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AMERICAN RIVER Messenger

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MARCH 27, 2020

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AND TAKEAWAYS**
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Enhancing The Village



Fair Oaks Village Enhancement Committee members (left to right) Daneece Fraizer, William Mercado, Leon Corcos, Keith Walter, and Nan Danford meet at the Old Fair Oaks Library to discuss ways to improve the Fair Oaks Village business district.

Story and photo by Shaunna Boyd

FAIR OAKS, CA (MPG) - The mission of the Fair Oaks Village Enhancement Committee (FOVEC) is to work together with property owners, business owners, Sacramento County, and other local stakeholders to develop and implement improvement plans enabling Fair Oaks Village to increase its viability as a thriving business district. FOVEC meets twice per month and currently has more than 20 associate members and five voting members. FOVEC has 501(c)3 non-profit status at the federal level, but they must also apply to the Secretary of State for a non-profit determination in California. At the March 4 meeting, the committee agreed to submit the appropriate form to the Secretary of State to gain the required state-level non-profit status.

Parking has always been an issue in the Village, but with the upcoming Measure J-funded improvement projects in Village and Plaza Parks, parking will become even more challenging. With construction cutting into the available parking, FOVEC is hoping to find some workable solutions. Members discussed encouraging biking and walking to the Village as well as creating incentives for using rideshare services like Lyft, Uber, and SmART Ride with Sacramento Regional Transit. FOVEC voting member William Mercado said, "We don't want to rule anything out." The committee also stressed the importance of making sure people still visit the Village during the Measure J construction. Members mentioned the possibility of closing down the main street once a month to hold art events or concerts to attract visitors.

Another topic of discussion was FOVEC's long-held goal of installing an archway over Fair Oaks Blvd. to welcome visitors into the Village. With the amount of money necessary for such a project, some members brought up the possibility of focusing on an art installation instead. An art piece would still serve the purpose of drawing focus to the Village, but it would cost significantly less and could be accomplished much sooner. Voting member Leon Corcos said he will be contacting the Department of Transportation in the hope of getting a Memorandum of Understanding to lease the triangle of green space at the northeast corner of Fair Oaks Blvd. and Sunrise Blvd. as the possible location of a Fair Oaks art project. For more information about FOVEC, visit www.fairoaksvillage.org. ★

District's Prop. 68 Application Denied, Measure J Might Fund Amphitheatre Project

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the Measure J Bond Oversight Committee (BOC) meeting on March 3, the committee welcomed new member Keith Walter. As a Fair Oaks resident who owns retail property in the Village, Walter said he is "very interested in making sure that the village continues to stay unique and thrive." The BOC then received and filed the Annual Debt Transparency Report, an audit for the 2018-2019 fiscal year. Fair Oaks Recreation and Park District administrator Mike Aho explained that there wasn't much listed in this first audit because "the majority of our expenditures did not happen until after" the end of the fiscal year. The audit shows the first bond issuance of \$9.4 million and \$708,000 of interest accrued. For the first



The BOC Committee is still deciding against adding more traffic at Phoenix Park. Photo by Patrick Larenas

issuance, the funds must be spent or under contract by June 2022. "We're under a ticking clock of three years to spend that money," said

Aho. "And we'll be there. We're well on our way to spending it. It will be gone. And that second issuance will be very timely for us."

Right now, the District has approximately \$2.5 million under contract for construction management, design,

Continued on page 3

Keeping Up with all the Coronavirus News Updates

By Paul Scholl

SACRAMENTO REGION, CA (MPG) - The news about the Coronavirus is changing day to day and hour to hour. Reports are coming in from all over the region, the state and from the federal government. We are also receiving many reports from organizations who have been working to offer their support to our region. Service and utility companies are sending in updates on their status and information about support services. Non-profit agencies are sending in information about what they have to offer and what they need to continue to operate.

Individual cities are sending in their own updates about vital services and their public safety policies.

Messenger Publishing Group staff are doing what we can to provide the most current information from all of these resources on each of our web sites that provide the news for the communities we serve.

You can visit the web site established for this newspaper to get the most current information provided to us from these government agencies, local support offices and your local government. Each web site will also have the national press releases as we receive them.

We are all in this together and together we will outlast the health scare. Please remain diligent in caring for your neighbors and the welfare of others.

To support local businesses you can contact your favorite restaurants online to order food delivered. Many are open for local deliveries and are arranging for delivery service through established delivery companies.

Be aware of local scam artists (criminals) as many bad guys are out there trying to advantage of those in need. Don't open suspicious emails. Don't buy anything from people to get you to try a "test kit" for the virus. We will post any notices about scam on our web sites to alert the public.

Thank you for your readership. ★



**Story and photos
by Shaunna Boyd**

FAIR OAKS, CA (MPG) - On March 2, the Rotary Club of Fair Oaks held their annual speech contest for local high school students. Fred Rowe, the speech coordinator, said, "Our annual speech contest is always one of the best meetings of the year. I think it's inspiring to everybody." This year's theme was "Connect to Inspire".

Jane Liaghat, a junior at Bella Vista High School, spoke about the connective power of sorrow. While people may have very different life experiences, Liaghat said, "Sadness is something every single person will go through in their lives." She said that the common experience of sadness is a powerful way for people to connect.

Instead of avoiding sadness, Liaghat suggested facing those feelings head on and taking time alone to reflect: "When we're sad, we tend to think and discover ourselves." Happiness is not as conducive to introspection, so Liaghat stressed the importance of being brave enough to look inward and examine the causes of our own sorrow.

Everyone has their own personal experience with sadness, and Liaghat said those emotions awaken our sense of humanity and sympathy – enabling us to connect with others and inspiring us to reach out and comfort others in need.

Briana Le, a sophomore at Bella Vista High School, said that the people who inspire us are often



Antoinette Aho, Jane Liaghat, Aubrey Bishop Fowler, Briana Le, and Celene Aridin participated in this year's speech contest at the Fair Oaks Rotary Club. The students wrote speeches on the topic "Connect to Inspire."

the people we admire, the people we feel a common connection with, and those who we strive to emulate. Le mentioned her late grandfather as an example of someone who inspired her: "He was the kindest person I knew." She said, "The people who touch our hearts inspire us the most."

Le described kindness as both an inspirational and a connective force: Kindness “brings our world a little closer together.” She said it’s important for everyone to do their best – putting both heart and soul into their actions.

Le told a story about finding a withered rosebud still clinging to a rose bush in the cold of winter. She peeled away the wrinkled petals and “found beauty beneath.” That bud, just waiting patiently to bloom, inspired her to believe in her own potential. “Inspiration is about connecting with someone and giving them hope for the future,” said Le.

Antoinette Aho, a junior at Cordova High School, said that everyone has the ability to be a “catalyst for global goodness.” She said that acts of kindness can

inspire others to perform their own acts of kindness, causing a ripple effect as kindness spreads throughout the world.

Aho said that inspirational leaders, like Gandhi and Martin Luther King Jr., had such a clear sense of purpose behind their messages that they were able to rally others to their causes. She said that the ability to connect with others is what gave them the power to inspire.

Aho stressed the importance of doing the right thing and contributing positively to society even if

you don't see an immediate result. She said that leading by example with a clear purpose will inspire others to follow after you and continue those good works.

Aubrey Bishop Fowler, a junior at Meraki High School, said she struggled while writing the speech because she felt so much pressure to find the right words “to light your soul.” She said that the fear of failure often causes people to give up without trying – because if they can’t be the best, then why bother at all?

But Fowler said that

instead of attempting to be the best at everything, people should strive to just do good whenever possible. She said that even small acts of kindness can have a big impact: "An act of kindness might not change the world, but it can change how that one person sees the world."

You can “find the beautiful things” and “be the person who’s thoughtful,” said Fowler. She encouraged everyone to inspire others to be kind by showing kindness to others. She said there’s always “an opportunity for kindness.”

Celene Aridin, a senior at Bella Vista High School, said that we should aspire to be our best selves while also helping others be their best. She said that the most inspirational people are those who get back up after experiencing hardships – people who don't let anything keep them down.

Aridin said that people are able to connect in powerful ways when they trust each other enough to share their vulnerabilities and be honest about struggles they've faced in their lives. Aridin sees that courage to connect as an inspirational act.

Aridin said that even small gestures of kindness can change someone's day. She encouraged everyone to offer friendly greetings to strangers, because you never know who might need to hear a kind word that day.

Liaghat and Aho tied for fourth place, Fowler placed third, and Le took second place. Aridin won first place, earning \$200 and a spot in the District's semifinals. ★



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Cancelled Culture



Above: In the prophetic words of Ozzy Osbourne “Paranoia will destroy ya.” Photo by Richard Burlton on Unsplashd

By Paul Scholl

SACRAMENTO REGION, CA (MPG) -

The Wuhan Coronavirus has been taking its toll on society, one grocery store at a time. People are panicking and raiding the shelves of most stores of basic essentials. People are loading up on toilet paper and water. Is anybody buying out all the vitamins and dietary supplements? Has there been a raid on fresh fruit and vegetables?

The virus is a serious matter to be sure, and precautions surely must be adhered to. But cancelling an entire society and giving up all control of your lives to the government?

Events started cancelling last week. Cancelled are all local events and programs presented by chambers of commerce, arts and entertainment groups, major and minor league sports teams, little league games and all high school sports, church functions, fundraisers, you name it. Our culture gets cancelled.

The economic backlash is going to be a big one, but

get ready to pay those taxes. Maybe the government can cancel this year’s tax liabilities for all Americans? No, but they offer small businesses a tax credit that will never be realized before they go out of business altogether.

During the Black Plague (bubonic plague) in 1347, which also saw its first recorded case in China in 224 B.C.E., the primary cure was fresh water, fresh air and improved diet. Today, we are seeing a rise in that disease in Los Angeles prior to the Wuhan Coronavirus. And no one says a thing.

In a radio interview on Coast to Coast from August 12, 2009, Dr. Sherri Tenpenny explained what was happening in the medical field surrounding the Swine Flu of 2009 and preparations from the government. She outlines what happened with the Bird Flu in 2006 and the mass planning for future virus outbreaks and the looming government control. If you listen to the entire interview, you will hear exactly

what is happening today, predicted almost 11 years ago. Will the government force vaccinations for the Wuhan Virus?

What can you do? Do what your parents told you when you were growing up. Wash your hands, often. Go to bed early and get good sleep. Eat your vegetables and don’t feed them to the dog under the table when your parents aren’t looking. Don’t eat too much sugar. Stop watching so much television. Be nice to everyone and share what you have with those who need help. Pray for those you love. Be thankful and show gratitude. Don’t be a jerk.

Support any local business that you can. Buy local. Order some take out from your local restaurants. Even a little cash flow will help some businesses weather this storm.

Human nature is obvious in every crisis, real or unreal. Rising above our basic human nature is what they call Humanity. It is time to care about each other and be fully “Human.” ★

District’s Prop. 68 Application Denied, Measure J Might Fund Amphitheatre Project

Continued from page 1

CEQA, and other planning requirements for upcoming projects.

The District is moving forward in discussions with San Juan Unified School District (SJUSD) to build softball fields at the La Vista School property. Aho said they’ve had “favorable meetings” with the SJUSD Board, so staff is now drawing up a proposal for the plan for the School Board and the District Board to approve. The proposal will include a long-term lease with the goal of eventually purchasing the property, which will add approximately five acres of park land to the District. There is also the possibility of purchasing the buildings on the land as well, which Aho said could potentially be remodeled for use as a community center or as the District headquarters.

The softball field project was initially planned for Phoenix Park, but there was concern that adding the fields would create even more traffic at an already busy sports park — traffic that wouldn’t be offset even with the parking increases proposed in the project. The District still plans to move forward with a portion of the parking improvements at Phoenix, so the new plan would improve an existing park while also creating a new park in the District.

SJUSD has identified La Vista as surplus property and they want to sell, so if the District doesn’t decide to build at La Vista, someone else will. Aho said it would be preferable to purchase the land for the District rather than allowing a developer to come in and build a housing complex. SJUSD is legally required to initially offer the property to other public agencies, and to charge below market value when selling to another public agency, so the District will likely get a good deal on the property.

Aho then presented the BOC with preliminary cost estimates for Swallow Way Park; staff will use the estimates to create a budget for the new park, where work is expected to start this summer. The cost estimates totaled \$823,290, which Aho said is pretty typical for creating a pocket park of that size. Aho explained that the Swallow Way Park would fill a need for park space in the area near Hazel Ave. That side of Fair Oaks doesn’t have any parks close by: “It’s an area that really needs a park,” said Aho.

Some BOC members expressed concern about the cost of certain line items on the estimate, but Aho explained that the District

has to put the project out to bid and the cost estimates are based on market rates and prevailing wage for labor. The District Board will ultimately be the ones to make the final decision about whether to approve all the costs for the park; the BOC is only responsible for ensuring that Measure J funds are spent appropriately — while their input is valuable to the Board, the BOC does not have the power to approve or deny the project plans.

Even though the cost for the park is higher than some members expected, BOC member Justin Drake said that creating a new park is exactly why Measure J was passed. He pointed out that while it is expensive to build a new park, the alternative is to just turn that land into an open grass field that would still need to be maintained by the District but wouldn’t add any benefit to the community. A new park would benefit the community while also increasing property values in that neighborhood by beautifying the area.

The District hoped to improve Veteran’s Memorial Amphitheatre using Prop. 68 funds from the state. Unfortunately, Aho said that the District’s Prop. 68 application was denied. To minimize the disruption to the Village during construction, the amphitheatre improvements need to be conducted at the same time as the Measure J-funded improvements at Village and Plaza Parks. The District plans to meet with the state to find ways to improve their application so they can reapply for the next round of Prop. 68 funds, but the next issuance will be too late to fund the amphitheatre project. The District is now considering using Measure J funds to pay for the amphitheatre project.

If Measure J funds are used for the amphitheatre, Aho said there likely will not be enough funds remaining to build a new community center. But he said that a community center did not score as high as the amphitheatre when surveying the public about which projects should be a priority. There are already detailed plans for the amphitheatre, and the District has also already conducted community outreach about the project, whereas the community center is merely a vague idea at this point with no plans, location, or community outreach. The BOC members unanimously agreed that moving forward with the amphitheatre project was the best use of Measure J funds, so Aho will take their recommendation to the District Board for the final decision. ★

Del Campo Signature Project Breaks Ground



Rendering of the future science complex with media commons and a CTE building renovation. Photo SJUSD

San Juan Unified School District

FAIR OAKS, CA (MPG) - On March 5, Del Campo High School’s signature project broke ground for a science complex with media commons and a CTE building renovation. Students, staff and community members had an opportunity to take a shovel and put on a hard hat at the ceremony.

The science complex with media commons will transform the front entrance of Del Campo and provide new modern spaces for student learning with next-generation classrooms for chemistry, physics,

earth science, biology, and AP environmental science.

The fully renovated CTE building on the backside of campus, and will enhance student opportunities in the Fire Safety Academy, Computer Technology and Media Broadcasting courses as well as a new Fabrication Lab. The building will have a storage bay for the program’s fire engine, ambulance and burn car, outdoor training grounds, and a modern broadcast studio with an outdoor green wall and an innovation gallery where the different pathways can work in a collaborative space. ★

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AMERICAN RIVER Messenger

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Bella Vista Interact Students Help Plant Over 70 Trees



Above: Sierra Vicze, Hailey McNeely, Kaylee Vincent, Amanda Young, Noah Wright, Amanda Drew, Fred Rowe (Rotarian), Ray Ward (Rotary District Governor), Kaitlin Wilkins, & Alice Rowe (Rotarian)

The trees are important as they provide homes for many species of insects, animals and birds that live or migrate through the area. In addition, trees are the best way to sequester carbon from the air, helping to improve our air quality and combat climate change. It was a win-win day for the Interact students, the Sacramento Tree Foundation, the local community and the world. ★

FAIR OAKS, CA (MPG) - How better to spend a Leap Day Saturday morning than helping with a reforestation project? That's just what seven students from the Bella Vista High School Interact Club did on February 29, at the Stone Lakes National Wildlife Refuge south of Elk Grove. Joining with about 60 students from fourteen other Interact clubs in Rotary District 5180, they planted about 75 valley oaks and arroyo

willows, under the oversight of the Sacramento Tree Foundation (STF). With gloves, shovels and hoes in hand, and following a demonstration by Loren O’Roarke from STF, the groups completed this task within a few hours... and the work seemed more like fun to them. The seedlings were small in size, but the trees are native to the area, so they should grow quickly, each one protected by a plastic sheath and each with its own drip water spigot to ensure an easy start in life.

Social Security Matters

"IRMAA" Provision



Dear Irritated Senior: First, I want to thank you for your service to our country. Allow me to explain what I believe happened. Your net (not gross) Social Security benefit payment was probably reduced as a



Although filing your taxes separate from your wife does mean a lower income reported to the IRS for you, it also reduces the clip levels at which the IRMAA rule kicks in. For those who file income tax as an individual, IRMAA applies if your “provisional” income from all sources, including IRA or 401(K) withdrawals and half of your SS benefits for the tax year, exceeds \$87,000. For those who file taxes jointly as a married couple, IRMAA applies if your combined income is more than \$174,000. Incomes above those clip levels result in corresponding higher IRMAA premiums, up to a maximum of \$491.60 (for 2020). So apparently your income for your filing status exceeded one of the higher IRMAA clip levels, which resulted in your monthly Medicare Part B premium going

As far as why you weren't told this in advance, neither Medicare nor the IRS (nor any other Government agency) will advise you in advance on such matters; the onus is upon you (and your tax preparer or financial advisor) to understand the implications of your income on your Medicare premium as well as your income tax obligation. You may want to speak to your tax advisor to see if there is a tax-filing option for eliminating the IRMAA. Once again, thank you for your service to our country, and I hope the above clarifies what happened to your Social Security benefit.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website or email us. ★

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 42 Lb Bag
 •Multi-Cat Formula

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Boxes
Per Family
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 Control •Large Breed 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)

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 •Adult •Light •Mature (Lamb & Rice Small Bites)
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9 LIVES
DRY CAT FOOD
 •Grilled Tuna & Egg 12 Lb Bag
 Limit 2 Bags Per Family

\$7.99



POPPOFF!

with **Mary Jane Popp**

WHAT NEXT?

Are you stressed out over the fear of contracting the coronavirus? Can worrying about it make you sick? Let's check in with **Dr. Carole Lieberman** who is a board certified psychiatrist and has a fellowship in epidemiology for her research at UCLA. It's this background that led her to formulate the Coronavirus Stress Syndrome, an overreaction which can weaken your immune system and make you more vulnerable to the virus. Visiting with me on my radio show POPPOFF, she explained that if you have three or more of the following symptoms, you have the Coronavirus Stress Syndrome. Take the test.

1) ANXIETY – which you suspect is related to fear of catching coronavirus. **2) OBSESSION** with news about coronavirus – watching, listening or reading about it more than 3 hours a day. **3) COMPULSION** to keep checking how many people have died or where the latest case is located. **4) AVOIDING MIXING WITH PEOPLE** such as on public transportation or in malls or movie

theatres. **5) AVOIDING ALL PHYSICAL CONTACT** from shaking hands to hugging or kissing. **6) ORDERING IN FOOD AND OTHER NECESSITIES** instead of shopping for them your usual way or stockpiling more supplies for fear of catching coronavirus.

7) CALLING IN SICK TO WORK when you're not physically ill or keeping your children home from fear of them catching coronavirus. **8) CROSSING THE STREET** or taking other measures to avoid people you think come from China, South Korea, Italy, Iran or any other country that has a high number of cases. **9) WEARING A MASK.** **10) STAYING HOME** until the pandemic has passed. Now we may have reached a time when some of these precautions are necessary, but becoming hysterical or having a panic attack about the possibility of catching coronavirus would do more harm than good.

If you have the stress syndrome, here are 7 steps you can take to help.

1) CALM YOURSELF WITH STRESS RELIEVERS from medication to music, walks in nature to welcoming a rescue pet. **2) STAY HEALTHY BY PRACTICING THE BASICS** – wash your hands, eat nutritious food, take vitamins, and get enough sleep

and exercise. **3) AVOID CONSUMING FEAR-MONGERING NEWS STORIES** or associating with fear-mongering people. **4) STRENGTHEN BONDS** with family and friends, especially those you live with. **5) VISIT YOUR DOCTOR FOR A CHECKUP** so you can fix whatever might need treatment before possible exposure to coronavirus. **6) IF YOUR CORONAVIRUS STRESS SYNDROME FEELS OUT OF CONTROL,** seek psychotherapy.

7) QUIETLY ENVISION A PLAN for accommodations you could make, if the risk of coronavirus came closer such as working from home.

So bottom line, according to **Dr. Carole**, "as we are given certain guidelines such as regarding social distance, some of the symptoms of Coronavirus Stress Syndrome may seem like reasonable responses. It is the degree or overreaction that makes them symptoms of the syndrome." If you want more information, you can check **Dr. Lieberman's** websites at www.Drcarole.com or www.terroristtherapist.com. So take a deep breath. We can and will work through this together and be stronger for it. And a prayer can't hurt!!! ★



By Marlys Johnsen Norris, Christian Author

Our first Bibles were published in the early 1500's. Since then many different translations containing similar words have been published to help people read and understand more easily. The biblical truth is there regardless of the different versions of text with the same message and meanings. The most significant prophecy recorded in the Old Testament was when God told Abraham to take his son Isaac to the mountains and sacrifice him. It was a prophecy (fulfilled in the New Testament) about God's Son's (Jesus) death as the Lamb of God to sacrifice and pay with his life blood, the sin-debt for mankind given to those who will believe. We are now God's huge family all over the world!

Most people automatically do want to believe

God's Holy Truth Is Recorded!

that when they die they will automatically go to heaven. It is hard for those people to understand that scenario is not possible when they do not live by the laws, desires and guidelines of God.

Because many people listen to convincing words of others and do not read the Holy Bible, they just believe some person who seems smarter than themselves. They take on false ideas about God and heaven. Therefore, until a person really wants to know the "truth" they need to question spoken words and verify them with Scriptures!

God has lovingly had dedicated men of God write His truth for future generations. Everyone needs to be very careful what they accept as truth. They need to understand falsehoods and lies come from God's enemy and he will take them to his home in "hell" not heaven! (Read John 8:44)

They *do not know to seek the truth!* – Therefore when they do seek God's truth they will miraculously build a life-line between heaven and earth with obedience to God's Words. Words

prophesied in the Old Testament and happened in the New Testament scribed in the Holy Bible, people who experienced God's power and blessings living by His laws and rules.

Laws of God were first scribed on a hillside (The Ten Commandments) removed and taken down from the mountain by Moses to help people have clear guidelines how to live a happy and full life on earth obedient to God's instructions.

People living long ago who heard and knew God's voice, then recorded them for future generations to appreciate, apply and follow. Obedience to those words of Truth written in the Holy Bible do bring victory and peace to every life that faithfully abides by them. Trillions give testimony to those words! To God Be The Glory! *Jesus death and resurrection is what we celebrate at EASTER.*

Marlys Johnsen Norris
Christian Author of 7 Books
Marlysjn@gmail.com
PO Box 114,
Orangevale, CA 93662 ★

Old Deals, New Wheels

Dr. James L. Snyder

A new resident has parked itself in the driveway of the parsonage. After ten years of the old resident parked outside, it is a nice change to see this new one.

For the past year, the Gracious Mistress of the Parsonage has been looking for a new vehicle. When I say looking, I really mean, "Looking." She leaves no stone unturned in her quest, especially for a new vehicle.

After a year of searching, she finally found one that met her credentials. I did not believe it at first. I know it takes something very special to really please her. For her to come home one evening and say, "I finally found the van I want," was a shocking moment for me.

When she found this particular vehicle, she was truly ecstatic. I really cannot blame her. After a year of searching, searching, and finding one and then discovering it was not what you wanted has to be a tiring experience; all the vehicles she rejected throughout the past year.

But the story is not over when she finds the vehicle she wants. It's really just

beginning.

The next step, of course, is to go to the salesman and bargain for a good price.

First, there has to be a trade-in price for her current vehicle. Trust me when I say, she knows just what it's worth and will not take a dime less. The salesman, on the other hand, thinks he can use her trade-in as a bargaining chip. Is he going to be surprised!

After the trade-in is settled comes the price for the new vehicle. According to her research, my wife knows exactly how much that vehicle is worth. I would not be surprised that she knows more about it than the salesman.

The next step is for her to drive the vehicle around to make sure everything is working. Nobody can do this better than she can. If up to me, if the engine starts, I am satisfied. If I can drive around the block, I am ecstatic.

Not so with the Gracious Mistress of the Parsonage. After her intense inspection and trial run, she will know everything about that vehicle.

My job, although not as important as hers, is to sign all the paperwork, including the bank loan.

For the past week, I heard what a great deal she got and how wonderful this new van is. And, she should know because she did all of the work.

I am certainly not complaining, because, with her expertise in this area, I do not have to try to find a van for her. As she was exploiting all the merits of this new van, I just smiled because she was happy. You know the saying about a happy wife.

As she was going on about her van, I could not help but think of what Solomon said. "Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life" (Proverbs 31:10-12).

I may not be as wise as Solomon, but like him, I made the find of a lifetime.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★



Dare to Live Without Limits

by **Bryan Golden**

Just Let It Go



Are you holding onto grudges, resentment, anger, or hate? Are you upset, resentful, or bitter? Each of these emotions is a toxic poison which can cause you significant mental and physical harm.

Additionally, each of these emotions significantly diminishes your ability to make sound decisions. You can't think rationally when you are embroiled in negative emotions. Therefore, your decisions will tend to make your situations worse, not better. Your subsequent actions may even put you in a position where you cannot reverse the damage you caused.

Life is not always fair. You will find yourself in adverse situations. You will encounter people who are mean, deceitful, unethical, selfish, or malicious. There will always be negative situations you have to deal with.

Regardless of what you are dealing with, you are free to choose your response. An automatic, negative, knee jerk reaction is a conditioned reaction in many people. When in this mode, you internalize these toxic emotions.

You can recondition yourself to deal with these emotions in a positive, non-destructive manner. Your goal is to let go of any self-destructive emotions rather than clutching onto them. Although this is a simple concept, it is difficult

to implement for many people.

Reacting with these negative emotions, when confronted with adverse situations, is often a deeply engrained habit developed over years. Changing it requires a consistent, determined effort. Don't make any excuses that you can't do it. Learning to let things go takes effort, but it's well worth it.

The first step is identifying exactly how you feel and why. Here are some examples. "I'm upset because that jerk just cut me off." "I resent that I never received a thank you note for the gift I gave the newly married couple." "I'm angry at my sister for not calling." "I resent my boss for not giving me a promotion." I'm sure you have a long list of your own examples.

There's a very simple reason to just let go of your negative emotions; how you feel will not change people or circumstances. There are even some people who take pleasure in your misery. These people intentionally engage in behavior which you find upsetting.

A false premise which causes you to hang onto negative emotions is that someone else made you feel a certain way. Here are some examples of how people justify the way they feel. "Ed really makes me mad." "I really resent the way Sue treats me." "Bill makes me so upset." "I hate

that Cindy is friends with Carol."

Once you have identified how you feel and why, it's time to just let it go. The way you feel won't change any circumstances or anyone's behavior. You are only hurting yourself.

Regardless of what you are conditioned to, you can just let it go.

Other people and circumstances are what they are. All you have control over is your response. Don't allow yourself to become embroiled in someone else's actions. If you are cut off by another driver, let them go without getting angry. When another person is rude or inconsiderate, it's who they are.

You are free to make decisions in your life. You decide who you want to be friends with. You can change jobs. It's up to you how much time you spend with people who find annoying. The businesses you patronize are your choice.

Whenever you start to hold onto any negative emotions, just let them go. Just as you would if you were holding a hot coal. The sooner you release it, the better. Take positive action if necessary. As you develop the habit of letting negative emotions go, you will feel as if a big weight has been removed.

NOW AVAILABLE:

Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden ★



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By County
Supervisor Sue Frost

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

In March 2018 I wrote an article in the American River Messenger outlining why I thought Sacramento County was in need of a work program for people who are homeless. In March 2019 I put theory into reality and officially rolled out a one-year trial program that would not only employ people who are homeless but also work to beautify Sacramento County at the same time. I promised you that after the trial was completed, I would report back on how effective the program was.

I am sad to report that the program ended largely in failure – but we did learn some important lessons. I want to take this opportunity to explain to you why it failed, and what we learned. But before that, I want to give you a refresher on exactly how the program functioned.

40 homeless people were planned to be identified who were both willing to work and be clean from drugs and alcohol. Shelter would be secured for them, and they would clean the American River Parkway for minimum wage pay in the morning, and go through a job training program in the construction

Orangevale Community Update

Trial, Error, and Takeaways

industry in the afternoon. After leaving the program they would then get help in finding employment by getting introduced to employers, being placed in internships, and receiving certificates that enable them to earn more than minimum wage.

Unfortunately, we were only able to get 8 people out of a goal of 40 enrolled in the program, with even less graduated. By far the biggest reason for this failure was because the people in our program could not stay off drugs. Not only could they not stay clean, but we couldn't even find people who wanted to try getting clean. And we aren't talking just about drugs like marijuana, we are talking about extremely dangerous drugs like methamphetamine and crack cocaine. There were other problems with the program as well, such as showing up to work on time and a hesitance to work specifically in the construction industry. But those problems paled in comparison to the drug abuse.

The last official homeless count done less than a year ago showed that Sacramento County has over 5,500 homeless people living within our borders. And out of those 5,500, we could only find 8 who were willing to be drug-free. This is a startling statistic and one that has caused me to learn two important lessons from this endeavor.

The first lesson I learned is that we must solve the underlying problems that homeless people have before we can work on job training. It is a wasted effort and a drain on the taxpayers for no benefit. We have to solve their drug and alcohol dependence before we can expect them to responsibly hold down a job.

The other lesson I learned is that the data we receive from the federally mandated point-in-time homeless survey cannot be trusted. In the most recent iteration of that survey from 2019, the data told us that only 9% of homeless people claim alcohol or drugs prevents them from keeping a job or maintaining stable housing. An article in one Sacramento paper even claimed this data proves it is a "Myth" that homeless people all use drugs. At the time I severely questioned this data, but now I know for certain that it is faulty.

Even though this program itself was not successful, I am still glad that we did it and think there is great value to learning the lessons that we have. I also take great personal issue with new government programs that are started and turn out to be ineffective, yet get funded for eternity – so I am happy that we have quickly changed directions once we found out things weren't working.

I still believe that finding jobs for people who are homeless is an important piece to this overall problem that we are not looking close enough at. But I now realize with much greater clarity that there are bigger problems we have to get a handle on first.

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@sacounty.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.

Sacramento County
DA Reports



Defendant Convicted
of Murdering His Father

DATE: March 6, 2020
CASE: Wesley Heaton Scobee (Case #18FE014720)
PROSECUTOR: Deputy District Attorney Omar Singh, Homicide Unit

Wesley Heaton Scobee was convicted by a jury of the second-degree murder of his father, Ernie Scobee. The jury also found that the defendant used a firearm causing death.

Wesley Heaton Scobee and his father Ernie Scobee, resided in a home in Rio Linda. On July 31, 2018, Wesley Heaton Scobee shot his father in the head, killing him, while his father was sleeping on a couch.

Scobee faces a maximum sentence of 40 years to life in prison. Sentencing is set for April 17, 2020, at 10:00 a.m. in Department 42 before the Honorable Allen Sumner. ★

Blood was also found in Yokoi's sister's car. Yokoi eventually confessed to killing the victim.

Yokoi faces a maximum sentence of 26 years to life in prison. Sentencing is set for March 26, 2020, at 9:00 a.m. in Department 18 before the Honorable Stacy Boulware Eurie. ★

Defendant Convicted
for Multiple Robberies

DATE: February 28, 2020
CASE: Stefawn Taylor (Case #19FE014699)
PROSECUTOR: Deputy District Attorney Matthew Moore, Career Criminal Prosecution Unit

Stefawn Taylor was convicted by a jury of second-degree robbery, first-degree residential robbery, second-degree robbery and three counts of attempted second-degree robbery. The jury also found that Taylor suffered a prior 2014 second-degree robbery conviction and 2015 first-degree robbery conviction.

On June 19, 2019, an 84-year-old woman was returning home when Stefawn Taylor ran up behind her, knocked her to the ground and stole her purse before fleeing. On August 8, 2019, a second victim came home from work and found Taylor inside of his house holding several items of value. The victim told Taylor to drop the items and leave. When Taylor refused, the victim attempted to force Taylor out of his house. Taylor then pulled out a knife and threatened to kill the victim, who then let Taylor leave with the property. August 13, 2019, four juvenile victims were walking down the street when they encountered Taylor, who engaged the juveniles in casual conversation. Taylor then pulled out a knife and demanded the victims' property. One of the victims handed over his backpack and Taylor fled. A citizen saw the robbery in progress and contacted police, who quickly responded and apprehended Taylor.

Taylor faces a maximum sentence of 206 years to life in prison under California's Three Strikes Law. Sentencing is set for April 10, 2020, at 2:30 p.m. in Department 33 before the Honorable Laurel White. ★

Defendant Convicted of
Murdering Sister's Boyfriend

DATE: February 28, 2020
CASE: Rafael "Ralph" Yokoi (Case #19FE014967)
PROSECUTOR: Deputy District Attorney Anthony Ortiz, Homicide Unit

Rafael "Ralph" Yokoi was convicted by a jury of the first-degree murder of Mark Hamilton. The jury also found that Yokoi personally used a knife in the commission of the murder.

Rafael Yokoi was living with his two sisters. One sister was dating the victim, who would often stay the night at their house. On December 9, 2018, the victim and Yokoi got into a fist fight. The victim remained fearful of Yokoi and believed Yokoi would kill him. Two days later, the victim was found dead in his own home by a co-worker after he failed to show up for work. The victim suffered more than 32 stab wounds to his head, neck and chest. A search warrant of Yokoi's house revealed a knife that was consistent with the wounds inflicted on the victim. The knife had been cleaned, but the District Attorney's Crime Lab analyzed the leather sheath the knife was found in and it tested positive for the presence of the victim's DNA and blood.

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CLUES

ACROSS

1. Happen again
6. Promotions
9. Field mouse
13. UV absorber
14. Seek a seat
15. Eagle's nest
16. Jury ____
17. Mad King George's number
18. Bad-tempered one
19. *Two or more people on the road
21. *Fines can do that?
23. Scot's woolen cap
24. Give an impression
25. Last month
28. Willy Wonka mastermind
30. Lay down to rest again
35. Container weight
37. Damaging precipitation
39. One born to Japanese immigrants
40. Windows alternative
41. Clown act
43. London subway
44. What Motion Picture Association of America does
46. Lentil soup
47. Pulitzer winner Bellow
48. Little Women to Aunt March
50. Victorian and Elizabethan ones, e.g.
52. Dropped drug
53. Type of dam
55. Post Malone's genre
57. *Traffic separator
60. *Kind of lane
64. Tiger's and lioness' offspring
65. J. Edgar Hoover's org.
67. Capital of Vietnam
68. Between wash and dry
69. 1985 Kurosawa movie
70. Village V.I.P.
71. Brewer's kiln
72. Play part
73. Young salmon

DOWN

1. Campus drilling grp.
2. Poet Pound
3. Coconut fiber
4. Not fitting
5. Add a new magazine
6. Seed cover
7. *Punishable driver offense, acr.
8. Like a hurtful remark
9. Action word
10. Like face-to-face exam
11. Don't cross it?
12. Comic cry
15. Keeness in a certain field
20. D-Day beach
22. Old-fashioned over
24. Move like a serpent
25. *Go back the way you came
26. Hawaiian veranda
27. Banal or commonplace
29. **Raised ____, " or "Don't Walk"
31. Small fragments
32. Bar order, with the
33. Puzzle with pictures and letters
34. *Up-side-down triangle sign
36. Biz bigwig
38. Yarn spinner

Crossword Puzzle Solutions on Page 6

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

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71 72 73

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SUDOKU

1 2 3 4 5 6 7 8 9

10 11 12 13 14 15 16 17 18

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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 74 75 76 77 78 79 80 81

Solutions on Page 6

Find Puzzles on Page 6

RECUR ADS VOLE

OZONE RUN AERIE

TRIAL III CRANK

CARPOOL DOUBLE

TAM SEEM

ULT DAHL REBURY

TARE HAIL NISEI

UNIX ANTIC TUBE

RATES DHAL SAUL

NIECES ERAS LSD

WEIR RAP

MEDIAN PASSING

TIGON FBI HANOI

WRING RAN ELDER

OAST ACT SMOLT

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Sudoku Puzzle on Page 6

4 9 1 7 8 6 2 5 3

6 7 5 2 1 3 4 8 9

8 3 2 5 9 4 1 7 6

9 2 6 8 5 1 3 4 7

1 8 7 4 3 9 6 2 5

5 4 3 6 7 2 8 9 1

7 5 4 3 6 8 9 1 2

3 1 8 9 2 5 7 6 4

2 6 9 1 4 7 5 3 8

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Society for the Blind Celebrates Opening of Carl R. Otto Annex



Society for the Blind staff and board members celebrate the grand opening of the Midtown nonprofit's new Carl R. Otto Annex along with local dignitaries. Photo courtesy: Thébaud Comm.

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO REGION, CA (MPG) - More than 130 guests celebrated the grand opening of Society for the Blind's Carl R. Otto Annex earlier this month, an expansion of the nonprofit's facility in Midtown that now includes a training center, senior teaching kitchen and dedicated music room. The event included performances by the music program, ribbon cutting, champagne toast and speeches by Vice Mayor Jeff Harris, Sacramento City Councilmember Steve Hansen and California Department of Rehabilitation Director, Joe Xavier.

The annex is named after Carl Otto of Otto Construction, who passed away in 2007 and served on Society for the Blind's board of directors. Otto led the initial campaign to renovate the building, and his company, Otto Construction, played a key role. His daughter, Allison Otto, is past president and current secretary of Society for the Blind's board of directors and co-chaired the group's Vision 2020 campaign to expand services for the more than 100,000 people with vision loss living in the greater Sacramento region. The campaign raised \$4.5 million to complete the annex, serve the growing number of seniors in need of services to stay independent, empower

clients through education and training, create an endowment, expand the onsite Low Vision Clinic and upgrade technology.

"We are grateful to the many people in the Sacramento region who contributed to the Vision 2020 campaign and are making it possible for the growing number of people living with vision loss to access our services, workshops and events," said Shari Roeseler, executive director, Society for the Blind. "The Otto Annex will increase our ability to serve more people who need to learn blindness skills and who are looking for fun social events with other people experiencing vision loss."

For 66 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for nearly 6,000 youth, working-age adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org. ★



The Kiwanis Corner

By Sal Arrigo, Jr.

We Are Family

kids!" If there is one, I apologize for not knowing, but no matter, the Kiwanis Club of Orangevale – Fair Oaks is saying it loud and proud – our doors are open to your children at our business meetings! Kiwanis clubs do invite their Key Clubs (high school Kiwanis clubs) to come and take over one meeting a year to use as a fund-raising effort. Our club encourages parents to bring their children to give them the opportunity to learn about Kiwanis first-hand.

If you think we are doing this to attract new members, you are absolutely correct! In fact, I want parents to bring their kids to one of our meetings and check out the atmosphere and to meet people from all different backgrounds who have come together to work for the benefit of their local community. Kiwanis is mainly geared toward assisting children, but we

also reach out and help others in need.

I ask this one question – if you are interested in learning more about Kiwanis – what are you waiting for? Treat this column as your personal invitation. If you would like to bring your children, send us an email so we can plan for our extra "little" guests.

Come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com.

Sal Arrigo, Jr., is the president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. ★

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