



**The Tibetan Monks
of Gaden Shartse
Monastery Tour**

PAGE 2

**SacRT Expands
Microtransit Service
to Six Additional
Communities**

PAGE 3



AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 04

Serving Fair Oaks, Orangevale & Sacramento County

FEBRUARY 21, 2020

**SEE
INSIDE**

**BABY BASKET
DRIVE RAISES \$16K**



PAGE 3

**WHERE'S MY
BALLOT?**



PAGE 4

**CELEBRATING
SPECIAL NEEDS
KIDS THROUGH
SPORTS**



PAGE 4



Scan our QR Code for a
direct link to our online edition!

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

We Can Do That!

MPG

To place your legal
advertising, go to
CarmichaelTimes.com

Kindness is Contagious!



Principal Dr. Jennifer Lawson shows the Tree of Kindness which 6th graders produced, pasting cut-outs of their hands with written kind wishes towards others during the Kindness Challenge Week. Photo by Patrick Larenas

*"You got to try a little kindness
Yes show a little kindness
Just shine your light
for everyone to see"*

By Sal Arrigo, Jr.

ORANGEVALE, CA (MPG) - Glen Campbell sang these words back in 1970. It does not matter if you know who this person was or not, but the

message is clear: we should try showing a little kindness every day. You do not have to look very far to see this spirit at Twin Lakes Elementary School in Orangevale. During the week of January 23, 2020, Twin Lakes had their annual "Kindness Week Challenge" where 6th grade student volunteers planned out events for the entire week to showcase that kindness can be contagious.

I had the pleasure of meeting two of the 6th grade planning committee students who told me, "This week impacts the school in a powerful way." I asked, how so? "Kids will listen to kids on being kind to one another." So what exactly does Twin Lakes do during Kindness Week? Principal Dr. Jennifer Lawson, who instituted the Kindness Challenge

Continued on page 3

Coronavirus Update and Reminder About the Flu

**By Brenda Bongiorno,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Public Health is closely monitoring the 2019 Novel Coronavirus (2019-nCoV) that originated in Wuhan, China and has spread to other parts of the world, including the U.S. Currently, there are no confirmed cases of 2019-nCoV in Sacramento County, and exposure risk of 2019-nCoV remains low in Northern California.

Working with the Centers for Disease Control and Prevention (CDC), the California Department of Public Health and the local medical community, Sacramento County Public Health has a plan in place to identify, isolate, test and investigate any potential cases of 2019-nCoV in Sacramento County.

Sacramento County Health Officer, Dr. Olivia Kasirye, reminds residents, "Currently the risk of exposure to the 2019 Novel Coronavirus (2019-nCoV) is low. Community healthcare providers are monitoring for acute respiratory illness cases and gathering recent travel information for specimen testing per CDC guidance. Like we do for other reportable communicable diseases, we are prepared and are conducting surveillance on this new virus strain."

Symptoms of the 2019 Novel Coronavirus (2019-nCoV) are very similar to the flu, including: runny nose, headache, cough, sore throat, fever and shortness of breath.

To help prevent the spread of 2019 Novel Coronavirus (2019-nCoV), practice every day preventative actions:

Wash your hands often

with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer;

Avoid touching your eyes, nose and mouth with unwashed hands;

Avoid close contact with people who are sick;

Stay home when you are sick;

Cover your cough or sneeze with a tissue, then throw the tissue in the trash;

Clean and disinfect frequently touched objects and surfaces;

People experiencing worsening flu symptoms should seek medical attention – call ahead if recently traveled to China or have had contact with a person with confirmed 2019-nCoV while they were ill.

While the 2019 Novel Coronavirus (2019-nCoV) is concerning, what poses a much greater and more

imminent risk in our community is the flu virus. According to the CDC, the flu virus caused roughly 61,000 flu deaths in the U.S. in the 2017-18 season.

You can protect yourself, your family and the community from getting the flu, simply by getting the flu shot. It's quick, it's easy, it's not too late and the shot provides the best protection against getting the flu. For immunization services, contact the Sacramento County Public Health (SCPH) Immunization Assistance Program at 916-875-SHOT (7468) or use the HealthMap Flu Vaccine Finder.

The CDC website shares updated travel health information and frequent updates on the outbreak. To stay up-to-date on what is happening in Sacramento County, sign up for email and text updates or follow us on Facebook or Twitter.★

Spring FBI Teen Academy Application Deadline

**Federal Bureau of
Investigation Office of
Public Affairs**

SACRAMENTO REGION, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento Field Office encourages all high school juniors within the office's 34-county area of responsibility to apply to attend the FBI Teen Academy. All high school juniors—whether enrolled in public, private, charter, or home school—may apply.

The Spring 2020 FBI Teen Academy is on Friday, April 3, 2020, at the FBI Sacramento Field Office headquarters in Roseville, CA. Students chosen to attend the academy spend an informative, interactive day learning about the FBI's investigative priorities, participating in unique, interactive experiences, and engaging directly with FBI personnel. Graduates of the course are more aware of the threats their communities face, the challenges presented by the online environment, and the personal choices that can affect their future careers, better preparing them to mentor their peers.

Interested students must download the Spring 2020 FBI Teen Academy application from the FBI Sacramento Field Office's Community Outreach web page, obtain signatures on all forms, and complete an essay as directed in the application instructions. All application packages must arrive by mail, package delivery service, or be dropped off at FBI Sacramento Field Office Headquarters by 4 p.m. on Friday, March 6, 2020. Students cannot submit applications electronically.

The FBI Teen Academy is a free experience for students attending the academy class; however, families may incur personal expenses for any travel necessary to attend.

The FBI Sacramento Field Office serves 34 of California's 58 counties: Alpine, Amador,

Continued on page 7



**SUE FROST HAS BEEN ENDORSED
BY THE MEN & WOMEN OF LAW ENFORCEMENT
BECAUSE SHE WORKS WITH THEM
TO KEEP OUR NEIGHBORHOODS SAFE.**



Paid for by Sue Frost for Supervisor 2020 ID #1380596

[illegible]

SacRT Expands Microtransit Service to Six Additional Communities



On-Demand Shuttle Service is Now Available in Nine Areas. Photo Courtesy SacRT

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) has expanded its popular on-demand microtransit service to six new communities and has a new app for all SmarTRide users. The expansion of this service makes SacRT the largest microtransit provider in the country with 42 shuttles.

“We have seen great success with our other SmarTRide zones and we are excited to be able to provide this innovative mobility option to more communities,” said SacRT General Manager/CEO Henry Li. “This expansion is a huge milestone for SacRT as we continue to explore new transit options and improve access and mobility for our riders.”

Similar to other ride-hailing services, SmarTRide relies on a smartphone app to schedule customized trips. The app, called SacRT SmarTRide, is powered by Via, the world’s leading provider and developer of on-demand mobility solutions. Via’s advanced algorithms enable multiple riders to seamlessly share the vehicle in an efficient manner.

“We are thrilled to partner with our innovative friends at SacRT to bring Via’s technology to Sacramento,” said Daniel Ramot, co-founder and CEO of Via. “The all-new SmarTRide service is now the largest on-demand microtransit project in the United States, making it an excellent example of how public transportation and technology can work together to make a city smarter.”

The service relies on small, neighborhood-friendly shuttle buses to

easily maneuver on residential streets, and they conveniently accommodate people with disabilities.

The new service areas include: Arden, Carmichael, Downtown-Midtown-East Sacramento, Folsom, Gerber-Calvine, North Sacramento.

The new service zones offer corner-to-corner service where passengers are picked up and dropped off at the nearest corner or “virtual bus stop,” which is usually within a block or two of their pickup or drop-off location, ensuring pickups and drop-offs are as efficient as possible.

Riders in the previously launched services zones in Citrus Heights-Antelope-Orangevale, Franklin-South Sacramento, and Rancho Cordova will continue to use curb-to-curb service where passengers are picked up and dropped off at the address they indicated when scheduling the ride.

All SmarTRide users will need to download the new SacRT SmarTRide app. The new app is available to download for free on the App Store or Google Play. Simply search for “SacRT SmarTRide.”

Following a SmarTRide request, the app provides passengers a text with an estimated pick-up time, allows passengers to track their bus in real-time, and get an alert when their ride is about to arrive.

SmarTRide customers will also be able to request rides by calling 916-556-0100 or by going online to ondemand.sacrt.com.

The cost to ride is only \$2.50 per trip, \$1.25 for those eligible for discount fare (seniors and persons with disabilities) or free for youth with the RydeFreeRT sticker or pass. Riders can also use their SacRT monthly pass.

Groups of five or more are free; all riders must travel in a group of five or more from the same pick-up location to the same destination.

“SacRT is truly embracing the future of mobility by providing a more comfortable, convenient, and affordable way to move around their community,” said Sacramento Board Chair and SacRT Board Chair Patrick Kennedy.

The new SmarTRide service is provided through Measure A funding. SacRT was awarded with a \$12 million grant by the Sacramento Transportation Authority to help expand microtransit into new communities throughout the region.

“The STA is committed to improving transportation options in Sacramento County. We are pleased to see SacRT’s commitment to enhancing public transit and access for residents. We believe that SmarTRide does this by providing convenient transportation that is also affordable,” said STA Chair Darren Suen.

As part of the SmarTRide expansion, SacRT also rolled out six electric SmarTRide shuttles in the Downtown-Midtown-East Sacramento service area. In the next six months, three additional electric SmarTRide shuttles will be operating in the Franklin-South Sacramento zone. Those three shuttles are being provided by Electrify America.

SmarTRide has been in operation since February 2018, when it rolled out as a pilot service in Citrus Heights. To date, SacRT has provided more than 160,000 SmarTRide trips.

More information on the service, including maps of the service areas and hours of operation, is available at SacRT.com/smartride. ★

Baby Basket Drive Raises \$16K

By Kristin Thébaud, Kristin Thébaud Communications

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 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.



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

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

Kindness is Contagious!

Continued from page 1

several years ago, told me, “the kids make up the agenda; we have dress up days, musical performances and during our Kindness Challenge Week, students collect items for the Orangevale-Fair Oaks Food Bank.”

As Dr. Lawson gave me a campus tour to witness the kids in action, she pointed out that the kids themselves lead the activities and that leadership is one of the lessons the school wants to develop from the Kindness Challenge. Andrea Hostetter, the transitional kindergarten teacher, summed up the Kindness Challenge this way – “We love it!” Ms. Hostetter hit the nail on the head when she told me to, “observe the kids working on projects at the moment. They are learning at this early age that they have an impact in doing good for others. We just need to nurture this as they progress in school.”

Ms. Karyn Thompson, a 5th grade teacher, said this of the Kindness Challenge, “we celebrate each other and give recognition in being kind.” In fact, one recent tragedy exemplified being kind to your neighbor. The students showed their spirit when they helped collect various items for people who lost everything when fires destroyed so much of the town

of Paradise and surrounding communities in November 2018.

Throughout the Twin Lakes campus, there are messages that reflect kindness in a variety of ways. Students are encouraged to write down what they are grateful for in their everyday lives. These reflections are then displayed around the school’s gymnasium for all to read. This got me thinking – what am I grateful for at this very moment? In fact, you as the reader should make a list of three things you are most grateful for right now. It’s not complicated, but if it proves to be a challenge to you, here is a sampling of categories the students at Twin Lakes Elementary have been grateful for – family, friends, school and health.

As a part of continuing to increase kindness around Twin Lakes Elementary, Dr. Lawson is embracing a partnership with the Kiwanis Club of Orangevale – Fair Oaks, and plans are being made to establish a Kiwanis K-Kids Club on campus to further develop and support the kids’ efforts to not only make a difference at this educational level, but to keep the momentum going as they grow into young adults and beyond.

And the kindness that you show every day... Will help someone along their way... you got to try a little kindness ... ★




LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!


Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing

MPG



VOTE EARLY! AVOID LINES




March 3, 2020 Presidential Primary Election

- **All voters will be mailed a ballot**
 - Ballots will be mailed to voters the week of February 3rd.
- **You can return your ballot starting February 3rd**
 - By mail
 - At a Ballot Drop Box
 - At a Vote Center
- **Vote Centers have replaced traditional polling places**
 - Voters can vote at any Vote Center in the County
 - Vote Centers open starting February 22nd

- **Remember to update your registration if you**
 - Move
 - Change your name
 - Change your political party
 - Change your signature

You can find a full list of Ballot Drop Box and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, on the SacVote App, or at www.elections.saccounty.net

Visit www.elections.saccounty.net or call toll free (800) 762-8019



New Tool Launched to Help Voters Track the Status of their Vote-by-Mail Ballots



Playmakers sponsors for this event are Oak Hills Church, Chick-fil-A of Folsom, and Bayside Church of Citrus Heights. For more information about the programs offered by The Playmakers Organization, visit www.ThePlaymakers.org. ★

AB 2218, signed 2018, required the Secretary of State's office to provide a ballot tracking service to county elections offices. ★

From the Office of Rich Desmond ★

We Beat Almost All Online Prices on Premium Brand Pet Foods

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

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

*Compared to All Chain and Local Stores

PET CLUB
FOOD AND SUPPLIES

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

We Only Accept ATM, Cash, & Checks

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

COUPON

FREE

1 LB SPORT MIX PREMIUM DOG BISCUITS

with the purchase of pet, fish food or supply.

Limit 1 Lb PLU 332 CHM

Limit 1 Coupon Per Family

Effective 2/19/20 - 2/25/20

COUPON

\$5.00 OFF

ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.

Limit 1 PLU 351 CHM

Limit: 1 Coupon Per Family

Effective 2/19/20 - 2/25/20

Look for Advertised Sale Items Everyweek at www.petclubstores.com

TASTE OF THE WILD
GRAIN FREE
DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

28 Lb Bag \$39.99

Effective 2/19/20 - 2/25/20

9 LIVES
CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family 37¢

Effective 2/19/20 - 2/25/20

CANIDAE
DRY DOG FOOD
FOR ALL LIFE STAGES

•Multi-Protein •Chicken Meal & Rice 44 Lb

(Multi Protein, Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb)

As Marked \$10 OFF

Our Regular Low Prices!

Effective 2/19/20 - 2/25/20

FANCY FEAST
GOURMET
CANNED CAT FOOD

All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family ON SALE

Everyday

Effective 2/19/20 - 2/25/20

BLUE BUFFALO
WILDERNESS
DRY DOG FOOD

•Chicken (\$11 off reg price) •Salmon •Large Breed Adult •Healthy Weight

24 Lb Bag 100% Grain Free

Limit 2 Bags AS MARKED \$10 OFF

Our Regular Low Prices!

Effective 2/19/20 - 2/25/20

JONNY CAT
PREMIUM CAT LITTER

20 Lb Bag •Regular •Multiple Cat Formula

Limit 2 Bags Per Family \$37.99

Effective 2/19/20 - 2/25/20

FRISKIES
DRY CAT FOOD

16 Lb Bag •Seafood •Indoor •Surfing & Turfing

Limit 2 Bags per Family \$9.99

Effective 2/19/20 - 2/25/20

FRESH STEP
SCOOPABLE
CAT LITTER

42 Lb Bag

Limit 2 Bags Per Family \$15.99

Effective 2/19/20 - 2/25/20

PURINA PRO-PPLAN
CANNED FOOD SALE

Limit 2 Cases •Selected Varieties Cat Food 3 Oz. Dog Food 13 Oz.

ON SALE EVERYDAY

NUTRO WHOLESAOME ESSENTIALS DRY DOG FOOD

(Ultra Small Breed Adult \$27.99) 15 Lb bag Limit 2 Bags

•Chicken Meal & Rice •Adult •Senior •Small Breed

\$22.99 \$23.99

PRECIOUS CAT
CLUMPING CAT LITTER

20 Lb Box Limit 2 Boxes Cat Attract Touch of Outdoors

\$12.99 \$7.99

WELLNESS DRY DOG FOOD

24-30 Lb Bag •Chicken •Senior •Healthy Weight •Grain Free Adult

\$53.99

(3 Free Wellness 12.5 Oz Can Dog Food w/ Each Purchase)

•Grain Free Lamb •Grain Free White Fish

\$56.99

FUSSIE CAT
PREMIUM DRY CAT FOOD

Market Fresh Recipe As Marked

•Chicken & Turkey •Salmon & Chicken •Salmon 2 Lb, 4 Lb, 10 Lb bag

20% OFF

OUR REGULAR LOW PRICES

SOLID GOLD CANNED CAT FOOD

Including •Perfect Pairings Cups •Holistic Delights Pouches 2.75 Oz - 6 Oz

As Marked 20% OFF

OUR REGULAR LOW PRICES

MEOW MIX
CAT FOOD

Market Select 2.75 Oz Cup Limit 2 Cases

53¢

CORE
NATURAL DRY CAT FOOD

3 FREE Core Cat Cans 5.5 Oz With each purchase

•Original •Indoor •Turkey Grain Free 11 Lb Bag Limit 2 Bags

\$37.99

CHICKEN SOUP FOR THE SOUL
DRY DOG FOOD

As Marked

•Adult •Large Breed •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag Limit 2 Bags

20% OFF

OUR SUPER LOW PRICES

CAREFRESH
PET BEDDING

60 Liter (Ultra Not Included)

\$14.99

MILK-BONE DOG BISCUITS

Large 10 Lb Box Flavor Snacks 7 Lb Box

\$10.99 \$9.99

MERRICK'S
WHOLE EARTH FARMS DRY DOG FOOD

25 Lb Bag •Grain Free Chicken & Turkey •Grain Free Pork, Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family

\$7 OFF

OUR REGULAR LOW PRICES

PETMATE VARI-KENNEL PET KENNELS

All Sizes Including •Top-Load •Fashion Kennels

20% OFF

OUR SUPER LOW PRICES

SAVORY PRIME RAWHIDE

100% Rawhide

Rawhide Bones 4-5" - 8-9" 6-7" Retriever Roll

\$8.49 \$8.99 \$12.49

QUIET TIME PET BEDS

All Sizes - Assorted Colors

20% OFF

OUR SUPER LOW PRICES

Measure J Construction Will Impact Parking and Annual Village Events

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - On February 4, the Measure J Bond Oversight Committee (BOC) held its first meeting of the new year. The first order of business was to elect new officers for the 2020-2021 term. Adria Walker, the prior Vice Chair, was nominated to take over as BOC Chair and Gary Juels was nominated for Vice Chair. Both were unanimously approved by the BOC members.

Fair Oaks Recreation and Park District (FORPD) administrator Mike Aho updated the BOC about the progress of Measure J projects. The first major project — replacing the poured-in-place (PIP) playground surfaces at District playgrounds — has been completed. “We’re well under budget,” said Aho. The allotted budget for the project was \$813,050, but the actual cost was around \$500,000. During the project, the District opted to remove sand features from various playgrounds to avoid the high-level of wear and tear the sand causes on the playground surface. They also added high-wear pads under slides and swings to increase durability. These measures should dramatically increase the lifespan of the PIP.

Plans for the Swallow Way Park project are underway, with work expected to begin in July 2020. Aho said the current design was reached after 10 neighborhood outreach meetings; the park features a “multi-generational” playground, which will include artificial turf



Plans for the softball fields at Phoenix Park are currently on hold. Photo by Patrick Larenas

“pods” with stationary rocks and logs for toddlers to climb and explore, traditional play equipment for school-age kids, and even a 20-foot-tall climbing tower for older kids and adults.

One challenge with the Swallow Way Park is a narrow, hidden walkthrough from the west side of the property. It’s a common shortcut to Hazel Ave. for locals in the neighborhood, but its lack of visibility makes it an attractive nuisance. Aho said the walkthrough is frequently littered with garbage and used needles. The District hoped to quit-claim deed that portion of the property to an adjacent property owner so it could be incorporated into that property, removing the walkthrough all together. Aho said that although the property owner previously expressed interest in acquiring the property, his wife has

since objected to the idea. The District is now exploring other options to deal with the walkthrough, such as blocking both entrances with locked gates. Aho said, “It will be dead space.”

The plans for the softball fields at Phoenix Park are currently on hold after a request from the San Juan Unified School District (SJUSD). Aho said that SJUSD has identified some “non-essential land” near La Vista School, which is located near San Juan Ave. and Winding Way. SJUSD asked for a meeting to discuss the possibility of the Park District building the softball fields on this extra land. Aho said the benefits of building the fields on the SJUSD land is that there would be room to build three fields instead of the two that are planned for Phoenix Park. Aho said that

if the FORPD Board decides to spend Measure J money to build softball fields on SJUSD land, the agreement would need to include some guarantees such as a long-term lease with the option to purchase: SJUSD “needs to give us something.”

The most critical need identified during community outreach meetings for Phoenix Park was parking improvement. If the FORPD Board does decide to move the location of the planned softball fields, Aho anticipates that the parking improvement portion of the project at Phoenix Park would still move forward as planned.

The District leveraged Measure J funds as a matching requirement in order to apply for almost \$6 million in Prop. 68 grant funding. The District still has not heard whether the

application was approved, but Aho said the state plans to announce the allocations sometime during the winter of 2020. “So maybe by March,” said Aho.

The Prop. 68 funds, if approved, are earmarked for improvements to the Veterans Memorial Amphitheatre. That project is also tied into plans to improve Village Park, Plaza Park, and the Community Clubhouse. But Aho said the District plans to move forward with those projects regardless of whether the theatre funding comes through.

These projects — which are expected to start in summer/fall of 2020 — are all designed to improve and enhance the Village, but the construction will impact Village business owners. The District held a meeting on January 29 to update business owners about the project

plans and to listen to their concerns. Aho said that the meeting was well-attended, and that the business owners expressed a lot of concerns about remaining profitable during an extended construction period.

The main concern during construction is going to be parking. Aho said that business owners are worried that reduced parking will mean reduced business. To address this concern, the District is reaching out to private property owners to discuss whether their land could be used as additional parking. The Fair Oaks Village Enhancement Committee is also working to find parking solutions. Some members of the BOC suggested using the construction period as an opportunity to encourage more ride sharing and biking into the Village.

Another concern is that construction will impact many of the annual events held in the Village. For 2020, Fiesta Days and Concerts in the Park will move forward as usual. But the Chicken Festival 2020 will have to be held at Fair Oaks Park instead, and the District is still brainstorming ideas for how to address Christmas in the Village 2020.

In 2021, the majority of events will be impacted. The District is planning creative solutions to keep people involved in Village events during construction, such as smaller pop-up events like art shows and pub crawls.

BOC meetings are open to the public. The next meeting is scheduled for March 3 at 6:30 PM in the Old Fair Oaks Library, 4200 Temescal St. ★


MEMORIAL NOTICE

Dorothy Virginia Cabodi
December 3, 1916 to January 20, 2020

It is with sadness that we share the passing of Dorothy Virginia Cabodi on January 20, 2020. She quietly passed away at home at the age of 103. She leaves behind four children, seven grandchildren and nine great-grandchildren. She was born to the late Frank and Jean Howell on December 3, 1916, in Detroit, Michigan and had one brother Jerry Howell.

At two and a half years old she and her family moved to Oakland, CA, where she graduated from Fremont High School in 1934. After graduation, she moved to Sacramento where she met her husband Marco Anthony Cabodi of 44 years. They moved to Fair Oaks and built their first home in 1940 on the same property where she resided until her death.

Dorothy was an avid sports fan. She loved the San Francisco Giants and the Sacramento Kings. She also loved playing tennis and golf. She was actively involved in her



community as evidenced by her 60 years of service in the Orangevale Women's Club. She played in local Bunco and Karaoke groups and belonged to the Fair Oaks Historical Society.

Dorothy is preceded in death by her husband Marco (Mickey).

She is survived by her two daughters, Ginny Cozby (Ed); Susan Roper (Craig); her two sons Gary Cabodi (Leslye); Mickey Cabodi (Ellen).

Dorothy was larger than life. She was someone who inspired others and lived every day it to the fullest! She will be deeply missed by her family and friends. Memorial donations in Dorothy's name can be made to the Orangevale Woman's Club Attn: Dorothy's Fund P.O. Box 502 Orangevale, CA 95662.

A Celebration of Life will be held at the Orangevale Community Center 6826 Hazel Ave Orangevale, CA on April 11, 2020 at 12 p.m.



Donald Kendrick,
Conductor

Verdi REQUIEM

Saturday, March 21 at 8 pm
MEMORIAL AUDITORIUM

*Overwhelming drama and
monumental virtuosic brilliance*

Featuring world-class soloists
GUEST CHOIR Schola Cantorum



Soprano
Othalia Graham



Tenor
Robert Breault



Mezzo
Linda Baird



Baritone
Malcolm MacKenzie

SPRING 2020

Best of RODGERS & HAMMERSTEIN

Saturday, May 9
2 pm Matinee

*Oklahoma, The Sound of Music,
Carousel, The King and I,
South Pacific and more*

MEMORIAL AUDITORIUM

MEMORIAL BOX OFFICE 1515 J St. | 916.808.5181 or
SACRAMENTOCHORAL.COM



**Publisher,
Paul V. Scholl**

American River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the American River Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.


Subscriptions should be mailed to:
American River Messenger
7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.

Subscription rate is \$28 per year in Fair Oaks and Orangevale. The American River Messenger is published twice-monthly.

Call 916-773-1111 for more information.
(ISSN # 1948-1950).

MPG

We are proud members of these newspaper associations.





CALL 916-773-1111 TO ADVERTISE



POPPOFF!

with **Mary Jane Popp**

HARDINESS

We all know that stress can cause havoc in your life from disruptions to severe illnesses. But what if you had the tools to overcome stress and increase personal growth? Is hardiness the key? **Steven Stein and Paul Bartone** both say yes. So they put it all together in their book they call **“Hardiness.”** They want to make stress work for you to achieve your life goals. Retired Colonel **Dr. Paul Bartone** joined me on POPPOFF to give us the ins and outs of dealing with that thing called stress. **Dr. Bartone** is currently a Visiting Fellow at the Institute for National Security Policy at National University. Over his 25 year career in the U.S. Army, he served as commander of the U.S. Medical Research Unit-Europe and later taught leadership and psychology at the Industrial College of the Armed Forces. I can go on and on about his credentials, but let’s get to that stress thing we have to deal with.

First question is why are some people overwhelmed by the slightest disruption or change in their lives, while others seem to make it through catastrophes relatively unscathed? Or, that two people, experiencing the exact same event, such as a job loss, managing a big merger or fighting a serious illness, can react in completely different ways? Could it be this thing called hardiness? According to **Dr. Bartone**, “It’s your ability to resist damaging effects of stress that has a major influence on a person’s capacity to adapt and cope effectively with difficult or unexpected conditions.”

“Hardiness” details how three facets of commitment, challenge, and control work together in synchrony, creating a mindset or worldview that is highly effective and helps make people more resilient. The constellation of qualities, called hardiness, is found in people who stay healthy and continue to perform well in life, despite experiencing a range of stressful conditions.

Let’s explore these three conditions to see how they work

1) COMMITMENT.

People with high-commitment see life as

overall meaningful and worthwhile, even though there is sometimes pain and disappointment. They strive for personal competence. They pursue their interests with vigor, are deeply involved in their work, and socially engaged with others. They are reflective about themselves and aware of their own feelings and reactions.

2) CHALLENGE. People with high-challenge enjoy variety and tend to see change and disruptions in life as interesting opportunities to learn and grow. They understand that problems are a part of life. They set out to solve them rather than run from them.

3) CONTROL. People with high-control simply believe that their own actions make a real difference on the results that follow and that what they do has effects on outcomes, even though the future is uncertain and frightening!

And that’s just a smattering of what **Dr. Paul Bartone and Dr. Steven Stein** have to say in **“Hardiness”** Making stress work for you to achieve your life goals. Based on 40 years of scientific research, they have confirmed the importance of hardiness. Go out there and **BE HARDY!!!** ★



By Marlys Johnsen Norris, Christian Author

Oh yes you are! So, please don’t be deceived. Truth is now being twisted and perverted to mean something other than what it actually is. Truth must be tested and tried, plus verified with what the Bible that states is: **Real truth will set you free!**

The Spirit of Anti-Christ prevails everywhere in our culture today. This spirit is against all that is Holy and good and it is diametrically opposed to Jesus Christ. They speak and teach against Christ and bring rebellion against God with their first attack on those who follow Jesus Christ. Their aim is to remove God from our country, from every human heart creating doubt and unbelief at every turn.

It is no longer enough

You Are Someone Very Special -

to claim we believe, one must actually know what we believe and why we believe it! We must be able to discern between truth and error, be fully persuaded with what the Word of God instructs. It is not the beautiful sayings or photo hung on our walls but **what we believe and who is in our heart.** And what we believe in - is proved by how we live out the instructions and knowledge of God’s Word in our daily lives. Actions prove if we are “for or against” God.

We may need to re-evaluate our concept of God. All too often, we equate God as being like man, with the same frailties, likes and dislikes. Because we refer to Him as Father and Son, we equate Him as being human. Yes, in some miraculous way God/Jesus came in human form, but God is actually so-much-more than our finite minds can ever conceive or even understand!

Do we forget He created all that is? Do we forget His magnanimity and His greatness as Creator/God?

Why would the Word of God states **“We only see through a glass darkly?”** and little by little in the past 2,000 years prophecies have been fulfilled as written in the Old Testament? Men inspired by God’s own Spirit wrote them down!

If we just examine the names of God in the Bible, we can catch only a glimpse of His greatness and majesty. Creator Heavenly Father – Jesus Christ God’s Son – and His Holy Spirit!

One might use one of these names when they pray to find a deeper meaning to their answered prayers. When we think of God, we must enlarge and change our concept of Him. God is love and God is Spirit!

He calls us to honor and revere Him in our lives. When our concept of God lines up with Biblical truth we begin to truly know the true essence of just who God actually IS.

Marlys Johnsen Norris Christian Author, Stephen’s Minister Author of 7 Books Marlysjn@gmail.com ★

Did I Just Call Myself?

Dr. James L. Snyder

I am old enough to remember those days when there was nothing like cell phones. Oh, those quiet, golden silent days. At the time, I did not realize just how wonderful that time was.

I well remember the day I bought my first cell phone. I hesitated because I enjoyed my quiet time. However, the Gracious Mistress of the Parsonage was enthusiastic about getting cell phones.

All went well for the first couple of years. Then, a new phenomenon developed. My cell phone was ringing all the time. Most of the time, from some silly old telemarketer trying to sell me something I didn’t need and certainly didn’t want.

I then had an idea. I know it is not often I have an idea, but when I do, boy, is it an idea. When they asked me how I am, I tell them in all the monotonous detail I can think of at the time. I go on and on how bad my day is and how terrible life feels. Then there is that familiar “click,” and they’ve hung up on me.

After all, they asked how I was doing, and I was simply responding to their question.

I am not multilingual, but

I can speak gibberish better than anybody I know. At least, that’s what my wife tells me. So, if I have this talent, why not use it?

The first time I used this gibberish language, the person on the other end said, “Speak English, please.” To which I continued with my gibberish. They repeat their request, and I continue with my gibberish. Finally, there comes that familiar sound I look forward to, “Click.” One call was for pain in my body. Someone sent in my name, reporting that I had pain in my body, and they had a medicine that could help me with all my pain.

“Where do you have pain in your body?”

“Well,” I said as seriously as possible, “I have this terrific pain in my neck.”

This information excited the telemarketer, and he wanted to know how I got this pain and where it came from. To which I said, “My pain in the neck comes from people like you calling me every day.”

“Click.”

I look forward to those calls.

Then, the other day I got a strange call on my cell phone. I looked to see who was calling, and to my surprise, it was me. It was my

name and phone number that showed up on my cell phone screen. I was calling myself.

I cannot tell you how anxious I was to talk to myself. I was going to give myself a piece of my mind. Of course, it would be good to talk to myself about certain things.


So, I answered the phone. “Hello, Pastor Snyder, how in the world are you?”

To my great disappointment, it was not me calling me. Rather, it was some telemarketer wanting to know how much my electric bill was each month.

I remember what David said, and he did not have a cell phone. “Because he hath inclined his ear unto me, therefore will I call upon him as long as I live” (Psalm 116:2).

I do not need a cell phone to call God because I have put my faith in the Lord Jesus Christ, and I now am connected with God.


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

You Can't Replace Your Good Reputation



Do you have a good reputation? Are you considered honest and trustworthy? Can you be counted on to keep your commitments? When you give someone your word, do you honor it? Are you dependable? Are you courteous, polite, and respectful of others?

Your reputation is based on what you do, not just what you say. Not only do you want to say the right things, you must back up your words with positive actions. A solid reputation is built by doing what you say you will do, A great reputation is priceless. A great reputation is built over a lifetime. Yet, you can destroy your reputation instantly. There are constant headlines about people who have reached the pinnacle of success and then irreparably ruined their reputation by their aberrant behavior.

Once sullied, your reputation can never be fully restored. It can’t be replenished like a savings account. This may not be fair, but it’s the way it is. Therefore, your reputation must be protected and guarded as an irreplaceable asset. Since every action you take has consequences, either good or bad, you must always think before you act.

Excuses will not fix a broken reputation. You can’t blame other people or circumstances. You are responsible for your actions. Always ask yourself if the

actions you want to take will enhance, or detract from the quality of your life.

Building and maintaining a great reputation isn’t complicated. Think before you act or speak. Always be considerate, honest, and trustworthy. Keep all of your commitments. Honor your word. Be dependable. Treat others with respect and courtesy. You will have a great reputation by engaging in these behaviors.

What is the value of your reputation? A good, solid reputation will serve you for a lifetime. It will enhance virtually every aspect of your life. A sullied reputation will haunt you. You won’t be trusted. Your motives will always be suspect. You will attract negative people and circumstances.

It’s easy to destroy your reputation. All it takes is one destructive action. Here are some of the many ways you can ruin your reputation. Act unethically. Harm others physically or mentally. Repeatedly use bad judgement by continuously behaving in a way which produces negative consequences.

Have a price. This is an amount of money for which you will abandon your principles in order to act unethically. Having a price means you are willing to throw away your reputation if you are paid enough. As an added impact, you are forever vulnerable to

blackmail and additional manipulation.

Take advantage of others by acting in a way which cases them any type of harm. Badmouth others. Create or spread rumors. Physically or psychologically bully someone. Any type of rude, nasty, or inconsiderate behavior harms you. Engage in any type of behavior you would not want to see on a newspaper’s front page.

As is readily apparent, it’s easy to permanently damage your reputation. Protecting it requires constant vigilance and awareness. Engaging in any ethical shortcuts takes you down a dead-end road, which leads off a cliff. There is no effortless path to success. Having unbendable principles protects your reputation.

Knowing what you will, and won’t do ahead of time, makes your decision making easy. You won’t have to worry about what to do, or be caught off guard. Having this solid foundation protects your reputation.

Treat your reputation as the invaluable asset it is. Say “no” to any activity which has the potential to damage your reputation. Don’t give in to peer pressure. Have solid ethics and morals which you won’t compromise.

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@columnnist.com or write him c/o this paper. © 2017 Bryan Golden ★

YOU'RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

"We do Church Differently"

www.nbc4u.org | (916) 992-1997



New Beginnings CHURCH



5510 Diablo Drive
Sacramento, CA

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)....	9:45 am
Sunday Worship.....	11:00 am
Sunday Evening.....	6:00 pm
Wednesday Evening.....	7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

River Cats Renew Partnership with FanCompass Seeking to Enhance Fan Engagement

By Daniel Emmons, Sacramento River Cats

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats have announced the renewal and expansion of their partnership with FanCompass, a premier digital destination for fan engagement. There will be a host of new ways for fans to interact with the River Cats through rivercats.com, social media, the MiLB First Pitch app, and throughout Sutter Health Park on game days. The platform will also be the latest component of the River Cats’ sustainability circle, with paperless forms and waivers that will cut down on waste at the ballpark.

The FanCompass platform will be integrated with rivercats.com, the First Pitch app, and River Cats social media channels, offering a seamless way for fans to participate in contests, River Cats baseball trivia, voting for players of the homestand or favorite food items, and even trying to predict things like the time the game will end or the total number of pitches thrown. Pushing the frontiers of engagement, FanCompass will further enable the River Cats to use the feedback from the digital platform to improve the overall experience of enjoying River Cats baseball.

“We are thrilled serve as an innovation lab for FanCompass and work alongside them to offer our fans even more ways to connect with the River Cats, both from inside and outside the ballpark,” said River Cats General Manager Chip Maxson. “Their interactive platform will help us further execute on making Sutter Health Park a destination for affordable, family fun, while also helping with green initiatives by digitizing many necessary forms and waivers.”

“It has been a pleasure to work with the River Cats, using our technology to continuously push innovation around the way the fanbase interacts with the team,” said FanCompass CEO Jamie Pardi. “A leader in Minor League Baseball, the River Cats have been a perfect partner, sharing our vision of enhancing fan engagement and

the overall fan experience.”

FanCompass is a Northern-California based company, currently working with teams across 12 sports leagues globally, and offering unique and interactive campaigns, geared toward fans of every major sport around the world.

The River Cats kick off 2020 by taking on the San Francisco Giants in an Exhibition Game on Sunday, March 22 at Sutter Health Park in West Sacramento. The club’s PCL and Triple-A championship-defense will officially begin on Thursday, April 9 in Reno, with Opening Night at Sutter Health Park coming on Tuesday, April 14 against the Tacoma Rainiers. Information about season ticket memberships and packages is available now at rivercats.com. Single-game tickets for the 2020 season will go on sale beginning Sunday, March 1 at the annual Preseason Party at Sutter Health Park.

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats, and proud affiliate of the three-time World Champion San Francisco Giants. Sutter Health Park is consistently voted one of the top ballparks in America. Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2020 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). The only place to guarantee official River Cats tickets is at www.rivercats.com or by visiting the Tri Counties Bank Ticket Office. For information on other events at Sutter Health Park, visit www.sutterhealthpark.com.

FanCompass is the go-to global digital platform for first-party fan data acquisition, lead generation and measured sponsor activation in the sports industry. The FanCompass platform delivers real-time ROI for marketing, ticketing, and sponsorship. Headquartered in San Rafael, Calif., FanCompass currently works with clubs across international leagues including the NFL, NCAA, MiLB, MLS, USL, and EPL. For more information, visit fancompass.com. ★

Safe Credit Union Announces 2020 Scholarship Program

By Carole Ferguson, Safe Credit Union

SACRAMENTO REGION, CA (MPG) - Safe Credit Union Announced Today It Is Accepting Applications For Its 2020 Scholarship Program. The Annual Program, Now In Its 20th Year, Awards 10 Outstanding College-Bound Seniors A \$1,000 Scholarship, For A Total Investment Of \$10,000.

With Safe’s Commitment To Student Achievement In Mind, The Scholarship Committee Will Select Awardees Based On Their Exceptional Grade Point Average, Financial Need, Community Involvement, Work Experience, Letters Of Recommendation, And A Personal Statement. Eligible Applicants Must Live Or Attend

School In The Counties Safe Serves: Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yuba, And Yolo.

The 2020 Application Package Is Available Online At Safecu.Org/20w20scholarship And At All Safe Branches. Interested High School Seniors And Their Parents May Also Call (916) 979-7233 Or (800) See-Safe For More Information.

Applications Must Be Postmarked No Later Than March 20, 2020, And Addressed To: Safe Credit Union Attn: Safe Scholarship Committee 2295 Iron Point Road, Suite 100 Folsom, Ca 95630-8765.

For more information visit www.safecu.org ★



Thank A Veteran Today





NASA HUBBLE SPACE TELESCOPE EXHIBIT

Experience the magnificence and mystery of Hubble with this stunning, interactive traveling exhibit

FIRST TIME IN CALIFORNIA!



ENDS MARCH 29!

Spring FBI Teen Academy Application Deadline

Continued from page 1

Butte, Calaveras, Colusa, El Dorado, Fresno, Glenn, Inyo, Kern, Kings, Lassen, Madera, Mariposa, Merced, Modoc, Mono, Nevada, Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskiyou, Solano, Stanislaus, Sutter, Tehama, Tulare, Tuolumne, Trinity, Yolo, and Yuba.

For more information visit the following websites:
FBI Sacramento Field Office

Community Outreach Page
<https://www.fbi.gov/contact-us/field-offices/sacramento/community-outreach>
Application Package
<https://www.fbi.gov/file-repository/fbi-sacramento-teen-academy-2020-112219.pdf/view>
FBI Sacramento Field Office area of responsibility map
<http://www.fbi.gov/sacramento/contact-us/territory-jurisdiction> ★

LOAD YOUR EVENTS UP!

GO TO WWW.MPG8.COM, CLICK ON EVENTS AND ADD YOUR EVENTS TO OUR CALENDAR.

WE MAKE IT EASY!

LIMITED TIME OFFER!!!

YOU CAN REACH **175,000** READERS FOR JUST **\$9.99!** (916)-773-1111





CIRQUE DU SOLEIL

AVALUNA

6 PERFORMANCES ADDED!
NOW EXTENDED THROUGH MARCH 1

UNDER THE BIG TOP
SUTTER HEALTH PARK
IN SACRAMENTO

— CIRQUEDUSOLEIL.COM —



SAVE \$5

Get \$5 off each admission when you bring in this ad

offer expires March 29, 2020

AEROSPACE MUSEUM**OF CALIFORNIA**

3200 Freedom Park Drive
McClellan, CA 95652
916.643.3192

BUSINESS DIRECTORY

LANDSCAPE SERVICES

SLS

Insured
Lic#794551

Superior Landscape Services

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning

• Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran *Owner* • dave_SLS@surewest.net

Land For Sale

36 ACRE SELF SUFFICIENCY HOMESTEAD - \$182 MONTH - Outstanding buy on quiet - secluded off grid northern Arizona homestead at cool clear 6,700' elev. Blend of mature evergreen woodlands & grassy meadows with sweeping views of surrounding mountains and valleys from ridgetop cabin site. Borders 640 acres of uninhabited State Trust woodlands. Free well water access, rich loam garden soil, and ideal year round climate. No urban noise and dark sky nights. Camping and RV ok. Maintained road access. \$19,900, \$1,990 dn. with no qualifying seller financing. Free brochure with similar property descriptions, photos/terrain maps/ weather data/ nearby town info. 1st United Realty 1-800-966-6690. (Cal-SCAN)

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER

LIVING

CSLT, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

Natalie Miller

Independent Beauty Consultant

millernatalie29@yahoo.com

www.marykay.com/nmiller9625

916.621.0833

MARY KAY.

Contact me for a Complimentary Facial

LET'S FACE IT!

Some jobs are just too big to do-it-yourself! Whatever it is that you need done, Call A Professional! Check out the advertisers on this page. They are waiting to hear from you!

LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified
25 words/245+ papers

Daily Classified
25 words/41 papers/7 days

CLASSIFIED COMBO
25 words/282+ papers

DISPLAY - Community Newspapers
140+ papers
Sizes: 2x2; 2x4; 2x5; 2x6

1x \$650 Statewide
\$435 North/\$485 South

7 days \$995
\$650 North/\$650 South

8 days \$1,270
Statewide

1x \$1,600 2x2 Statewide;
\$1,240 2x2 No.; \$1,240 2x2 So.

CALIFORNIA NEWSPAPERS DELIVER!

More info: Call (916) 288-6011; email cecelia@crpa.com

We'd love to help your business connect with our readers. Call 916 773-1111

GOT LOCAL NEWS?

Call 916 773-1111

MPG

Messenger Publishing Group

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS Advertise Your Business Here CALL 916-773-1111

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranceinfo.com/Cal> (Cal-SCAN)

Orlando + Daytona Beach Florida Vacation! Enjoy 7 Days and 6 Nights with Hertz, Enterprise or Alamo Car Rental Included - Only \$298.00. 12 months to use 1-866-903-7520. (24/7) (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

We'll Buy Your Used Vehicles from 2002 or Newer Models! Call 1-855-444-3811, accept the offer, schedule pickup time, get paid in 24 hours or less. (Cal-SCAN)

CALL 916 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

COMPUTER SERVICES

Zinsky's

PC Configurations

Don't replace it - REPAIR IT!

Custom Desktop Computer Configurations

• PC Repair • Home Wireless Networking

• Installations • Virus & Spyware Eradication

Alon Zinsky

Phone: 916-622-2269

Zconfig@sbcglobal.net

Bus. Lic. # 300312 • B. E. A. R. Reg. #B4416

www.zinskyspcrepair.com

For Rent

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

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

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

Fitness/Yoga

Your Fitness Genie

18 Years of Experience

FREE Fitness Goal Planner

Age Well In Place

Avoid Assisted Living

*Keep Strength and Mobility

Be Active, Call Today!

Jenn@YourFitnessGenie.com

(916)768-8767

Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Handyman

A Quality Home Maintenance

Hauling

Gutters Cleaned

Yardwork

One Time Lawn Mowing

You Name It!

Scott Lehman

Gutter Dog

(916) 613-8359

Health & Medical

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

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

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

Classified Advertising

916-773-1111

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Suffering from an ADDICTION to Alcohol, Opiates, Prescription Painkillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-399-8803

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation, Est. 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD

(916)612-0776

Lic#690968

LANDSCAPING

Fall clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Classified Advertising

916-773-1111

Miscellaneous

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

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

HALL RENTALS

VFW Post 6158

8990 Kruithof Way, Fair Oaks, CA

916-966-1663

vfw6158.org/rent-our-hall/

Call or come by

Music Lessons

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

Classified Advertising

916 773-1111

Pets/Animals

DOG RESCUE

Gary

(916) 334-2841

Please Adopt or Foster

Because so many really great dogs are dying for a good home...

ShelterMOU

@hotmail.com

Classified Advertising

916 773-1111

Roofing

BERNARDINO ROOFING

Roofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!

FREE ESTIMATES

SENIOR DISCOUNTS

Lic.#817945 35 Years Experience

916.920.0100

www.bernardinoroofting.com

School

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-855-467-6487. (Cal-SCAN)

SENIOR HOUSING

Golden Angels: Rent lease an executive home, share expenses and receive the opportunity to earn extra income from on-line accounting or fund raising for a nonprofit. - Will train. CPA (81076) / RE Broker (917700) call (916) 868-1041.

Classified Advertising

916 773-1111

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL

TREE TRIMMING/ SHAPING

FREE ESTIMATE

10% OFF WITH THIS AD

Insured. Workman's comp. Arborist

916-722-6321

BPTreeServices.com

VISA / MASTER CARD

California Contractors Lic.#1036031

Tax Services

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. I do respite home health work-References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-19)

Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate* V.I.P. TRUST DEED COMPANY OVER 35 YEARS OF FAST FUNDING Principal (818) 248-0000 broker WWW.VIPLCAN.COM *Without equity required in consumer loan Real Estate License #00440173 CA Department of Real Estate, NMLS #239217 These fees have provided best value to borrowers, with a clear fee structure and excellent service.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call 916 483-2299

WE SUPPORT OUR MILITARY

Classified Advertising

773-1111

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT (2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

Wanted

Freon Wanted: We pay CASH for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-586-9371 or visit RefrigerantFinders.com (Cal-SCAN)

Hair Stylist Wanted

Grand Oaks Hair & Nails has stations for rent for hair stylist. 7525 Auburn Blvd #2 916 725-2996 or 916 802-7767

Classified Advertising

773-1111

SEEKING PASTOR

GRACE MISSIONARY BAPTIST CHURCH (GMBC) in Sacramento, California is prayerfully seeking a Pastor called by God.

Grace has a rich history as a beacon of light in the Sacramento Community for over 40 years. The primary responsibilities will be to display the qualifications listed in 1 Timothy 3:1 - 7, 5:17, Titus 1:6 - 9, Mark 3:14 and Acts 20:27,28. The Pastor should be committed to preaching the gospel of Jesus Christ and teaching sound Baptist Doctrine, while engaging in all pastoral duties.

Please submit resumes postmarked by March 17, 2020, to: Grace Missionary Baptist Church PO Box 277354 Sacramento, Ca 95827

For any questions please call (916) 361-1902, Attn: James Oliver

ABUSED BY CLERGY IN CALIFORNIA?

NEW LAW - ACT NOW!

Know your options and your rights. Contact us about the California Child Victims Act today.

JEFF ANDERSON & ASSOCIATES

Call confidentially. 1-800-ITS-TIME

11812 San Vicente Blvd, Los Angeles, CA 90049 | AndersonAdvocates.com

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT (2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

Parents Clash with State Senator Over Parental Rights & Sex Ed in Contentious Capitol Hearing

By Greg Burt, CaliforniaFamily.org

SACRAMENTO, CA (MPG) – (JANUARY 27, 2020) - “I’m not immoral. I’m not a liar... It’s not condescending,” Senator Connie Leyva said defending herself before a crowd of offended parents gathered in the Senate Education Committee at California’s state capitol earlier this month. Her audience of over 140 were there to advocate for a sex education transparency bill, SB 673, Senator Mike Morrell had introduced for elementary school students.

Leyva’s cries of innocence came after her audience reacted to being told their overblown reaction to sex education lessons, she considered “age-appropriate,” was due to misinformation about what is in the curriculum. Leyva also speculated the controversy generated by the state’s sex education stemmed from parents “afraid” to talk to their children about sex.

Those comments didn’t go over well with parents and organizations who have been monitoring the increasingly graphic sexuality lessons being introduced to younger and younger children since the implementation of California’s comprehensive sex education law, AB 329. One of those parents was Denise Pursche. She testified at the hearing of how Mt. Diablo Unified School District officials stonewalled her attempts to see 11 comprehensive sex education lessons for her twin fifth graders. According to Denise, once she finally got to see the content after a month of asking, she understood why the district was hiding the sexually graphic curriculum. Denise said some of the lessons were definitely not age-appropriate for her 10-year-olds. To ensure parental oversight and to prevent the sex education curriculum from being hidden from parents, Denise decided to draw up a legislative proposal that turned into SB 673. The bill had two simple provisions: It required school districts that teach elementary-age comprehensive sexual health and HIV prevention to put that curriculum online for easy and convenient parental review. Secondly, it restores the right of parents of elementary-age students (TK-6th grade) to opt their children into comprehensive sexual health and HIV prevention education courses, rather than passively opt their children out.

Over the past several months, Senators on the Senate Education Committee received tens of thousands of letters and phone calls in support of SB 673. On top of this, 47,500 people signed an online change.org petition advocating for the bill. Then on January 15 parental rights and faith-based organizations, including the California Family Council, gathered supporters at the capitol as the Senate Education Committee, chaired by Senator Leyva, heard testimony for and against SB 673. The hearing remained tame at the beginning.

Witnesses for the bill, like National Center for Law and Policy President Dean Broyles, reiterated how the Supreme Court had repeatedly affirmed that parents have “the fundamental right to direct the care and upbringing of their children, not the state.” He told stories of how his organization had received many complaints from families across California who faced “barriers to accessing and reviewing the sexuality programs in their schools.”

Also speaking in favor of SB 673 was Dr. Ahmed Soboh, a dentist and the chairman of the Islamic Shura Council of Southern California. “Every parent no matter your age, your gender, or your religion cares about the freedom to educate and protect their children,” Soboh testified. “I cannot clean kids’ teeth without a very detailed consent signed by one of the parents... I’m sure that cleaning the teeth of a 10-year-old boy or girl is much less serious than teaching them about sexuality.”

Testifying in opposition to the bill were representatives from the California State PTA and Equality California. An opt-in “creates a barrier that would result in students being unnecessarily and unintentionally withheld from class and deny many students who are low income, homeless, or in foster care the public education they deserve because of other parents’ views,” argued Tami Martin, Legislative Manager for Equality California.

Marilyn Lucey, speaking on behalf of 700,000 California PTA members, said her organization didn’t like the opt-in parent signature required by the bill, but was favorable to requiring sex education lessons being put online for easy access.

After several legislators asked questions and made statements, the hearing became

tense after Sen. Leyva starting making remarks that upset the audience. It started when Denise testified that her own superintendent wanted to offer an opt-in for sex education lessons, “but the law prohibited it.” Leyva piped up immediately speaking directly to Denise. “I would say to your superintendent, below seventh grade, K-6, every elementary school district in the state has the opt-in right.” This was a false statement, and the parents in the crowd knew it. Leyva’s own legislative analysis states existing law “prohibits a school district from requiring active parental consent (“opt-in”) for sexual health education for pupils of any grade.”

Senator Morrell tried to correct her, but she doubled down. “It’s already there, Senator Morrell,” Leyva insisted.

“I’m not immoral. I’m not a liar... It’s not condescending,” Senator Connie Leyva responding to comments from parents during a capitol hearing for SB 673.

The trouble escalated near the end of the hearing when Leyva took the opportunity to give parents a “lecture,” as Senator Morrell called it, about parenting. After telling parents how she allowed her twin daughters to receive sex education in school, she questioned whether parents in the audience had even looked at the curriculum.

Leyva then proceeding to say there are rumors out there saying that California’s sex education curriculum includes teaching about anal sex, kinky sex, phone sex, etc. “If you look at the curriculum it is not there,” she insisted. Many of her audience members knew this wasn’t true. For

example here is a high school sex education lesson from a popular California publisher called “Be Real. Be Ready.” that encourages students to review in class a website called Scarleteen: Sex Ed for the Real World. The website includes graphic details about all the sexual practices, and then some, Leyva said wasn’t “there.”

At this point, sensing she was losing control of her hearing, Leyva turned to Senator Morrell for help. “Senator Morrell, maybe you can ask your witnesses to be respectful of the process,” she said.

Turning to the crowd Morrell tried to settle them down. “I would ask you to be respectful,” he said. Then turning back to Leyva Morrell said, “but also they’re parents you are lecturing, so...”

“I’m not lecturing,” Leyva shot back. “I’m giving my opinion. You know what, but we’re done. I’m recommending a no vote on the bill.” And with that statement, the debate was over. Morrell gave closing remarks and then the committee voted. Democrat senators Maria Elena Durazo, Steven M. Glazer, Connie Leyva, Mike McGuire, Richard Pan voted no, while Republican senators Scott Wilk and Ling Ling Chang voted yes.

Despite the defeat on this bill, the issue of sex education transparency and the rights of parents to oversee and supervise what children learn in public school continues. There is talk of splitting SB 673 into several bills and reintroducing them this legislative session. Details of that plan will be released in the next several weeks. *Reprinted by permission.* ★



Sell Your Vehicle in the Local Classifieds

Call **916.773.1111**

MPG



RESTORATION SPINAL CARE CENTERS

**WE LISTEN
WE CARE
WE GET RESULTS!**

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), and 1 Adjustment for **\$45⁰⁰***

Dr. Thad Potocki DC
5150 Sunrise Blvd. Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

Find Puzzles on Page 10

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



Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses, we offer comprehensive and intuitive payroll that’s perfect for any size business from 1 employee to 100’s

- Direct Deposit
- File Quarterly Taxes
- Pay Payroll Taxes
- Accrual Tracking
- Reporting and Filing
- Payroll App

Call Now and Receive One Month of Payroll Processing FREE!*

PINNACLE
EMPLOYEE SERVICES
HR | Payroll | Benefits

Call Now 916.760.7227
www.pinnaclehro.com

Classified Advertising

Sell Your Stuff! Reach 1000’s of Readers Every Week!

MPG

916-773-1111

Sudoku Puzzle on Page 10

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

MPG CALL 916-773-1111 TO ADVERTISE

San Juan Unified Names Three as Classified Employees of the Year



David Harrell, the lead roofer for San Juan Unified and Bella Vista High School baseball coach, Kari Bleille, instructional assistant at San Juan High School and Rita Holverstott from Woodside K-8. Photo SJUSD

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - This year San Juan Unified presented three individuals with the 2020 Classified Employees of the Year award at the Jan. 28 school board meeting.

This award is presented to employees who work behind the scenes, from maintenance operations to instructional assistance, to ensure the success of each student and the San Juan Unified community.

David Harrell is one of the honorees and has been working with the district for nearly 30 years as a lead roofer. Coworkers say Harell has an inner drive to keep our sites from having leaky roofs all year round and feels a sense of responsibility to the students and staff.

After working each day on our schools' roofs, Harrel heads to Bella Vista High School to coach baseball. A job he has taken on for many years.

"The most gratifying part of coaching is watching a student-athlete not only grow on the field but off the field as well," said Harrell. "You like to think that you are having a positive impact on their future through the lessons you are teaching."

Another honoree is Rita Holverstott from Woodside K-8. Holverstott is not only the librarian and media technician but works as the community liaison, a volunteer to the PTO and a member of the safety committee on campus.

As Holverstott read her nomination stating how crucial she is to Woodside and its holiday events, she had this to say about her

colleagues and award.

"I would like to thank those who submitted my name to the district. Although uncomfortable with the attention, it feels good to know the work I do is noted and appreciated, above and beyond a paycheck," said Holverstott.

Finally, Kari Bleille, an instructional assistant at San Juan High School, was honored for her tremendous work over the last seven years. Colleagues said she is the type of individual who not only works to make sure students feel safe and welcomed on campus but each teacher does as well.

"I was very surprised to receive this award," said Bleille. "It is a tremendous honor to be selected and it means so much to be acknowledged for all that we do."

The teacher that nominated Bleille wrote in her submission that last year when a teacher lost a family member, Bleille stayed behind after everyone had left to help clean up their classroom. A small act that meant so much to the teacher that was going through a tough time.

When asked about the act Bleile said she's lucky to be part of such a dedicated team that has quickly become like family.

"Having a small school has given us the advantage of feeling like a family. We support each other through good times and bad," said Bleille. "When a coworker lost a close family member last year, we all felt her loss and wanted to help any way we could."

The three nominees will be forwarded to the Sacramento County Office of Education as San Juan Unified's nominations for the countywide Classified Employees of the Year Program. ★

STATEPOINT CROSSWORD • BLACK HISTORY MONTH

CLUES

ACROSS

1. Sell illegally

6. Crime scene evidence

9. "From California to the New York Island," e.g.

13. Berth deck in relation to poop deck

14. Poetic over

15. Chocolate cake ingredient

16. Like Solitaire player

17. Go a-courting

18. Packing

19. "Go Tell It on the Mountain" author

21. "South Africa's first black president

23. Bag, à Paris

24. Schooner pole

25. #1 on Billboards Chart, e.g.

28. One way to memorize

30. "Civil rights activist and Ferguson opponent

35. Single pip cards

37. Give a shot of novocaine

39. Call forth

40. Long John Silver's walk

41. Sauna product

43. Dashing style

44. Pariah, for medical reasons

46. Back arrow key

47. As opposed to gross

48. Kane and Goldberg, TV characters

50. Georgia ____ university

52. Poseidon's domain

53. MXN, as in currency

55. Snowman Olaf's favorite thing

57. *2019 eponymous movie character

61. Errand runner, at court

65. Matter of debate

66. Harry Potter's Hedwig

68. Ineffectual vomiting

69. Giblets part

70. *Famous movie director, Spike

71. Ruhr's industrial center

72. Played at military funerals

73. Flow alternative

74. Nostradamus and such

DOWN

1. Hunk of something

2. Flavored with kola nuts

3. Absent without leave

4. Gives a helping hand

5. Antebellum

6. Pillow filler

7. ____ colonial or ____ classical

8. Oven emanation?

9. Lady's man

10. Ne plus ultra

11. Famous Coward

12. Man Ray's genre

15. Back of a saddle

20. Popular Byzantine artwork

22. Nile viper

24. Reminder of times past

25. *First African American to win Best Actress Oscar

26. More slippery

27. Allegro and lento, in music

29. *Nobel Peace Prize laureate, 1984

31. Like fair share

32. Arch and ball location, pl.

33. *On Debi Thomas' foot when she won Olympic medal

34. Busybody, in Yiddish

36. Work detail

38. Bid, past tense

42. Coffee shop order

45. D'Artagnan's weapon of choice

49. Get the picture

51. *Harlem Renaissance poet

54. Fur shawl

56. Canada flyers

57. Handle of #45 Down

58. Most populous continent

59. Invitation request

60. Regrets

61. Commoner

62. Diamond's corner

63. Walkie-talkie word

64. Japanese money, pl.

67. *Du Bois

Crossword Puzzle Solutions on Page 9

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20		21	22					
		23				24							
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
				53		54		55	56				
57	58	59	60				61			62	63	64	
65					66	67		68					
69					70			71					
72					73			74					

Your Family Deserves The **BEST** Technology... Value... TVL...

\$59.99 MONTH for 12 months

190 Channels

CALL TODAY Save 20%!
1-888-416-7103

Upgrade to the Hopper® 3 Smart HD DVR

- Watch and record 16 shows at once
- Get back on Netflix and YouTube
- Watch TV on your mobile devices

Add High Speed Internet **\$14.95**/mo.

Internet not provided by DISH and subject to third party approval.

dish

© StatePoint Media

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep, 2020

1-844-870-9263

Promo code N7017

SUDOKU

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

© SandPhoto Media

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

RICH
DESMOND
FOR SUPERVISOR

THERE'S NO DEMOCRAT OR REPUBLICAN WAY TO FILL A POTHOLE

- ✓ A Real Plan to Help the Homeless
- ✓ A Real Plan to Fill the Potholes
- ✓ A Real Plan to Help Build More Affordable Housing



Meet Rich Desmond, a real Independent for Supervisor. He wants to fill potholes and help the homeless, not waste time on partisan bickering.

Independent Rich Desmond.
The pothole's worst enemy.