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# AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

MARCH 13, 2020

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## Mardi Gras Magic

*Fair Oaks Rotary Rocks Annual Crab Feed*



Above: "The bar is open" said the always exuberant Mike Maddox (wearing hat in the middle). He served attendees all evening with the loyal support of his fellow Rotarians. Right: Pete Schroeder was extolling the virtues of Rotarianism to visitors.

Story and Photos  
by Paul Scholl

**FAIR OAKS/ORANGEVALE, CA (MPG)** - Two words that will always go together, Rotary and Party! The Fair Oaks Rotary held their big annual Crab Feed Fundraiser bash on February 15th. Once again, it was a magical affair.

Fundraisers within the fundraiser included the dessert dash, which was an absolute hoot. Tables competed by placing their table donations into envelopes and the highest bidders got

to "dash" first.

They also held a 50/50 card draw for a cash prize. It added a little fun confusion to the event, along with some really big smiles on the faces of the winners.

The FunDraw auction brought in over 50 donations from local businesses and individuals.

The student volunteers from  
*Continued on page 3*

## Orangevale/Citrus Heights Native Ashley Garlick Stars in "The Pajama Game"

42nd Street Moon  
Press Release

**SAN FRANCISCO, CA (MPG)** - San Francisco's 42nd Street Moon (Daren A.C. Carollo and Daniel Thomas, Co-Executive Directors) has announced the full cast and creative team for the Company's next production, the beloved Tony Award-winning "Best Musical" *THE PAJAMA GAME*. Based on the novel "7½ Cents" by Richard Bissell, *THE PAJAMA GAME* features a book by George Abbott and Bissell, with music and lyrics by Richard Adler and Jerry Ross (*DAMN YANKEES*). 42nd Street Moon's production will be directed by Ryan Weible, with music direction by Dave Dobrusky and choreography by Renee DeWeese. *THE PAJAMA GAME* runs from April 15 - May 3, 2020 and will perform at San Francisco's Gateway Theatre (215 Jackson St,



San Francisco's 42nd Street Moon (Daren A.C. Carollo and Daniel Thomas, Co-Executive Directors) has announced the full cast and creative team for the Company's next production, the beloved Tony Award-winning "Best Musical" *THE PAJAMA GAME*.

San Francisco, CA 94111). The press opening will take place on Saturday, April 18 at 6:00 p.m. Tickets range from \$30 - \$72 and can be purchased through the Box Office at (415) 255-8207 or online at [www.42ndstmoon.org](http://www.42ndstmoon.org).

"What makes *THE*

*PAJAMA GAME* great theatre is that the themes that resonated in the 1950s still resonate today - workplace romance, clashes between management and labor, and the great middle-class struggle to do more than just get by," said Co-Executive Directors

Daren A.C. Carollo and Daniel Thomas. "Additionally, we've been given permission to adapt portions of the script, using material from both the 1973 and 2006 revivals to ensure that the romantic leads are each given

*Continued on page 3*

## Census Invites Go Out Starting this Month

By Laurie Slothower,  
Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - Beginning March 12, households in Sacramento County will begin to receive invitations by mail to complete the 2020 U.S. Census. By April 1, the official U.S. Census Day, every household should have received one.

People can respond by phone, by mail and - for the first time - online. Census websites will be available in 12 languages other than English. Surveys may be completed on a computer, smartphone, laptop or tablet.

It's important that you and everyone in your household are counted. The Census determines federal funding for important services and programs that benefit our community. Sacramento County projects that rely on the U.S. Census for funding include the Florin area new street light project, the District Attorney's Human Trafficking Advocacy program, the Supplemental Assistance Nutrition Program (food stamps), and the Small Communities Flood Risk Reduction program.

Census results also ensure your voice is represented in government. The U.S. Census defines boundaries for Sacramento County supervisorial districts, school boards, water and fire districts, and the number of seats California receives in the U.S. House of Representatives.

Information submitted to the Census is safe, secure and 100 percent confidential. By law, your information may not be used to identify individuals or shared with any government or law enforcement agency. Violations are considered a federal offense.

In preparation for enabling online response, the U.S. Census Bureau has partnered with the U.S. Department of Homeland Security to ensure that information is safe from cyber-threats.

Sacramento County is partnering with community-based organizations and public agencies to make sure everyone is counted, especially groups who have historically low rates of census participation. Information on where to find census assistance centers will be available later this month.

For more information, contact the U.S. Census Bureau. ★







# Orangevale/Citrus Heights Native Ashley Garlick Stars in “The Pajama Game”

Continued from page 1  
strength and struggles in equal measure, and some of the more dated aspects of the secondary relationships are refreshed for today’s audiences. And of course, it’s fantastic music and incredible dancing.”

One of the greatest scores of Broadway’s Golden Age, THE



Cast member Ashley Garlick as “Babe”. Photo: 42nd Street Moon

PAJAMA GAME is full of immortal standards such as “Hey There,” “Steam Heat,” and “Hernando’s Hideaway.” The original Broadway production featured the choreographic debut of the immortal Bob Fosse and was the first producer credit for the legendary Hal Prince.

The cast of THE PAJAMA GAME will

feature Ben Jones as “Sid,” Ashley Garlick\* as “Babe,” DC Scarpelli as “Hines,” Renee DeWeese as “Gladys,” Daniel Thomas\* as “Prez,” Maureen McVerry\* as “Mabel,” Peter Budinger as “Hasler,” Jesse Caldwell\* as “Pop,” Katherine Stein\* as “Mac,” Lauren Meyer\* as “Poopsie,” Tiana Paulding as “Brenda,” Hayley Alicia as “Sandra,” Jean-Paul Jones\* as “Charley,” Tony Conaty\* as “Joe,” Coleton Schmitt as “Max,” and Scott Taylor-Cole as “Boris.”

In addition to Weible,



Ben Jones as “Sid”. Photo: 42nd Street Moon

Dobrusky and DeWeese, the creative team will include Maggie Connard (Associate



DC Scarpelli as “Hines”. Photo: 42nd Street Moon

Choreographer), Mark Mendelson (Scenic Designer), Michael Palumbo+ (Lighting Designer), Bethany Deal (Costumer), and Alicia Lerner\* (Stage Manager).

\*Member of Actors’ Equity Association, the union of professional actors and stage managers.

+Member of United Scenic Artists.

THE PAJAMA GAME runs about two hours and thirty minutes, including one intermission.

Tickets to THE PAJAMA GAME may be purchased online at [www.42ndstmoon.org](http://www.42ndstmoon.org) or by calling the Box Office at (415) 255-8207 (Tues. – Fri., 12:00 p.m. – 5:00 p.m.). ★

# Mardi Gras Magic

Fair Oaks Rotary Rocks Annual Crab Feed



Our table “won” the Mardi Gras cake during the dessert dash, a great idea for a fundraiser.

Continued from page 1  
Interact Club of Bella Vista High school did an excellent job of serving the tables and keeping the crab coming. It was great so see them working so hard to keep all the hungry visitors happy. And the meal of soup, salad, bread, and delicious crab was well worth the price of the ticket.

Rotary supports many local projects. Some of them include Adopt A Street; Career Day at Bella Vista, Battle for the Oaks; Food Bank Solar Program; Coach Pitch Little League, Concerts in the Park; Meraki mentoring program; Rotary Youth Exchange; Safe Halloween in Plaza Park; and Women’s Empowerment, and many more.

Silver sponsors this year included Fair Oaks Brew

Pub, Betsy Gade, Century 21 Select, El Gallo Bar and Grill, Watch & Wader, LLC. They also had over twenty bronze level sponsors and in-kind sponsors for the event.

The estimated tickets sales were just over 600, but the total wasn’t yet confirmed.

Rotary always puts on

a great event. To find out more about Rotary email [FaiOaksRotary@gmail.com](mailto:FaiOaksRotary@gmail.com) or call 916-591-4051. They meet most Mondays at Fair Oaks Community Club Housse, 7997 California Avenue in Fair Oaks at 6:15 pm.

This event was held at Divine Savior Catholic Church in Orangevale. ★



Diana Cralle and Rose Erickson Show off the many raffle prizes.

# Verdi Requiem - A Concert Dedicated To Biba Caggiano

By Erica Castillo,  
Digital Marketing Public Relations

“A work of staggering beauty and enormous drama from start to finish.”  
– Johannes Brahms

SACRAMENTO REGION, CA (MPG) - The Sacramento Choral Society and Orchestra (SCSO) with Music Director Donald Kendrick, and a roster of world-class soloists, are proud to present Giuseppe Verdi’s powerful Requiem in concert on March 21, at 8:00 PM in the recently-renovated Sacramento Memorial Auditorium. The performance will serve as a special tribute honoring the late Biba Caggiano.

Italian American Biba Caggiano, a popular chef, author, and television figure, was the driving passion for the well-known Italian restaurant Biba in Sacramento, established in 1986. The Bologna-born chef graciously contributed to the cuisine life of many known figures, such as former SF mayor Willie Brown, as his personal chef for a time, and Patrick Mulvaney of Sacramento restaurant Mulvaney’s B&L. The Sacramento Bee quoted Mulvaney on Biba’s contribution: “The love that Biba and her crew put into food and hospitality have set a standard to which we should all aspire,” “Her influence on the cooking of Sacramento is deep and wide. Generations of cooks have looked up to her and she will continue to inspire us.”

Giuseppe Verdi, one of the greatest Italian composers of the 19th Century, was primarily known as a composer of opera. To commemorate this special tribute to Biba, the City of Sacramento will present



Image of the well-known local Italian American restaurateur, the late Biba Caggiano. Photo: SCSO

a Mayoral Proclamation to her family members at the concert. Following the performance, the SCSO Team will honor Biba’s family member at a reception in Sacramento Memorial Hall. This invigorating performance of the Verdi Requiem will feature a large chorus of 206 singers, along with soloists from the Metropolitan Opera and a robust professional symphony orchestra, all conducted by Donald Kendrick. Featured Soloists include: Othalie Graham (Soprano), Linda Baird (Mezzo Soprano), Robert Breault (Tenor), and Malcom Mackenzie (Dramatic Baritone).

Tickets to this unforgettable performance and tribute are still available online at [sacramentochoral.com](http://sacramentochoral.com) or at the Memorial Auditorium Box office, call 916-808-5181. ★

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# SAFE Credit Union Named No. 1 Credit Union Lender

By Carole Ferguson,  
SAFE Credit Union

**SACRAMENTO REGION, CA (MPG)** - SAFE Credit Union received the No. 1 Credit Union Lender Award for 2019 by the Sacramento District Office of the U.S. Small Business Administration. SAFE has received the award numerous times since it started serving business members in 2007.

"This award is a true example of how SAFE Credit Union supports local business people as they seek to grow their companies," says SAFE Senior Vice President of Commercial Lending Ken Getz. "We serve our 6,000-plus business members in a number of ways, including helping them secure the funding necessary for them to expand their space, add inventory or equipment."

"Each year the U.S. Small Business Administration Sacramento District recognizes the top lenders in various categories in terms of the highest quantity of loans," says Carrie Ellinwood, lead lender Relations Specialist for the Sacramento District Office of the U.S. Small Business Administration. "Out of the credit unions in our district, SAFE did the most loans with the SBA guarantee in FY 2019."

Ellinwood adds that SAFE fills a crucial lending niche in the Greater Sacramento region. "SAFE typically does



Posing for an awards ceremony from left: Carrie Ellinwood, lead lender relations specialist with the U.S. SBA Sacramento District Office; SAFE Credit Union Business Development Officer Cindy Larson, SAFE Credit Union Business Banking Officer Ben Kolada; and SAFE Credit Union Business Development Officer Eric Grabin. Photo: SAFE Credit Union

the smaller loans that the larger lenders don't do," she says. "This is important because there are over 230,000 small businesses in our district and most of them have fewer than 10 employees."

SAFE Credit Union is often in the top five of all SBA lenders in the Sacramento area and is a Preferred SBA Lender. That designation allows SAFE to expedite the loan approval process for its business members, explains SAFE Business Development Officer Eric Grabin. "Being a preferred

SBA lender means we can make the lending decisions in house," he says.

Because SBA loans are guaranteed by the U.S. government, "it allows us to expand our credit box to take on deals that we may not have been able to do without that guarantee," Grabin says. "For SAFE, it allows us to share our already membership-based culture with small businesses. It's in line with our mission to help our small-business members grow."

As one of SAFE's CDC partners, SAFE Credit Union works with the

California Statewide CDC to connect small businesses to SBA 504 loans that allow entrepreneurs to access low interest loans needed for the purchase of owner-occupied commercial real estate or equipment with as low as a 10 percent down payment. "That 90 percent financing is a huge benefit for small businesses," says Mark Schwan, Senior Vice President with California Statewide CDC. "It allows a business owner to keep more capital in their business. Having a smaller down payment lets

them have more money available to grow their business."

An SBA 504 loan is a 10-percent down, fixed-rate, long-term loan designed to expand capital access – filling a market gap in long-term financing for America's small businesses. Financing for a typical 504 loan is broken into three parts, with only the 10 percent put down by the borrower. An additional 40 percent is provided by a Certified Development Company (CDC). CDCs are non-profit corporations that

provide loans to encourage small business growth in their local communities and are unique to the 504 Loan program. The remaining 50 percent is provided by a banking partner such as SAFE Credit Union. Typical project sizes range from \$300,000 to \$20 million.

SAFE Credit Union also recently entered into a Treasury agreement with the city of Sacramento in which the city will deposit funds with SAFE that will be used to support the local economy through loans to businesses and residents. The agreement is part of a 25-year commitment to the city in support of the SAFE Credit Union Convention & Performing Arts District, a completely renovated, state-of-the-art cultural and business events center scheduled to reopen in late 2020.

SAFE Credit Union is one of the few credit unions in the Greater Sacramento area to offer complete banking services to local businesses. SAFE offers lending solutions for commercial real estate, vehicles, and equipment, as well as business savings and checking accounts. Business members can also benefit from a rewards earning Visa® Business credit card, and other banking services such as remote deposit, merchant and payroll services. Learn more about SAFE's banking services at <https://www.safecu.org/business>. ★

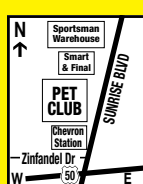
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# Waived Dog and Cat Adoption Fees for CA Veterans



**Pets for Vets Act – a win for both veterans seeking companion animals and shelter pets in need of a home.** Photo courtesy Pixabay

**By Allison Harris, Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - Veterans interested in adopting a dog or cat from California public animal shelters are now

eligible for waived adoption fees through the Pets for Vets Act – a win for both veterans seeking companion animals and shelter pets in need of a home.

The new law became effective Jan. 1, 2020 and prohibits any California public shelter from charging an adoption fee for a dog or cat to individuals who present eligible identification in the form of a valid driver’s license or ID card with the word “VETERAN” printed on its face. Although the bill waives adoption fees, licensing and other fees may apply depending on the shelter. The bill also limits the number of dogs and cats adopted from that public animal shelter by an eligible veteran to one dog and

cat each six month period.

Sacramento County’s Bradshaw Animal Shelter currently offers \$25 adoption fees for dogs, cats and rabbits which include spay and neuter surgery, vaccines and microchipping. With the new law in effect, the shelter is honoring the waived adoption fees for veterans with eligible identification.

“Standard adoption counseling is still applied to make sure a good match is made between the animal and the adopter,” said David Dickinson, Director of Bradshaw Animal Shelter.

Once the adoption process is complete, the adopter is responsible for paying required licensing fees and obeying local

animal regulations and ordinances.

Those interested in adopting a pet can visit the shelter during open hours Tuesday and Thursday 12:30 p.m. to 6:30 p.m., Wednesday and Friday 12:30 p.m. to 5:30 p.m., Saturday and Sunday 12:00 p.m. to 4:30 p.m. at 3839 Bradshaw Road, Sacramento, CA 95827. The shelter also operates an offsite adoption center inside Petco located at 8840 Madison Ave in Fair Oaks, CA which is open daily 11:30 a.m. to 6:00 p.m.

For a list of available adoptable pets, visit the Bradshaw Animal Shelter’s website. Can’t adopt? Consider volunteering, fostering a shelter animal or donating to the Bradshaw Animal Shelter today. ★

# California Seeks Volunteers to Help Keep Waterways Clean

**California Department of Parks and Recreation**

**SACRAMENTO REGION, CA (MPG)** - California’s Boating Clean and Green Program is looking for individuals to become Dockwalkers and help keep the state’s waterways clean. Dockwalkers raise awareness among the recreational boating community about clean boating practices by distributing educational boater kits at marinas, boat launch ramps and boating events.

Since 2000, more than a thousand Dockwalkers have taught over 20,000 boaters about oil, fuel, sewage, trash and marine debris prevention. California has one of the highest levels of recreational boating activity in the nation. With approximately four million motorized and non-motorized boaters, even a small amount of pollution per vessel can cause serious harm to waterways and marine wildlife.

“We urge any water enthusiast who wants to make a difference in keeping our waterways clean to become a Dockwalker,” said Vivian Matuk, Boating Clean and Green Program Manager. “Educating the public on a one-on-one level can really make a difference for the health of our environment and boaters.”

Anyone who is interested in this effective educational program can view our online Dockwalker videos to learn what we do and see our success stories. Individuals



**California has one of the highest levels of recreational boating activity in the nation; Train to keep it clean!** Photo by Dockwalker Civicorps

15 years of age and older can become Dockwalkers by simply taking a free, three-hour training class. Training opportunities are available throughout the state from March through May 2020. Pre-registration is required. Participation in the program, including the training sessions qualify as community service.


Dockwalker trainings for this year are:

- Brisbane (Wednesday, March 11)
- San Rafael (Saturday, April 4)
- Vallejo (Saturday, April 11)
- Sacramento (Saturday, May 2)

Marinas and yacht clubs are also encouraged to participate. Participating facilities receive educational materials and tools to operate a clean boating facility and minimize water quality impacts. This program provides marinas with points towards the Clean Marina Designation. Participation in the Dockwalker Program counts towards the nomination of the Club of the Year under the community service category. In addition, yacht clubs and marinas are essential in spreading awareness directly to boaters.

Partnerships with The Bay Foundation, U.S. Coast Guard Auxiliary, U.S. Power Squadrons, Save Our Shores, Lake Berryessa Partnership and many more organizations are integral to this program’s success.

The Dockwalker Program is part of California’s Boating Green and Clean Program. The program is an education and outreach program conducted through California State Parks and the California Coastal Commission. For more information, please visit BoatingCleanAndGreen.com. ★



SACRAMENTO TAXPAYERS ASSOCIATION

59<sup>th</sup>

ANNUAL BANQUET

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Thursday, April 16, 2020

SACRAMENTO ASSOCIATION OF REALTORS

MACK POWELL  
EVENT CENTER

2003 HOWE AVENUE, SACRAMENTO, CA

5 PM No Host Reception      6 PM Buffet Dinner

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EMCEE  
Phil Cowan

KEYNOTE SPEAKER  
John Kabateck, NFIB State Director  
“The Negative Impacts of AB-5”

SPECIAL PRESENTATION  
Jon Coupal, President Howard Jarvis Taxpayers Association  
“Split-Roll Property Tax Initiative”

TRIBUTE TO DOUG HAALAND

2020 GOOD GOVERNANCE AWARD  
Presented by Jon Coupal & Craig Powell

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Silver Sponsor	\$1,000
Table Sponsor	\$400 for 8
One Person	\$55

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To purchase tickets go to  
**sacramentotaxpayers.com**  
and follow the “Annual Dinner Event” link on the main menu.

# Spring Genealogy Seminar to be Hosted by Root Cellar

**By Linda Johnson, Sacramento Genealogical Society**

**SACRAMENTO REGION, CA (MPG)** - Sacramento Genealogy Society aka Root Cellar, is presenting D. Joshua Taylor as our guest speaker for an all day Seminar on Saturday, March 28, 2020. Joshua is an internationally known speaker who began researching his family history at age ten after listening to his Grandmother's stories. He is the current President of the New York Genealogical and Historical Society, was a Co-Host on the PBS Genealogy Roadshow Series and has been a researcher/consultant on the Who Do

You Think You Are series. His topics are: Bridging the Gap: Finding Ancestors in the United States Between 1780 and 1840; Online Resources for Colonial America: Help to break through your Brick Walls; Beyond Belief: The Wealth of Information in Genealogical and Historical Societies; Online Library Catalogs: A Genealogist's Best Kept Secret. Root Cellar's Spring Seminar on March 28, 2020 will be at the Fair Oaks Presbyterian Church. For more information and Registration (Don't delay as NO Registrations will be accepted after March 14, 2020), go to [www.rootcellar.org](http://www.rootcellar.org). ★

# Baby Basket Drive Raises \$16K

**By Kristin Thébaud, Thébaud Comm.**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Life Center’s sixth annual Baby Basket Drive for new moms raised \$16,000 from the community in December, which will buy 320 baskets for Sacramento Life Center patients throughout 2020. The drive is held each December to kickstart the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more. Last year’s drive raised \$10,000.

Donations will be accepted throughout 2020 and can be made online at [www.saclife.org](http://www.saclife.org) by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

“One of the most overwhelming feelings is learning that you’re pregnant and fearing you won’t have the resources to care for your



**A patient and her children receive a baby basket from Sacramento Life Center, thanks to the group’s Baby Basket Drive held each December.** Photo by Kristin Thébaud Communications

vulnerable baby,” said Marie Leatherby, executive director, Sacramento Life Center. “Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a

support system to help raise their child. These baskets give expecting mothers proof that they will always have a family here at the Sacramento Life Center and supporters out in the community rooting for their family.” ★

**Earn extra money for just a few hours delivery work per week!**

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FOUR LETTER WORD

Now don't get ahead of me because I said four letter word. We all have to face times when our backs are up against the wall. So how do we learn to deal with it and maybe even learn to laugh? **Dr. David Levy** faced adversity and learned to laugh at himself and get up to face life. **Dr. Levy** is an award-winning Professor of Psychology at Pepperdine University, and he has been sought out for appearances on CNN, PBS, NPR and Nat Geo as a media consultant on current events. So came his book **"Life is a 4-Letter Word"** laughing and learning through 40 life lessons.

Here are ten he shared with me on my POPPOFF Radio Show. **1) SOMETIMES A TIE IS REALLY A WIN.** This lesson can apply to relationships, friendships...basically all human interactions. It is a shift in perspective that allows everyone to

POPPOFF!

with Mary Jane Popp

emerge a winner, with no necessity for losers. **2) EMPTY THREATS ARE WORSE THAN NONE AT ALL.** This lesson became especially poignant and relevant as he became a parent. He remembered this lesson every time he went to Disneyland with his kids. I'm sure you get what he means. **3) TRY TO REPLACE ENVY WITH SELF-ACCEPTANCE.** Envy knows no bounds, but self-acceptance can stem the tide. **4) WHEN YOU DON'T KNOW WHAT TO DO, FAKE IT 'TIL YOU MAKE IT.** With this lesson, you can get a lot further than you think, and hey, no one can tell you otherwise. **5) FIND FORGIVENESS THROUGH EMPATHY.** He told me it is easier said than done, but with practice, it can become easier. I remember when a concert pianist was asked how he got to Carnegie Hall, his answer was simple... practice, practice, practice. **6) HAVE THE WISDOM NOT TO FIGHT EVERY BATTLE.** Because sometimes it is not even about winning, but knowing that the battle may not be worth fighting over. **7) LEARN TO**

**TRUST FACTS OVER FEELINGS.** This lesson has the backing of the United States Navy, so if you don't like it, take it up with them. **8) DIFFERENTNESS IN ITSELF IS NOT A THREAT.** Something to keep in mind, especially in today's society, when circumstances can get so divisive among people. It's okay to be different. **9) LOVE SOMETHING ENOUGH TO LET IT GO.** This is a lesson from one of his personal favorite stories. Long live Zorro, his beloved Labrador. This story has a special place in his heart, and he knows pet loves will really relate to this story. I know I sure do and more than once. **10) WITH AGE, THE ABSENCE OF CATASTOPHIC NEWS IS GREAT NEWS.** It was the first time in his life when he was genuinely ecstatic to have a kidney stone. I guess what he means is all you have to do is think of all the other much worse possibilities!

My favorite lesson was "Things could always be worse." So enjoy the moment at [www.drdividlevypsych.com](http://www.drdividlevypsych.com). Live the 4-Letter word...**LIFE!** ★



By Marlys Johnsen Norris, Christian Author

God alone is the Author of truth, true love and grace that provides what is true and everlasting. Our Heavenly Father's standard for love was established by Him. It proved as the example and standard of Christ's obedient love, when He willingly died to provide eternal life for those who accept his life, death and resurrection. And His words of unconditional love taught His Beloved Son to all of us GIVING a new commandment:

**"To love one another as He has loved us!"** He willingly gave His life for us! Jesus, the Son of God the Father loved us that much!

The world's standard for love is much different than the love given to us by the Lord. God's message of "love is truth" described in the Gospel. The other

The Law Of "True Love"

kind of love is often mistaken and exists only to satisfy the "flesh". Being born a Jew, Jesus fully understood all the laws of God well. He was expected to live by them. He was obedient and seriously considered the words spoken by His Father. He believed they meant something and important and they all mattered.

A blessed "legacy" some parents still give to their children. In His time there was no printed Bible, just the spoken word. *(Bibles were not printed until the 1500's)*

Today all prophetic Scriptures in the Old Testament have been literally fulfilled and it is urgent that those who have faith and believe follow God's Holy Word "living-out" the new commandment of Divine Love. Jesus lived it out and taught others to see and experience Agape kind of love. We are to become living by examples and hopefully others will accept Jesus as their Savior and Lord of their life. Living a life of a Christian is a believing faith, following and DOING the

commandments of God in our daily life.

Therefore, let us live in close personal intimacy in the presence of God by living by a higher standard so others will see us as His disciple "marked by infinite unconditional love!" **"By this all will know you are My disciples, if you have love for one another."** *(John 13:35)* It is when someone does experience God's love through us, they begin to understand the depth of God's love for them! When others "see and experience" God's Agape (unconditional) love through us, they see and experience how we are DIFFERENT because we are **"alive with the Spirit of Christ in us"** - because they experience the reality of true love from God in and through us. Honor and Praise be to God alone!

Marlys Johnsen Norris  
Christian Author  
and Stephen's Minister  
"Messages in the Dust for the Searching Soul"  
[Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)  
PO Box 114, Orangevale, CA 93662 ★

I Sure Miss My Old Typewriter

Dr. James L. Snyder

I was going through my office the other day looking for something, and then I saw it for the first time in many years. It was my old typewriter.

Most people today have no idea what the typewriter is.

In those old typewriters, what you typed was exactly what you got. If you mistyped a word, it was mistyped. I cannot remember how many times I yanked the paper out of the typewriter, put in a new piece and started typing all over again.

The thing so exciting was if I wanted several copies of what I was typing, I could use carbon paper between each page. What I typed on the first page was typed on the second and third pages. That sure was exciting because now I had copies of what I was typing.

The problem was, when I made a typo on the first page, it went all the way through to the last page. You could not fool those carbon copies. What was on one was precisely on the other.

That typewriter was a friend of mine, and we worked like a well-oiled machine. The thing about that typewriter, it never

tried to correct me. It always went along with what I said and wrote – and never talked back to me. I was actually in charge.

At the time, I thought I had no better friend than that old typewriter of mine. To look at it now, I kinda smile as I remember how things have changed.

I was writing my first book, typing each page, when I learned about this new thingamajig called a computer.

The more I learned about these computers, the more interested I became. According to the people I was talking to, I could increase my output 100 times faster. I initially did not believe that.

Finally, halfway through that first book, I decided to switch over to a computer. Those first computers had no hard drive, so you had to put a floppy disk in to run any program that you might be using. You also had to save what you were writing to a floppy disk.

I set that new computer up in my office and started fiddling around with it to try to understand how it worked. Much to my surprise, the more I fiddled, the more I liked the music I was hearing.

I did not have to use paper


until the manuscript was completed and I could print it out on a printer. If I made a typo, I could correct it right there on the screen, no problem.

Getting adjusted to it was difficult for me. I remember the first chapter I did and worked very hard to complete, but I forgot to save it on a disk and lost that whole chapter. I was a little provoked because my old typewriter would never have done that!

Looking at that old typewriter, I thought of what Solomon once said. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9).

Maybe the way I do certain things today has changed, but the message is always the same. Techniques change, but words never will.


*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](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com). ★*



**Dare to Live Without Limits**

by Bryan Golden

**Are You Aware?**



Are you aware of the direction of your life? Are you aware of what's happening around you? Are you aware of what path you are on? Are you aware of the impact you have on others? Are you aware of the effect of your actions?

Without awareness, you are walking around in a fog. You have no clue as to what's happening, or why. Imaging driving your car with the windshield painted over. Since you would have no idea where you are going, crashing would be a certainty.

In order to drive safely, you require an awareness of where you are, what's up ahead, visibility, weather, traffic, along with any other conditions which affect your trip. This information enables you to make sound decisions, which keep you safe.

Although being aware while driving is considered common sense, a surprising number of people don't maintain awareness of what is going on with their lives. This deprives them of the feedback necessary to keep their lives on track.

People are unaware for a variety of reasons. Not facing reality leads people to be unaware of what is going on. Being close minded limits a person's ability to see things accurately. Self-absorbed people are unaware of how others react to them. Unawareness, regardless of the cause, leads to numerous problems.

Let's review some of the aspects of your life you should be aware of. Start with what's happening right now. Are things going the way you would like, or are you dissatisfied with your current situation? If things are going well, identify what you are doing right and stay on your current path.

Where there is room for improvement, determine how you arrived at your current circumstances.

Next, figure out what steps are necessary to change course. Taking action to employ the new strategy will begin adjusting your path to a more desired direction.

You should always be aware of the relationship between cause and effect. Every action you take has an impact. In order to change your results, you need to change your actions. So being aware of your actions, and their effects, enables you to make adjustments as needed.

Be aware of your level of happiness. If you are not as happy as you want to be, look for any issues which are negatively affecting you. Rectifying these problems will have a corrective impact. Awareness of what you like, and don't like in your life, positions you to maximize the positive, while minimizing or eliminating the negative.

Maintain an awareness of the condition of important interpersonal

relationships. How the other people involved feel is just as important, if not more so, as how you feel. Being aware of how you impact others is essential for successful and satisfying relationships.

An awareness of your goals, and the progress you are making towards them, is vital to achieving your objectives. Your goals may change over time. You can drift off track. Awareness allows you to make the appropriate adjustments, which keeps you on your desired heading.

There are many other aspects of life which are also important to you. Remaining aware of each one, along with whether or not you are satisfied, provides an opportunity to make adjustments.

Awareness is focused on the present, along with looking ahead. Don't waste time lamenting what has already transpired. The past teaches you what worked, and what didn't. Use this experience to move forward more effectively.

Awareness empowers you to make things happen, rather than waiting and hoping for situations to change. Awareness enables you to take control of your life. Being aware of all aspects of your life leads to greater satisfaction, as you make positive adjustments.

**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. © 2017 Bryan Golden ★*



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Ask Toni

Need to Stop Medicare Part B



Hello Toni,  
My husband, John enrolled in Medicare Parts A and B when he turned 65 last September because friends had said if he does not enroll in Part B, he will get a penalty. He is fully employed with excellent employer benefits.

Last week, I spoke with a representative at the Social Security office when I went to apply for my Social Security check and asked them if he would really be penalized if he had delayed enrolling in Medicare with employer benefits. They said he would not if he provides evidence that he has maintained employer health insurance signed by my employer. The agent said he should go to the local Social Security office and ask to have his Medicare Part B removed since he is fully employed with employer benefits.

This information seems opposite to what he has been advised regarding his Medicare. Please explain what John should do to disenroll out of Medicare Part B? Sherry from Spring Branch area

Sherry:  
Social Security gave you excellent advice about John's Medicare. John should visit his local Social Security office and explain to the representative that he needs to have his Medicare

Part B terminated due to having employer benefits and fill out form CMS-1763 or call Social Security at 1/800-772-1213 to discuss his options. Social Security advises those wishing to terminate their Medicare Part B to have a personal interview at a local Social Security office. John working full-time with employer benefits is what protects anyone who wishes to delay their Medicare Part B.

Enrolling in Medicare correctly can be stressful. When you enroll in Part B the wrong way, it can cause you to not qualify medically for the Medicare Supplement you want when you leave your employer benefits. You will be in your Medigap Open Enrollment period.

There are special Medicare rules for employees or spouses who are "still working" with "true" company benefits.

The process to enroll in Medicare Part B, if you have delayed Medicare Part B is:

- There are 2 forms available from Social Security's website or you can ask the Toni Says® office. (info@tonisays.com) On the top of each form write in red letters "Special Enrollment Period." This tells the Social Security agent processing them, you are signing up at the right time and keep from giving you a penalty. You are applying for a SEP (Special Enrollment Period).

1. Form #1 Request for Employment Information: proof of employer group health care coverage based on

current employment. If you have had 2 or more jobs since turning 65, then all companies you have worked for from age 65 to the time you are retiring, to sign this form. If you are married, you will need the same number of forms for you and/or your spouse filled out and signed by each company's HR department which you have worked, proving that you and/or your spouse were covered by employer group health insurance.

2. Form #2 Application for Enrollment in Medicare: this is your application for medical insurance from Medicare known as Part B. Social Security fills out this form.

For a Medicare Enrollment Checkup, call the Toni Says Medicare call center at 832/519- 8664 regarding your Medicare plans and options.

March 2020 Confused about Medicare Workshop:

- West Houston/Katy-Tuesday, March 24th Spring Creek BBQ-Katy 6:00 – 8:00 PM at Spring Creek BBQ-Katy-Banquet Room (dinner not provided) 21000 Katy Freeway, Katy, TX 77449

RSVP 832/519-8664 or visit tonisays.com and sign up via the Toni Says® website.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book at www.tonisays.com. Have a Medicare question? Email Toni at info@tonisays.com. ★

Social Security Matters

Does Social Security Ever Make Mistakes on Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor



explore why you feel your benefit may not be correct.

When you say you "retired early at age 61" I assume that means you claimed your Social Security early at age 62 (the minimum age). Since your full retirement age is age 66, that means that by claiming at age 62 your benefit was cut by 25% from what it would have been at age 66. Also, any benefit estimate you had from Social Security prior to claiming made the assumption that you would continue to earn at your current level until you reached your full retirement age. If you "retired" and stopped working and earning at age 61, the benefit you are entitled to is less than that estimate you had from Social Security at age 61.

So, how can you address your concerns? I suggest the first thing you do is get a copy of your lifetime earnings record from Social Security. You can do this by calling them and requesting it or, if you have a "My Social Security" personal account, you can obtain it online. You should verify that all of your lifetime earnings are properly reflected in Social Security's records (SS gets your earnings data from the IRS). Note that only your earnings up to the maximum payroll tax for each year count because that's all you paid SS FICA tax on; if your actual earnings in any year

were more than the annual payroll tax cap, only the amount up to that year's tax cap is used. Be aware that if you find an error, you will need to prove it to Social Security by showing them a copy of your W-2 or your Federal Income tax return for the year(s) in question. If your lifetime earnings record is in order, then you are almost certainly getting the correct benefit. When computing your benefit, Social Security adjusts each year of your lifetime earnings to today's dollar value, so inflation shouldn't be a factor either. The highest earning 35 years over your lifetime (adjusted for inflation) are used to determine your benefit amount.

If you're still uncomfortable that you may not be getting the correct benefit, you should call Social Security directly and ask them to review your benefits to make sure you are receiving the correct amount. Social Security has all of your lifetime earnings data immediately available and can quickly determine if your benefit amount is correct based upon the earnings history shown in your record.

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. ★

Celebrate Pi Day and Walk with the Sacramento Walking Sticks

By Barbara Nuss, Sacramento Walking Sticks

SACRAMENTO REGION, CA (MPG) - The Sacramento Walking Sticks Club will be celebrating the ratio between the circumference of a circle to its diameter – approximately 3.14 – on Pi Day, Saturday, March 14, 2020. We invite everyone to join in on our event, walking and eating "pie" with us before and/or after the walk.

The start/finish of our event will be Marie Callender's Restaurant & Bakery, 5622 Freeport Blvd, Sacramento, CA 95822.

Registration for the walk will be from 9:00 a.m. to 12:00 Noon, finishing by 3:14 pm.

Everyone will have their choice of walking either a 5k (3.14 miles) or a 10k (3.14 x 2) route that is rated a 1A. The routes are wheelchair and stroller friendly; the family dog will love the outing, but

they cannot come into Marie Callender's. Children are encouraged to come and walk on foot, use their scooters or skates and if they're 12 and under—they can eat FREE at the last remaining Marie Callender's in town. Families are encouraged to come and walk.

We walk for the fun and fitness of the event and to see new places along the way and hopefully meet some new friends as well. The walk takes people into little known areas of Sacramento – the Little Pocket neighborhood, Belle Cooleage and Bahnfleth Parks as well as walking by the Sacramento Executive Airport and the Sacramento Public Safety Center.

Everyone can walk for FREE or pay \$3.14 for volkswalk credit. (The normal fee for volkswalk credit is \$3.00 per walk – the extra 14¢ will be donated to a local food closet.

For more Pi information visit http://www.piday.org/ Or http://mathforum.org/dr.math/faq/faq.pi.html. ★



SMUD and BERC have partnered to offer several tours as a continuation of the Sustainability Series with information about waste diversion, electric transportation, sustainable communities, urban agriculture and a tour of SMUD's Headquarters building.

**Sacramento International Airport**  
Wednesday, March 4, 2020, 9 – 10:30 a.m.  
6900 Airport Blvd., Sacramento

**Uptown Studios**  
Wednesday, April 1, 2020, 9 – 10:30 a.m.  
2415 23rd St., Sacramento

**Greater Sacramento Urban League**  
Wednesday, May 6, 2020, 9 – 10:30 a.m.  
3725 Marysville Blvd., Sacramento

**Soil Born Farms**  
Wednesday, June 3, 2020, 9 – 10:30 a.m.  
2140 Chase Dr., Rancho Cordova

**SMUD Headquarters Building**  
Wednesday, July 8, 2020, 9 – 10:30 a.m.  
6201 S St., Sacramento

Register and learn more at [smud.org/Workshops](http://smud.org/Workshops)



A SHOUT OUT for Women's History Month!

By Sheila LaPolla

SACRAMENTO REGION, CA (MPG) - Women's History Month celebrates the vital role of women in American history. The vibrancy and legacy of women past and present unifies and nourishes our collective whole as we march onward towards fundamental human equality.

We all play a vital part in the intricately woven fabric of who we are as a whole.

We women, young and old, of diverse backgrounds and beliefs play a fundamental role in shaping our country's future. We need to be ever mindful of our power and not only reflect upon and celebrate the lives of famous women pioneers and leaders in our history and the unsung women heroes of our daily lives; we need to SHOUT IT OUT to the world and be a part of that SHOUT OUT! ★

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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.

The discussion around the ever growing homeless crisis often gets linked to the issue of mental illness, and rightfully so. But mental health issues are something that we have become more aware of as society over time. We know that mental health problems can manifest themselves in different ways and affect everyone differently. Too often, we do not become aware of the severity of a mental health problem until we see the manifestation of it before our eyes. It is those moments, when a person is in crisis, that law enforcement is often forced to become involved.

I was pleased to be able to announce last year that my colleagues and I approved an increase of \$72 million for mental health spending, largely from state funding sources. At the time, I was excited that part of that funding would go to expand the number of Mobile Crisis

Orangevale Community Update

Growing Solutions for a Growing Crisis

Support Teams (MCST) in the County and even wrote one of my monthly articles about it.

For those who may not be familiar, an MCST consists of a Sheriff's Deputy or law enforcement officer partnered with a licensed mental health counselor. Together, they respond to 911 calls involving a person experiencing a mental health crisis. The licensed mental health counselor makes contact with the subject of these calls, unarmed, and takes an informed, compassionate approach. This approach enables the MCST to evaluate the situation and identify what services an individual may be in need of. The results of the MCST have been significant in reducing arrests and connecting homeless individuals with services.

When I wrote about the MCST expansion last year, the entire north part of the county was going to expand from having two mobile crisis teams to the three. While that was a positive development to be sure, I knew that we would need more. That is why I could not be any more thrilled to say that my district will now have five full time MCSTs dedicated. For the people of Orangevale, this means going from having one dedicated team at the Sheriff's North Division, to two. More dedicated MCSTs means that our communities will be better

equipped to address the growing number of mental health crisis calls.

In total, the county is seeing the number of MCSTs going from six teams to eleven. When I heard that we would be seeing this type of increase, I knew I had to fight to get the people of my district as many dedicated teams as possible. As a result, district four will be served by five of the eleven total teams. The Folsom and Citrus Heights police departments will both have a full time licensed counselor working with their officers and the unincorporated portions will have three licensed counselors, each with a Sheriff's Deputy. I look forward to seeing these teams up and running this March making our communities safer. MCSTs offer a balanced approach to a delicate problem and I am thankful for this development. 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@sac-county.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. ★



**By County Supervisor Susan Peters**

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

March Presidential Primary Election

California's Presidential Primary Election Day is March 3rd and ballots were mailed out to all registered voters in Sacramento County earlier this month. If you have not voted yet, you have three ways to do so – mail in your ballot, personally deliver it to a secure drop box location or vote in person at a Vote Center of your choice.

To mail in your ballot just place the voted ballot inside the envelope provided in the mailing, sign the envelope and return it. If you want to deliver it in person, you can place your ballot in any of the many secure Drop Box locations throughout Sacramento County. A complete list of locations can be found either online or in the Voter Information Guide that was sent to you.

FAIR OAKS COMMUNITY UPDATE

With the passage of the California Voter's Choice Act, traditional polling places have been replaced with selected Vote Centers located throughout the county. All Vote Centers are now open through Election Day. This means voters can choose when and where they physically want to vote that's convenient for them. A complete list of locations also is available in the materials mailed to you as well as online.

For more information about voting in this election, please go online to elections.sacounty.net. You can also call the Elections Office at 916-875-6451.

Construction Update

Sacramento County's Department of Transportation (SACDOT) reports the bridge replacement project on Winding Way at Chicago Avenue in Fair Oaks is on track to be completed in March of 2020.

Construction of the bridge itself is complete, but the roadway approaching the bridge still needs to be re-constructed as well as some retaining walls. SACDOT reports the contractor has been working on completing the walls as well as other items. The cold and wet weather, however, has delayed placing the asphalt for the approaches.

A big thank you to everyone's patience as the final details get completed for the March re-opening.

Sacdot Is Storm Ready

The winter storm season is here and you can be assured the Sacramento County Department of Transportation (SACDOT) is prepared to provide quick response to roadway maintenance incidents.

SACDOT's crews provide year round response for weather-related incidents, roadway hazards, urgent roadway repairs, pavement maintenance problems, traffic control and detour-signs twenty-four hours a day, seven days a week.

When winter weather hits, crews will respond to clear roadways, remove fallen trees, repair streetlights, fix traffic signal malfunctions and keep traffic moving safely. Flooded roads are monitored and closed when necessary. When roads are flooded, they are posted online at sacdot.com to allow you to check routes for problem areas.

While crews are in the field every day, your assistance – especially during bad weather conditions – is important. Report roadway issues by calling 311 (or 875-4311) or reporting online at 311.sacounty.net. You can also report with a 311 app on your phone.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@sacounty.net. ★

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CLUES

ACROSS  
1. Cutlass or Delta 88, for short  
5. Passports and driver's licenses  
8. Bit of smoke  
12. Narcotics agent, for short  
13. Type of coffee maker  
14. Sashay  
15. Austin Powers' antagonist  
16. Creole cuisine staple  
17. Designer Calvin  
18. "Last year's winning coach  
20. Red-encased cheese  
21. Prepared  
22. Drunkard's sound?  
23. Source of white meat  
26. They are often grand  
30. "Ever" to a poet  
31. Mrs. Potts of "Beauty and the Beast"  
34. Cough syrup balsam  
35. Russians, e.g.  
37. A shot could prevent it  
38. Up and about  
39. Lake \_\_\_\_caca, South America  
40. Plant disease  
42. \*Member of University of Utah team  
43. Autumnal zodiac sign  
45. Rooster, e.g.  
47. Rare find  
48. Campus VIPs  
50. Razor-\_\_\_\_  
52. \*Lowest seed  
54. In good health  
55. 2017 Oscar-winning animated film  
56. "\_\_\_\_ for thought"  
59. Essential oil derived from iris  
60. Nasal input  
61. Pre-swan state?  
62. \*NCAA basketball team with most titles  
63. \*7 seed opponent in round 1  
64. Prospector's mother

DOWN  
1. \*Top seed  
2. Abbreviation on a bathroom door  
3. Precedes drab  
4. Part of an eyeball  
5. Vexed  
6. Eastwood's \_\_\_\_ Harry  
7. Quarrel  
8. \*Lowest seeded team to win championship  
9. Part of ideal  
10. Fit for a skinny one  
11. Mightier than sword?  
13. Give to St. Vinny's  
14. Yarn store unit  
19. Does like Matryoshka  
22. \*An airball doesn't do it to either rim or net  
23. Outdoes  
24. Thing of the past  
25. One of the Muses  
26. \*Final \_\_\_\_  
27. India's sacred flower  
28. \*Like last eight  
29. More sure  
32. Like Bob Ross' hair

Crossword Puzzle Solutions on Page 9

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

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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.

Solutions on Page 9

Find Puzzles on Page 9

O	L	D	S			I	D	S			W	I	S	P											
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Sudoku Puzzle on Page 10

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

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# Get the March Member Madness



By Dot Boyd, Fair Oaks Chamber of Commerce

**FAIR OAKS, CA (MPG)** - It's March Member Madness at Fair Oaks Chamber! Become a brand new member in March and we'll waive your new member processing fee! For businesses, belonging to FOCC is THE place in which to get noticed, grow your business AND yourself, and connect with other small businesses in the area.

Take it from fifteen-year member, Dustin Buck, CFP®, MBA of Buck Wealth Management who says, "Joining the Fair Oaks Chamber has been

one of the best decisions I have ever made for myself and my business." I concur! Six years ago, when I joined FOCC, I was beginning to find my footing after taking time out of my career for family caregiving. The Chamber gave me a place where I could plant my flag, get involved, and become a trusted resource in my community. Two years ago when I started a new business in the senior care industry, I was already known, and as a result, a good portion of my referrals come from fellow FOCC members and our community partners.

Chamber membership offers so much value, including a free "traffic catcher" website to elevate your visibility on the web, plenty of opportunities to promote your business, network with other members, sponsorships, vendor events, and so much more! Would you like to connect with fellow members who already serve your ideal client? Of course you

would! Then join us for a free, member-exclusive "Powerful Connections" workshop on Tuesday, March 24th from 5:30 pm to 6:30 pm at the Chamber office. Reach out to me at dotforseniorsafety@gmail.com or to our Chamber office at 916-967-2903 to find out more about this and our membership program.

Next up: monthly luncheon on Thursday, March 19th. Not far off is our 71st Fair Oaks Fiesta on Sunday, May 3rd from 8:00 am to 4:00 pm. The Fiesta is a great event for volunteering, sponsoring, and for being a vendor!

Be sure to visit our website [www.fairoakchamber.com](http://www.fairoakchamber.com) for the comprehensive community events calendar, to register for events, to find out about membership and sponsorship opportunities, and to look for member businesses when you shop or are in need of a service. Our members truly appreciate your support.

See you in Fair Oaks! ★



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