasing butterflies on Grandparents Day is an ideal event for families craving a safe but inspiring outdoor event. Photo courtesy Evie-Shaffer

magical, memorable experience that I look forward to every year."

Butterflies are available for \$15 each on the event's Facebook page, and must be purchased by August 30th. Proceeds from the event benefit SCM's distance programming, post-COVID-19 reopening, and Healing All Together (HAT), a program for children dealing with grief.

The 2nd annual Grandparents Day Butterfly Release is on Sunday, September 13th, from 11:30 am to 1:00 pm at 2701 Prospect Park Drive, Rancho Cordova, 95670.

This event is sponsored by Republic Services and McDonald's. ★

# Formerly Homeless Graduate from Women's Empowerment During COVID

By Kristin Thébaud, Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Six women once homeless gathered with staff at Women's Empowerment for a ceremony earlier this month to celebrate their graduation from the seven-week employment-readiness and empowerment program for women experiencing homelessness in Sacramento. Most Women's Empowerment graduation ceremonies include nearly 100 guests - family members, friends, donors, volunteers and more - but despite the lack of audience and much smaller class size, the ceremony still meant the same for each individual. Each of the women had risen from homelessness and is now in housing - half having already secured jobs, despite the pandemic raging across Sacramento County.

"For many of us, the world feels upside down with the pandemic and stay-at-home order," said Lisa Culp, executive director, in her ceremony speech. "But when the women here today were homeless, their world felt more than upside down. They thought their world was over. Homelessness is isolating in a way no one can understand who is quarantining in a safe home. But the women of Session 79 found each other and lept over the obstacles of being homeless during a pandemic to emerge triumphant."

Session 79 was originally scheduled to begin in April but was postponed due to the stay-at-home order. Adhering to social

distancing recommendations, Women's Empowerment accepted only a third of its usual number of participants into the session that began in late June. Each participant worked one-on-one with a master's level social worker and employment specialist, both on staff at Women's Empowerment. She attended a range of classes on job-readiness, financial literacy, computer skills, empowerment and more - many taught virtually by skilled volunteers from the community. She received health services and could join support groups and receive legal help, as needed. All graduates of Women's Empowerment are eligible for its graduate services, which include paid job training programs.

Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,687 homeless women and their 3,792 children. Last year, 70 percent of graduates found homes in the midst of the housing crisis, and 79 percent secured jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, support services and paid job training to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and grants. To donate: Womens-Empowerment.org. ★

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**CRISIS FATIGUE**

Is there such a condition as crisis fatigue? Wouldn't surprise me, especially after I spoke with **Dr. Carole Lieberman** on my POPPOFF Radio Show. With the covid19 pandemic, hurricanes, and then pile on protests and riots, looting, and tearing down statues, we don't know what comes next. With the virus numbers climbing, **Dr. Lieberman** told me if you have three of the following ten symptoms, you have crisis fatigue.

1. Feeling overwhelmed and exhausted all the time...even when you wake up.
  2. Emotional numbness interrupted by random spurts of raw feelings from sadness to anger.
  3. Eating too much or too little.
  4. Berating yourself with feelings of failure and guilt.
  5. Helplessness and a sense that nothing is worth the energy it would take to do it.
  6. Dreams and nightmares that are vivid and disturbing...such as having to fight off wild animals.
  7. Self-destructive behavior...from over-indulging in food, alcohol or drugs to sabotaging your work or relationships.
  8. Pessimism...feeling that there is going to be no end to the chaos and stress of the world around you.
  9. Fear that you won't be able to survive in the chaos...and that you'll die from the covid19, or some other medical problem because you're too scared to go to a doctor's office during the pandemic, or getting injured by rioters.
  10. Suicidal thoughts...because taking control of your own death seems preferable to waiting for the other shoe to drop.
- But there are ways to deal with these symptoms. **Dr. Liberman** has ten.

1. First of all, acknowledge that these are unusually stressful times and be compassionate towards yourself.
  2. Take a breath, pause and tell yourself that you may not be able to go at your usual fast pace 24/7...and that's okay for now.
  3. Realize that your #1 priority should be to keep yourself (and your loved ones) physically and mentally healthy. Everything else is secondary, if you want to come out of this chaos alive and well.
  4. Stop obsessing over checking on the latest news and filling your days with it. It only makes things worse.
  5. Try to always practice the basics: eating healthy food, taking vitamins, getting enough sleep and exercise.
  6. Add stress-relieving activities to each day...listen to music to dancing in your living room or taking a walk in nature.
  7. Add at least one hour of laughter to your day...from watching cartoons or comedies to reading jokes or playing silly games. Laughter is the best medicine.
  8. Reach out for social support from your friends and family and provide support to them.
  9. Volunteer somewhere at least once a week: a food pantry, a homeless raising funds for your favorite charity.
  10. Get psychological help from therapists and hotlines...especially if the symptoms are getting worse or if you're feeling suicidal.
- Dr. Lieberman** is a Board Certified Beverly Hills Psychiatrist. She also hosts two radio shows/podcasts and has authored several books. When she isn't seeing patients or testifying as a forensic psychiatrist/expert witness, she appears on TV from Fox News to CNN and POPPOFF of course! ★

*Ask Toni*  
**Social Security Scam Alert!!!**  
**Hang UP on Bogus Calls!!**



**Toni King**  
**Reader Alert:** This week, I, Toni King received a letter from the Social Security office regarding my special needs sister's benefits and an amazing **SCAM ALERT** was on the back of the envelope that her Social Security letter was in. I felt it was my duty to America and the Toni Says newspaper article readers to let you know what Social Security is saying.

Here is what is written on the back of the Social Security envelope which I received **"!!!SCAM ALERT!!!** Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal actions. Do not be fooled! If you receive a suspicious call:

1. **Hang Up!**
2. **Do Not Give Them Money Or Personal Information!**
3. **Report The Scam At OIG.SSA.GOV."**

On March 27, 2020, Inspector General Gail Ennis of Social Security released a news release from the Social Security Administration warning about new Social Security Benefit Suspension Scams that America needs to be aware of. She said: "Today, I am warning the public about fraudulent letters threatening suspension of Social Security benefits due

to COVID-19 or coronavirus-related office closures. Social Security will not suspend or discontinue benefits because Social Security offices are closed.

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. **However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic.** Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call."

Toni Says article readers, please be aware that phone numbers referenced in these fraudulent letters are NOT the Social Security office and please **DO NOT CALL THESE NUMBERS AND GIVE ANY PERSONAL INFORMATION!!**

Also, in the press release it stated that Social Security will **never:**

1. **Threaten** you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
  2. **Promise** a benefit increase or other assistance in exchange for payment.
  3. **Require** payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
  4. **Demand** secrecy from you in handling a Social Security-related problem.
  5. **Send** official letters or reports containing personally identifiable information via email.
- The Inspector General's news release also stated that if you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. Social Security is asking Americans to please share this information with your friends and family to help spread awareness about Social Security scams.

Please fill out scam report of a Social Security scam by using the dedicated online form at <http://oig.ssa.gov>. It states on the Office of the Inspector General website that by educating yourself and learning how to identify and report various schemes, then you can stay "several steps" ahead of scam artists!

*Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book packages for the Toni Says® newspaper article readers at [www.tonisays.com](http://www.tonisays.com). Have a question regarding Medicare email [info@tonisays.com](mailto:info@tonisays.com).* ★

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- CLUES**
- ACROSS**
1. Lascaux and Mammoth, e.g.
  6. At the stern
  9. Eyeball rudely
  13. Inuit boat
  14. And not
  15. Sing like Sinatra
  16. Manicurist's file
  17. Old-fashioned "before"
  18. "If you \_\_\_\_\_, I won't cry. I won't waste one single day"
  19. "Steve walks warily down the street with the brim pulled way \_\_\_\_\_"
  21. "She's just a girl who claims I am \_\_\_\_\_"
  23. "Play it, \_\_\_\_\_" from "Casablanca"
  24. Boris Godunov, e.g.
  25. "All right stop collaborate and listen, \_\_\_\_\_ is back..."
  28. Between Phi and Kappa
  30. Restriction limiting use of lights during air raid
  35. J.D. Power awards competitors
  37. "Oh, back on the chain \_\_\_\_\_"
  39. Ann Patchett's novel "Bel \_\_\_\_\_"
  40. Slightly
  41. Algorithmic language
  43. French "place"
  44. Kind of potato masher
  46. Brickowski's brick
  47. Cleopatra's necklace
  48. Canine's coat
  50. Sol or fa
  52. National Institutes of Health
  53. "\_\_\_\_\_ Christmas, I gave you my heart"
  55. Trinitrotoluene
  57. "You were working as a waitress in a cocktail bar when I \_\_\_\_\_"
  60. "I wanna dance with somebody, with somebody who \_\_\_\_\_"

**Crossword Puzzle Solutions on Page 8**

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16					17				18			
19				20		21	22					
23				24								
25	26	27		28		29		30	31	32	33	34
35		36		37		38		39				
40				41			42		43			
44			45		46				47			
48				49		50		51		52		
53				54		55		56				
57	58	59			60			61	62	63		
64				65	66			67				
68				69				70				
71				72				73				

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

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

**Solutions on Page 8**

**Find Puzzles on Page 8**

C	A	V	E	S		A	F	T		O	G	L	E					
U	M	I	A	K		N	O	R		C	R	O	O	N				
E	M	E	R	Y		E	R	E		L	E	A	V	E				
D	O	W	N	L	O	W		T	H	E	O	N	E					
						S	A	M		T	S	A	R					
I	C	E				B	E	T	A		D	I	M	O	U			
C	A	R	S			G	A	N	G		C	A	N	T	O			
A	B	I	T			A	L	G	O		L	I	E	U				
R	I	C	E	R		L	E	G	O		T	O	R	C				
E	N	A	M	E	L		N	O	T	E		N	I	H				
											L	A	S	T	T	N	T	
						M	E	T	Y	O		L	O	V	E	S	M	E
L	I	T	H	O						M	O	O		O	N	A	I	R
S	L	A	I	N						A	D	O		Y	E	N	T	A
D	O	S	S							C	E	P		S	T	E	T	S

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**Sudoku Puzzle on Page 8**

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

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### For Rent

**Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!**

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

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 Gutter Dog  
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ATTENTION: OXYGEN USERS! The NEW Inogen One G5, 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (Cal-SCAN)

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 916 688-9310

**Classified Advertising**

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ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@gmail.com. 530-263-6926 (MPG 12-31-20)

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California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

### DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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**Call to Advertise Here 916 773-1111**



# DA Schubert Responds to Antifa Anarchists' Attack on Public Safety



The Sacramento District Attorney's Office and Sheriff's Department were targeted by a domestic terrorist and anarchist organization- Sacramento Antifa. Photo provided by Sac DA

By Shelly Orio, Sacramento District Attorney's Office

SACRAMENTO, CA (MPG) - The Sacramento District Attorney's Office was targeted by a domestic terrorist and anarchist organization- Sacramento Antifa. This attack was planned. This organization seeks to destroy public safety, dismantle law enforcement, and eliminate all social discourse. These anarchists have waged attacks across this country, in major urban cities, including Portland, Seattle and Denver. Their tactics are rooted in organized violence and terror.

Contrary to the peaceful protest held earlier in the evening, Sacramento Antifa, along with outside Antifa groups, wreaked havoc on the Sacramento community, threatening media reporters and others, damaging many buildings, and trying to set a fire in the lobby of the District Attorney's office. They have threatened to do the same in the coming days.

The Sacramento District Attorney's Office will prosecute anyone identified and arrested for these crimes to the full extent of the law. We ask for



the public's help in identifying any of these anarchists. In particular, we are seeking information on the individuals in the photo taken at Caesar Chavez Park. At least one of these individuals is believed to have threatened a reporter to "break your f....g camera if you don't back off."

For more videos and pictures, visit [www.sacda.org/media/press-downloads/antifa-anarchists/](http://www.sacda.org/media/press-downloads/antifa-anarchists/).

If anyone has information on the identity of the individuals in the photos or videos, please contact the District Attorney's Office at [daoffice@sacda.org](mailto:daoffice@sacda.org). ★

# Red Cross Mobilizes in Response to Fires

By Steve Walsh, American Red Cross

SACRAMENTO, CA (MPG) - The American Red Cross mobilized several teams in response to multiple fires throughout the California Gold Country Region. Right now, Red Cross volunteers and staff are supporting evacuees with non-congregate sheltering sites, water, snacks meals, and virtual health and mental health services.

Nearly 400 evacuees stayed in Red Cross, county, and independent shelters throughout the region. We have also assisted more than 200 individuals by placing them in local hotels.

For details on locations for shelters and temporary evacuations points, please visit [www.redcross.org](http://www.redcross.org)

Wildfires can occur anywhere in the country and can occur at any time throughout the year. The potential is always higher during periods with little or no rainfall, which make brush, grass, and trees dry and burn more easily. High winds can also contribute to spreading a fire.

If you live in a wildfire-prone area, prepare now, and work with your neighbors to build a fire-adapted community. Understand that your planning may be

different this year because of the need to protect yourself and others from COVID-19. COVID-19 impacts us all, including firefighters, and an increase in infections may compromise their ability to respond to wildfires. Now more than ever we need to prepare ourselves and our communities for wildfires while taking recommended actions to protect one another from COVID-19.

"We are in the midst of a wildfire season here in Northern California. Many members of our community are currently evacuated on both sides of the valley. This is a reminder for all of us to be prepared, should we have to leave our homes." Said Nuriddin Ziyadinov, Executive Director of Northern California Chapter of Red Cross.

"Make sure you have your emergency go-bags ready and listen to local law enforcement for potential evacuations in your area."

Be Red Cross Ready: Get a Kit: Learn the essential supplies to put in your family's survival kit; Make a Plan: Plan effectively for you and your family in case of an emergency; Be Informed: Understand which disasters are likely to occur in your area and what you must know to stay safe.

Protect Yourself and Others from COVID-19:

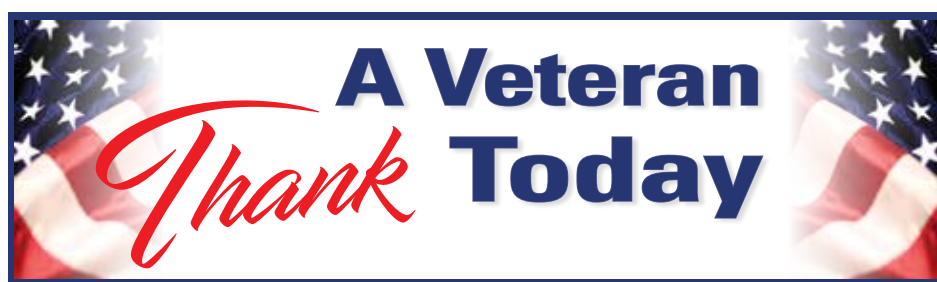
In public, cover your mouth and nose with a cloth face covering and practice physical distancing by keeping 6 feet between yourself and others. Don't use cloth face coverings on children under age 2, anyone who has trouble breathing, or is unable to remove it without help. Avoid close contact with people who do not share your home;

Wash your hands often with soap and water for at least 20 seconds. Soap and water are always preferable, but if they are not available, use a hand sanitizer that contains at least 60% alcohol;

Always cover your coughs and sneezes with a tissue or use the inside of your elbow;

Clean AND disinfect frequently touched surfaces and items daily, including tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, keyboards, toilets, faucets, and sinks;

If you are at higher risk for serious COVID-19 illness, continue to avoid all non-essential outings and gatherings. It is ok to go outside to exercise, walk pets, visit medical professionals, and leave during an emergency or if advised to evacuate during a wildfire. ★



## We Beat Almost All Online Prices on Premium Brand Pet Foods

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

### EVERY OTHER WEEK WE HAVE THE LOWEST PRICES ON FRISKIES (5.5oz) OR FANCY FEAST (3oz)

\*Compared to All Chain and Local Stores. Regular Prices Only.

**EVERYDAY LOW PRICES**  
Super Discount Prices • Hot Specials & Coupons  
(No Membership Fees)

We Only Accept ATM, Cash, & Checks

2344 Sunrise Blvd. 318 N Sunrise Blvd.  
Rancho Cordova, CA Roseville, CA  
916-635-5008 916-781-8500

M-F 9-8, SAT 9-7, SUN 10-7 Effective 9/2/20 - 9/8/20

**FREE**  
PET CLUB  
Pet Food Can Lid

with the purchase of pet, fish food or supply.  
99¢ value  
Limit 1 Coupon per family  
Effective 9/2/20 - 9/8/20

**2 FREE**  
CANS OF  
CAT FOOD

(5.5 Oz. All Varieties) Friskies (Selected Indoor Included), 9 Lives With Any Purchase of Pet, Fish Food, or Supply PLU 321  
Limit: 1 Coupon Per Family  
Effective 9/2/20 - 9/8/20

**Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)**

<p><b>TASTE OF THE WILD</b> GRAIN FREE DRY DOG FOOD</p> <p>•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon</p> <p>28 Lb Bag <b>\$39.99</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>CANIDAE</b> DRY DOG FOOD FOR ALL LIFE STAGES</p> <p>•Multi-Protein •Chicken Meal &amp; Rice •Large Breed 44 Lb</p> <p>(Multi Protein, Chicken Meal &amp; Rice, Lamb &amp; Rice, Less Active 30 Lb)</p> <p><b>\$10 OFF</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>BLUE BUFFALO WILDERNESS</b> DRY DOG FOOD</p> <p>•Chicken (\$9 off reg price) •Salmon •Duck •Large Breed Adult •Healthy Weight</p> <p>24 Lb Bag 100% Grain Free</p> <p><b>\$8 OFF</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>FRISKIES</b> DRY CAT FOOD</p> <p>16 Lb Bag</p> <p>•Seafood •Indoor •Surfing &amp; Turfing</p> <p>Limit 2 Bags per Family</p> <p><b>\$9.99</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>
<p><b>9 LIVES</b> CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family</p> <p><b>37¢</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>FANCY FEAST</b> GOURMET CANNED CAT FOOD</p> <p>All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family</p> <p><b>ON SALE Everyday</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>JONNY CAT</b> PREMIUM CAT LITTER</p> <p>20 Lb Bag</p> <p>•Regular •Multiple Cat Formula</p> <p>Limit 2 Bags Per Family</p> <p><b>\$3.79</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>	<p><b>FRESH STEP</b> SCOOPABLE CAT LITTER</p> <p>42 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p><b>\$13.99</b></p> <p style="font-size: x-small;">Effective 9/2/20 - 9/8/20</p>

<p><b>WELLNESS</b> CANNED CAT FOOD</p> <p>Full Case</p> <p>•Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case</p> <p><b>20% OFF</b></p> <p style="font-size: x-small;">REGULAR LOW PRICES</p>	<p><b>FELINE PINE</b> HEALTHY CAT LITTER</p> <p>20 Lb Bag Limit 2 Bags</p> <p><b>\$7.99</b></p>	<p><b>PURINA PRO-PLAN</b> CANNED CAT FOOD</p> <p>•Selected Varieties 3 Oz Can Limit 2 Cases</p> <p><b>89¢</b></p>	<p><b>SCIENCE DIET</b> SMALL BITES DRY DOG FOOD</p> <p>•Adult •Light •Mature (Lamb &amp; Rice Small Bites \$28.99) (Sensitive Stomach &amp; Skin \$28.99) 15 Lb Bag Limit 2 Bags</p> <p><b>\$22.99</b></p>	<p><b>CAREFRESH</b> PET BEDDING</p> <p>60 Liter (Ultra Not Included)</p> <p><b>\$16.49</b></p>	<p><b>CHICKEN SOUP FOR THE SOUL</b> DRY DOG FOOD As Marked</p> <p>•Adult •Large Breed •Mature •Weight Care •Puppy (Reg &amp; Lrg Breed) 28 Lb Bag Limit 2 Bags</p> <p><b>20% OFF</b></p> <p style="font-size: x-small;">OUR SUPER LOW PRICES</p>
<p><b>SWHEAT SCOOP</b> NATURAL WHEAT LITTER</p> <p>(12 Lb Bag - Original \$10.99 Multi Cat \$11.99)</p> <p>36 Lb Bag Limit 2 Bags Original <b>\$29.99</b> Multi-Cat <b>\$31.99</b></p>	<p><b>CHICKEN SOUP FOR THE SOUL</b> CANNED FOOD SALE As Marked</p> <p>Dog Cans 13 Oz (Reg &amp; Grain Free) All Varieties Cat Cans ( 3 Oz &amp; 5.5 Oz) Limit 1 Case</p> <p><b>20% OFF</b></p> <p style="font-size: x-small;">OUR SUPER LOW PRICES</p>	<p><b>PRECIOUS CAT</b> CAT LITTER</p> <p>20 Lb Box Limit 2 Boxes Cat Attract <b>\$12.99</b> Touch of Outdoors <b>\$7.99</b></p>	<p><b>WELLNESS</b> DRY DOG FOOD (3 Free Wellness 12.5 Oz Can Dog Food w/ Each Purchase)</p> <p>24-30 Lb Bag</p> <p>•Chicken •Senior •Healthy Weight •Grain Free Adult <b>\$53.99</b></p> <p>•Grain Free Lamb •Grain Free White Fish <b>\$56.99</b></p>	<p><b>MEOW MIX</b> CAT FOOD</p> <p>Market Select 2.75 Oz Cup Limit 2 Cases</p> <p><b>53¢</b></p>	<p><b>MERRICK'S</b> WHOLE EARTH FARMS DRY DOG FOOD</p> <p>•Grain Free Chicken/Turkey •Grain Free Pork, Beef &amp; Lamb 25 Lb Bag Limit 2 Bags per Family</p> <p><b>\$7 OFF</b></p> <p style="font-size: x-small;">OUR REGULAR LOW PRICES</p>

<p><b>ADVANTAGE FLEA CONTROL &amp; TREATMENT</b></p> <p>Dog Small (Green) Dog Extra Large (Blue) As Marked <b>\$10 OFF</b></p> <p>Dog Medium (Teal) Cat Small (Orange)</p> <p>Dog Large (Red) Cat Large (Purple)</p> <p>Limit 2 Per Family. Cannot be combined with any other offer. <b>OUR REGULAR LOW PRICES</b></p>	<p><b>FLUVAL FILTER SALE</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> </tr> <tr> <td>107...25 GAL.....</td> <td><b>\$87.99</b></td> <td>307...70 GAL...</td> <td><b>\$132.99</b></td> </tr> <tr> <td>207...40 GAL.....</td> <td><b>\$99.99</b></td> <td>407...100 GAL...</td> <td><b>\$169.99</b></td> </tr> </table>	MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE	107...25 GAL.....	<b>\$87.99</b>	307...70 GAL...	<b>\$132.99</b>	207...40 GAL.....	<b>\$99.99</b>	407...100 GAL...	<b>\$169.99</b>
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<p><b>CRAZY PET</b> Train Me Treats - 3-16 Oz</p> <p><b>PET BOTANICS</b> Training Rewards</p> <p>Grain Free Omega Treats All Varieties <b>OUR SUPER LOW PRICES</b></p>	<p><b>KONG PRODUCTS</b></p> <p>•Classic •Dental •Air Dog •Cheews •Wubba •Stuffin •Treats •Soft Toys •Assst Toys</p> <p>All Varieties <b>20% OFF</b></p> <p style="font-size: x-small;">OUR SUPER LOW PRICES</p>	<p><b>AQUEON BOXED 10 GALLON TANK</b> With Economy Kit</p> <p>Just add Heater For Tropical Fish</p> <p><b>\$36.99</b></p> <p>Limit 1 Per Family</p>	<p><b>KENT MARINE</b> WATER SUPPLEMENTS</p> <p><b>20% OFF</b></p> <p style="font-size: x-small;">OUR SUPER LOW PRICES</p>	<p><b>KORDON CORAL SEA</b> 50 GAL SALT MIX WITH AMQUEL</p> <p><b>\$12.99</b></p>									

<p><b>BONUS COUPON</b></p> <p><b>FRISKIES BUFFET</b> CANNED CAT FOOD</p> <p>5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/2/20 - 9/8/20</p> <p><b>ON SALE Everyday</b></p> <p style="font-size: x-small;">CHM PLU 367</p>	<p><b>BONUS COUPON</b></p> <p><b>WHISKAS</b> TEMPTATIONS CAT TREATS</p> <p>•Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/2/20 - 9/8/20</p> <p><b>\$1.39</b></p> <p style="font-size: x-small;">CHM PLU 569</p>	<p><b>BONUS COUPON</b></p> <p><b>JONNY CAT</b> CAT LINERS</p> <p>Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/2/20 - 9/8/20</p> <p><b>\$2.09</b></p> <p style="font-size: x-small;">CHM PLU 449</p>
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