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AMERICAN RIVER Messenger

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Honoring Our Finest



Fire Chief Todd Harms stands with the surviving members of Fire Captain John de Graaff's family. From left to right: John de Graaff, Jr., Landon de Graaff, Nolan de Graaff, grandchildren Emily de Graaff, Evan de Graaff, Sac Metro Fire Chief Todd Harms, daughter-in-law Kate de Graaff and Bennett in mother's arms. Captain De Graaff's wife of 34 years, Sherri, passed away in 2018. Right: Sac Metro Fire Captain John de Graaff. Photos courtesy Sac Metro Fire

By Patrick Larenas

FAIR OAKS, CA (MPG) - On January 6, 2020, Sacramento Metropolitan Fire District leaders and uniformed personnel dedicated Fire Station 32 to honor fallen Fire Captain John de Graaff and twenty-two fallen firefighters. Present on that morning, Fire Chief Todd Harms addressed those gathered stating, "We are here to recognize the sacrifices of fallen firefighters... and to provide a constant memorial of Fire Captain de Graaff's contribution... the significance of which cannot be minimized."

De Graaff served for over 30 years as a firefighter throughout his life. Born in Covina, California, on June 6, 1954, de Graaff would go on to volunteer in 1971 as a firefighter in Southern California and later served in the U.S. Navy aboard the USS Coral Sea in 1974-1976. De

Graaff was hired at Fair Oaks Fire Department in 1977, when he was 23 years of age, and promoted to captain in 1985.

Many remembered Fire Captain de Graaff for his dedication at mentoring young trainees fresh from the Academy. Attending Senior Fire Chaplain Kevin Snider said, "As a captain to many recruits, de Graaff loved with all his heart, he was a mentor to many recruits and always made long-lasting relationships." In a press release, Metro Fire Captain Chris Vestal noted that the department "will be always grateful and will not forget his service".

One of three surviving sons, Nolan de Graaff, spoke on behalf of the family: "I was fortunate that he applied the same principles that he used at the station at home. As a father, he was stern, effective and taught us to work hard, which gives me immense

pride." He thanked the department for having a positive impact on the life of his father and being a second home to the captain who retired in 2007.

In the presence of his family, a plaque was unveiled to honor the captain who passed away of a cardiac arrest in a Line of Duty Death (LODD) on April 25, 2009, considering the immense physical and mental toll that the responsibility placed on the individual.

Fire Station 32 was de Graaff's last assigned fire station. "His legacy lives on in the spirit of those who continue the work," said Fire Chief Todd Harms.

Source: Sacramento Metropolitan Firefighters ★

Legislators Announce Audit Request of Homelessness Spending

By Joshua Hoover

SACRAMENTO, CA (MPG) - Assemblyman Kevin Kiley (R-Rocklin) and Senator Brian Jones (R-Santee) announced that they have requested a statewide audit of homelessness spending in California. Joining them as coauthors on the request are Assemblymembers Phillip Chen, Steven Choi, James Gallagher, Tom Lackey, and Jay Obernolte. The Joint Legislative Audit Committee will consider the request on February 19, 2020.

"The Governor is approaching our homelessness crisis with the sense of urgency it requires, but it's important that we do not measure success just by how many dollars we spend," Assemblyman Kiley said. "Billions have been spent in recent years, yet people are not getting the help they need and the problem continues to grow. For the Governor's proposed investments to make a difference, we need a much better understanding of what is and is not working in our use of existing resources."

This week the Governor's homelessness taskforce led by Sacramento Mayor Darrell Steinberg and Los Angeles County Supervisor Mark Ridley-Thomas recognized the need to evaluate past and current spending citing, "In order to expand access to mental health and substance abuse treatment for individuals experiencing homelessness, the state should work in tandem with counties to ensure that existing funding, funding proposed in the Governor's budget, and proposed Medical reforms align with the state's goals to improve access to treatment."

"Solving this dire crisis will definitely take aggressive funding, but simply throwing money at the problem is not a smart solution," said Senator Jones. "We need to ensure taxpayers' hard-earned dollars are being spent wisely and used effectively. This audit is necessary and will show us what's working - and what's not working - so we can make informed decisions moving forward that will actually help us start making a dent in the problem."

See the audit request attached for more information.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan.

Source: Office of Assemblyman Kevin Kiley ★

Registration for the Sacramento SPCA's Doggy Dash is Now Open!



Come celebrate the amazing commitment of our community to healthy, happy and unconditional relationships between pups and their people! Photo credit Pixabay

Sacramento SPCA Press Release

SACRAMENTO COUNTY, CA (MPG) - Join us on Saturday, April 25th, 2020 at William Land Park for our largest

fundraiser of the year and an opportunity to celebrate the amazing commitment of our community to healthy, happy and unconditional relationships between pups and their people! More than

just a walk, the Doggy Dash is a fun-filled day that offers something for everyone, both humans and canines alike! Over the past 27 years, the event has grown to become the largest dog

walk and pet festival in Northern California!

Register today to take advantage of early bird pricing!

Early Bird Rates (for the first 500 registrants):

Individual (ages 3+) \$25.00 - \$10.00 off!

This registration includes a Doggy Dash event t-shirt and entrance into the Bark in the Park Festival.

Team member (ages 3+) \$35.00 - \$10.00 off!

This registration includes a Doggy Dash TEAM event t-shirt, team photo opportunity, team sign and entrance into the Bark in the Park Festival.

Ages 2 and under are free.

Visit the official Sacramento SPCA Doggy Dash webpage for event details, tips on how to fundraise, the schedule of events and much more! ★



Kids Helping Kids Raises Over \$74,000 for Children Battling Pediatric Cancer

By Toni Jakab, Kids Helping Kids

SACRAMENTO, CA (MPG) - Kids Helping Kids Sacramento had their 8th Annual Signature Gala on January 9th, 2020 and raised over \$74,000 to support families battling pediatric cancer. The theater was full of 850 guests enjoying the benefit concert, silent and live auction, and more.

The show was opened by NBC’s Season 10 winner of The Voice, Alisan

Porter. She gave an acoustic pop with country rock twist performance. The A-List artist performing was known to many as the lead singer of GRAMMY nominated band, NEEDTOBREATHE, Wilder Woods. Alongside him as the co-headliners were JOHNNYSWIM. Performers of the theme song on the popular show ‘Fixer Upper’.

Kids Helping Kids is a student-run nonprofit organization made up of juniors and seniors from Del

Campo High School. They are empowered students making a difference from the classroom to the community by investing in the lives of children in need. Kids Helping Kids believes learning is best by doing, and doing is best by serving others. Their annual Signature Gala is one of their biggest events of the year and is the premiere pediatric cancer event.

For more information on Kids Helping Kids, go to www.kidshelpingkidssac.org. ★

Nominate an Outstanding Individual or Group for The Spirit of San Juan Awards

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - At San Juan Unified we believe that everyone benefits when people willingly contribute to the well-being of others and that diversity is a valuable asset that strengthens and enriches our community. Each year, members of the San Juan Unified community nominate remarkable people who embody what it is to have the “Spirit of San Juan!” The Spirit of San

Juan awards recognize individuals or groups who help others in their school community, demonstrate positive character and support an inclusive environment for others.

Do you know a student who is a role model for others? A group that makes a difference on campus? An educator whose dedication shines inside and outside of the classroom? Nominate them for a Spirit of San Juan award and help recognize the outstanding contributions in your school community!

Visit www.sanjuan.edu/spirit to nominate someone today!

The nomination deadline is Feb. 3, 2020. Multiple nominations for the same individual or group will be accepted.

Winners will each get to be the star of their own short video feature recognizing their positive contributions. The videos will premiere at a special Spirit of San Juan awards celebration on April 16, 2020 at Rio Americano High School’s Center for the Arts. ★

To Queen and Country



No meeting is complete without a loyal toast to Queen Elizabeth II. Rita Wodarski (left) and Chris Mello are Cheshire and Cheltenham transplants respectively.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Jolly hockey sticks and pip-pip if you have British blood, ladies. There is a club for you.

Once monthly all across the USA, select sitting rooms chime with china cups and accents British as cress sandwiches. A 5000-strong society called Daughters of the British Empire In The USA has a Sacramento chapter whose members dress for meetings as if they were popping off to Harrods.

Tea is sipped. Laments are many that few local restaurants know how to make a proper cuppa. Members treasure old-country tradition and support the society’s pursuit of friendship, charity and culture. Sacramento leader (Regent) Connie DaMant says some Daughters recall childhood evacuation from London during WW II. Another member, now 95, tells of how she married an

American GI after a two-day wartime courtship. And yes, their marriage lasted. “We’re fascinated by such stories,” says DaMant. “For those of us who were born in the US, meetings are a chance to discover our heritage.” British ancestry – even by marriage—enables DBE membership; Commonwealth-born members hail from many nations where Union Jacks once fluttered.

Queen Victoria’s vast empire may no longer exist, but Elizabeth II reigns on gloriously for the Daughters. At their June meeting, they sang “God Save the Queen” for the enduring monarch’s 91st birthday. Sausage rolls accompanied the celebration; strong breakfast tea was tippie of choice. “My wonderful English grandfather made me a tea-drinker,” says Regent DaMant. “I felt closer to him last year when I went to England for the first time.”

Nationwide, Daughters

support fundraising for DBE-run senior homes. They also sponsor young women’s college scholarships. National annual meetings are diverse as the Empire upon which the sun never set. The recent 2019 gathering in San Francisco began with bagpipes, a parade of flags and a welcome from the British Consul. Indubitably guaranteed for conventioners was Scottish shortbread and lashings of correctly-made tea.

For those who aspire to the perfect cuppa, here’s a DBE stalwart’s formula. Place one teaspoon of loose leaves (or tea bag) per person in a warmed pot. Add boiling water and steep for four minutes. Turn the pot for efficient infusion. If milk (never cream) is required, a small amount goes first into the cup. Then pour tea and sip with genteel murmurings of appreciation.

For information on DBE, Email conniedamant@rocketmail.com. ★

National Craft and Home Decor Retailer Prepares to Open in Citrus Heights



Frontal view of the new Hobby Lobby to open in Citrus Heights. Photo by Patrick Larenas

Hobby Lobby Press Release

CITRUS HEIGHTS, CA (MPG) - Hobby Lobby Stores, Inc., a privately held national retail chain of craft and home decor stores, is set to open a new store in Citrus Heights, California. Construction is underway on this 41,000 square-foot building formerly occupied by Toys ‘R’ Us, located at Birdcage Street and Greenback Lane.

Hobby Lobby currently has 52 locations in California. The Citrus Heights store is projected to open in late January. The location will bring about 35–50 jobs to the community paying \$15.70 per hour for full-time and \$12.00 per hour for part-time associates.

“Once you visit Hobby Lobby, you will see that we are very unique, offering the widest variety of merchandise in the craft and home decor market under one roof,” stated Kelly Black, Director of Advertising. “We’re tremendously excited about becoming a part of

the Citrus Heights community.”

Hobby Lobby has over 800 stores across the nation. Each store offers more than 70,000 crafting and home decor products including floral, fabric, needle art, custom framing, baskets, home accents, wearable art, arts and crafts, jewelry making, scrapbooking and paper crafting supplies. Store hours are Monday through Saturday from 9 a.m. to 8 p.m. Hobby Lobby stores are closed on Sunday.

Hobby Lobby Stores, Inc., a major Oklahoma City-based corporation began as Greco, a miniature picture frame company in 1970. When David Green moved his business from the family garage to a 300 square-foot retail space in 1972, Hobby Lobby was born. It is now the nation’s largest privately owned arts and crafts retailer.

For more information about Hobby Lobby, weekly specials, coupon offers, store locations and online shopping, visit hobbylobby.com. ★

Republican Senator Jim Nielsen Issues Statement on Governor’s Spending Plan



Jim Nielsen

By Nghia Nguyen,

SACRAMENTO, CA (MPG) - Governor Gavin Newsom unveiled his \$222-billion budget proposal, an increase of 2.3 percent from last year. This plan sets a record for high spending. Senator Jim Nielsen (R-Tehama), Vice Chair of the Senate Budget & Fiscal Review Committee, issued the following statement:

"Governor Newsom presented a thoughtful budget

to the Legislature.

“His proposal to maintain forest management will reduce fuel to help prevent wildfires. Funding to harden homes will help secure houses and potentially save lives.

“I agree with the Governor that money is not the solution to every problem. Providing shelter is only a small part of the solution to homelessness.

“We must address health care, substance abuse prevention, mental health and job training. It is important to encourage opportunities with benchmarks for success.

“Teens are quickly becoming addicted to nicotine. His support to ban flavored nicotine products will bring much relief to parents, teachers and administrators as they help students kick nicotine addiction.

“The use of taxpayer monies to give full health benefits to more adults living in the country illegally is concerning. This permanent spending is costly and will compete with funding for other critical services when the economy shrinks.

“I caution the Governor and lawmakers to ensure we achieve results for Californians, and not just spend.”

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim.

Source: Office of Senator Jim Nielsen ★

Mardi Gras Crab Feed

WHO

The Rotary Club of Fair Oaks and the Fair Oaks Rotary Foundation

WHAT

The 30th Annual Mardi Gras Crab Feed

WHERE

At the Divine Savior Parish Hall at 9079 Greenback Lane in Orangevale

WHEN

It will be held on Saturday, February 15, 2020
Doors will open at 5:30 pm

HOW TO BUY TICKETS

Tickets are \$65 each and they may be purchased by

- Contacting Victoria Porter at VicPorter65@gmail.com
- Going to Eventbrite on your phone with our QR code
- Reaching out to club members

SCAN WITH YOUR PHONE CAMERA

The Mardi Gras Crab Feed is very popular and it sells out every year. Those planning on going should buy their tickets early.

Thank A Veteran Today

The Whistle Stop Luncheon Coming to Fair Oaks

FAIR OAKS, CA (MPG) - The Sacramento Republican Women Federated is once again providing an excellent opportunity for Republican Candidates to participate in our “Whistle Stop” Candidate Forum at their luncheon meeting on February 5, 2020. Every Republican candidate that will be on the March 3rd primary ballot (including President Donald Trump!) has been invited to participate.

Candidates are invited to mingle, share their platforms and answer questions during our hour long informal “Meet and Greet” session from 11 am until 12 pm. We will focus on contested races during our Featured Speaker portion of the program.

It is a wonderful opportunity to meet and to hear some of our outstanding candidates, so bring family and friends to share in this biennial event.

Registration begins at 10:30 am with Meet and Greet 11 am-12 noon. Lunch begins at 12 noon with the Candidate

Forum Program starting at 12:30 pm.

The event is February 5, 2020 at North Ridge Country Club, 7600 Madison Avenue, Fair Oaks, California.

Make your reservations early 916
733-1623 or online reservations www.sacramento-rwf.org

Reservation Deadline is Friday January 31, 2020 at noon. Menu is Chicken Piccata with Whipped Potatoes and Vegetables (includes coffee, tea and Chocolate Mousse Cake for dessert) and the cost is \$29

Sacramento Republican Women Federated is an affiliate of the National Federation of Republican Women and is dedicated to educating women in Republican principles, increasing the effectiveness of women in the political cause and to introducing the platforms of candidates of the Republican Party in all elections. If you are interested in joining the club, you can contact our Membership Chair: Membership@sacramentorwf.org or go to www.sacramentorwf.org and join online. ★



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - At the Chamber's December luncheon, our 2020 Directors took the oath of office administered by Assemblyman Kevin Kiley. The new Executive Board is made up of veteran directors: President, former VP and past Honorary Mayor, Rachel Griffith, Polkadot Dinners; Vice-President, Jim Cralle, CAPS Insurance; Secretary, Rose Erickson, French in the Village; and Treasurer, Claudia Thorn.

Keller Williams Real Estate. Directors also continuing from our 2019 Board are: Keith Wright, Director OV-FO Food Bank; and Mary Howard, resident member. New to the Board are: Karyn Barth Moore, California Ave Skin & Body Works; Michelle Giorgi, Michelle Giorgi Real Estate Services; and John Oldham, resident member. It's going to be another great year!

At our January luncheon, we heard from four of the five candidates running for the office of County Supervisor, District 3. It was an informative session, and a rare opportunity for our members to hear the candidates' perspectives on the problems and challenges facing our district. Thanks to Jim Cralle for making it happen!

By the time you're reading this, FOCC will have held its 4th Annual Best of Fair Oaks Gala Awards Night at

North Ridge Country Club! Our youth ambassadors, officially named FOYO – Fair Oaks Youth Outreach, have taken this fantastic event on as theirs to create and host with proceeds going to their scholarship fund. Look for a wrap up in the next issue and all of the results will be posted at www.bestoffair-oaks.com. A big thanks to our partners American River Messenger and Averik.

Coming up soon is a joint chamber mixer with FOCC and Orangevale Chamber at OV-FO Food Bank on Thursday, Feb. 13th from 5:30-7:30. The luncheon is on Thursday, Feb. 20th. Be sure to visit our website www.fairaorskchamber.com for the comprehensive community events calendar 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! ★

Pedestrian Killed in Collision with Car on SR-51

SACRAMENTO, CA (MPG) - On January 15, 2020 at approximately 9:50 pm, The California Highway Patrol (CHP) received a call of a vehicle vs. pedestrian traffic collision on SR-51 northbound, north of Watt Avenue. CHP officers responded to the collision scene and learned that a 12-year old female juvenile out of Sacramento had run across the northbound lanes of SR-51 and had been struck by a 2009 Lexus, driven by a 40 year old woman out of Sacramento, that was traveling in the #1 lane of SR-51 Northbound, just north of the Watt Avenue overcrossing. The 12 year old juvenile was following a 16 year old female that had run across the northbound lanes and was standing in the center median of SR-51 Northbound. The driver of the Lexus was unable to avoid the 12-year-old juvenile as she ran in front of the Lexus and after she was struck she came rest in the

center median of the freeway. The driver of the Lexus remained on scene, cooperated with the investigating officers and there is no suspicion that drugs or alcohol was a factor in this collision. After the collision an off-duty doctor and passing ambulance stopped to render emergency aid until relieved by Sacramento Metropolitan Fire Department (SMFD) who responded to the scene. The juvenile was pronounced dead at the scene by SMFD personnel at 10:08 pm. The north-bound lanes of SR-51 were closed at 10:05 pm until approximately 11:26 pm to investigate the collision and scene processing. Witnesses remained on scene and the cause of the collision is under investigation.

Any persons who may have witnessed this collision or who can provide any additional information regarding this collision should call Officer Greg Zumstein or Officer A.J. McTaggart at the North Sacramento Area CHP office at (916) 348-2300 by cell phone at (916) 798-0975. ★

Driver Killed In Collision on Sutter Avenue

CARMICHAEL, CA (MPG) - On January 16, 2020 at approximately 6:59 am, The California Highway Patrol (CHP) received a call of a two-vehicle traffic collision on Sutter Avenue west of Fair Oaks Boulevard. While en-route to the scene of the collision, CHP dispatch advised a vehicle was overturned on its side with an unresponsive male driver. CHP officers responded to the collision scene and learned that a 54-year old man out of Carmichael had been driving his 2006 Chevrolet Equinox on Sutter Avenue westbound west of Fair Oaks Boulevard and had collided with a Ford F-150 pickup truck.

which was parked on the north curb edge of Sutter Avenue. After colliding with the parked F-150, the Equinox overturned onto its left side and remained until emergency personnel arrival. Sacramento Metropolitan Fire Department (SMFD) responded to the scene of the collision and pronounced the driver dead at 7:18 am. Witnesses remained on scene and the cause of the collision is under investigation.

Any persons who may have witnessed this collision or who can provide any additional information regarding this collision should call Officer Greg Zumstein or Officer A.J. McTaggart at the North Sacramento Area CHP office at (916) 348-2300 by cell phone at (916) 798-0975. ★

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<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p style="font-size: 1.5em; color: red;">37¢</p> <p style="font-size: 0.8em;">Limit 1 Case Per Family Effective 1/22/20 - 1/28/20</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p style="font-size: 1.5em; color: red;">ON SALE</p> <p style="font-size: 0.8em;">Limit 2 Cases Per Family Everyday Effective 1/22/20 - 1/28/20</p>	<p>JONNY CAT PREMIUM CAT LITTER 20 Lb Bag •Regular •Multiple Cat Formula</p> <p style="font-size: 1.5em; color: red;">\$3.79</p> <p style="font-size: 0.8em;">Limit 2 Bags Per Family Effective 1/22/20 - 1/28/20</p>	<p>FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag</p> <p style="font-size: 1.5em; color: red;">\$15.99</p> <p style="font-size: 0.8em;">Limit 2 Bags Per Family Effective 1/22/20 - 1/28/20</p>

<p>CHICKEN SOUP FOR THE SOUL DRY DOG FOOD As Marked •Adult •Large Breed •Mature •Weight Care •Puppy (Reg & Irg Breed) 28 Lb Bag Limit 2 Bags</p> <p style="font-size: 1.2em; color: red;">20% OFF</p> <p style="font-size: 0.8em;">OUR SUPER LOW PRICES</p>	<p>FUSSIE CAT PREMIUM DRY CAT FOOD As Marked •Chicken & Turkey •Salmon & Chicken •Salmon 2 Lb, 4 Lb, 10 Lb bag</p> <p style="font-size: 1.2em; color: red;">20% OFF</p> <p style="font-size: 0.8em;">OUR REGULAR LOW PRICES</p>	<p>FELINE PINE HEALTHY CAT LITTER</p> <p style="font-size: 1.2em; color: red;">\$7.99</p> <p style="font-size: 0.8em;">20 Lb Bag Limit 2 Bags</p>	<p>SCIENCE DIET DRY DOG FOOD 28.5-33 Lb Bag Limit 2 Bags •Lite •Active Maturity •Sensitive Stomach •Perfect Weight</p> <p style="font-size: 1.2em; color: red;">\$44.99 \$49.99 \$51.99</p>
<p>PRECIOUS CAT CLUMPING CAT LITTER 20 Lb Box Cat Attract Touch of Outdoors</p> <p style="font-size: 1.2em; color: red;">\$12.99 \$7.99</p>	<p>SOLID GOLD CANNED CAT FOOD Including •Perfect Pairings Cups •Holistic Delights Pouches 2.75 Oz - 6 Oz As Marked</p> <p style="font-size: 1.2em; color: red;">20% OFF</p> <p style="font-size: 0.8em;">OUR REGULAR LOW PRICES</p>	<p>CAT COUNTRY PREMIUM ORGANIC CAT LITTER 20 Lb 40 Lb</p> <p style="font-size: 1.2em; color: red;">\$7.99 \$14.99</p>	<p>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</p> <p style="font-size: 1.2em; color: red;">\$7 OFF</p> <p style="font-size: 0.8em;">OUR REGULAR LOW PRICES</p>

<p>CAREFRESH PET BEDDING 60 Liter (Ultra Not Included)</p> <p style="font-size: 1.2em; color: red;">\$14.99</p>	<p>MEOW MIX CAT FOOD Market Select 2.75 Oz Cup Limit 2 Cases</p> <p style="font-size: 1.2em; color: red;">53¢</p>	<p>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</p> <p style="font-size: 1.2em; color: red;">\$37.99</p>	<p>WELLNESS DRY DOG FOOD (3 Free Wellness 12.5 Oz Can Dog Food w/ Each Purchase) 24-30 Lb Bag •Chicken •Senior •Healthy Weight •Grain Free Adult •Grain Free Lamb •Grain Free White Fish</p> <p style="font-size: 1.2em; color: red;">\$53.99 \$56.99</p>
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OUR SUPER LOW PRICES

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ON SALE

CHM PLU 367

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•Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/22/20 - 1/28/20

Over 25 Museums to Participate
in Free Museum Day

Aloha! Upcoming Activities from
Fair Oaks Recreation & Park District

By Traci Rockefeller Cusack,
T-Rock Communications

SACRAMENTO, CA (MPG) - Coordinated by Sacramento Area Museums (SAM), 25+ museums are participating in Free Museum Day on Saturday, February 1, 2020 by offering complimentary admission. The popular day is also the kick-off to Sacramento Museum Week (February 2-9, 2020) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week.

“We are thrilled to present the 22nd Annual Free Museum Day and the extended experience of a fun-filled Sacramento Museum Week again this year,” said Sacramento Area Museums Chair Delta Pick Mello. “We also have one new museum joining the fold this year – the Sacramento Regional Fire Museum – and we hope all of these museums serve to remind the community about the wealth of enriching experiences our regional museums have to offer all year long.”

Local museums participating in the 2020 Free Museum Day include the following*: California Agriculture Museum – California Automobile Museum – California Museum – California State Capitol Museum – California State Library – California State Railroad Museum – California Pharmacy Museum – Folsom History Museum & Pioneer Village – Leland Stanford Mansion State Historic Park – Locke Boarding House Museum – Maidu Museum & Historic Site – Museum of Medical History – Old Sacramento Schoolhouse Museum – Powerhouse Science Center – Roseville Utility Exploration Center – Sacramento Children’s Museum – Sacramento Historic City Cemetery – Sacramento History Museum – Sacramento Regional Fire Museum (new this year!) – Sojourner Truth African American Museum – State Indian Museum – Sutter’s Fort State Historic Park – Verge Center for the Arts – Wells Fargo Museum (Capitol Mall) – Wells Fargo Museum (Old Sacramento).

Free Museum Day is a popular cultural tradition designed to provide all members of the community access to experience the

region’s incredible wealth of art, history, science and wildlife. Many of the museums are within walking distance of each other and easily accessible via public transportation.

To help easily and conveniently transport guests who wish to visit multiple museums in Sacramento’s urban core, the Sacramento Regional Transit District (SacRT) is offering free rides on all buses and light rail trains on Saturday, February 1, 2020 for attendees traveling with a printed SacRT Museum Day flyer (only one flyer needed per family or group). A screen shot of the flyer from a smartphone is also acceptable. To print or display the flyer, please visit www.sacrt.com. For more information, specifically about SacRT’s free park-and-ride stations and schedules, visit www.sacrt.com/services. Also, for individuals who live outside the Sacramento region and want to participate in Free Museum Day, Amtrak San Joaquins are offering the Share Fare discount. Riders on February 1 can save up to 45 percent off tickets by using promo code V291; please visit <https://amtraksanjoaquins.com/>.

On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note that last guests will be admitted at 4 p.m.

To extend the fun, a number of local restaurants and eateries will offer discounts and/or special deals for Free Museum Day participants who wear or show an “I Love Sac Museums” sticker available at the event. Plus, Free Museum Day is the kick-off to a week filled with special activities presented by various museums and popular destinations (a comprehensive and continually updated listing will be available on the SAM website).

*Not all SAM member museums will be able to officially participate in Free Museum Day on February 1, 2020, by offering complimentary admission so please review the participant list carefully and/or contact them directly with any museum-specific questions. ★



The relaxing experience of a Hawaiian Luau will transport you to paradise. FORPD Photo

Fair Oaks Recreation & Park District

FAIR OAKS, CA (MPG) - Aloha! The annual Senior Luau is an event produced by the Fair Oaks Recreation & Park District and the Fair Oaks Rotary Club. This event allows seniors in the Fair Oaks community to come together and socialize in a friendly, enjoyable environment and experience a Hawaiian Luau. Event includes live music and dancing provided by Aloha Dancers, and a catered lunch.

Tickets are \$15 per person, or \$65 for a table of six. Seating is limited. Please purchase tickets in advance; no tickets will be sold at the door. Tickets may be purchased by visiting the Fair Oaks Recreation & Park District office Monday - Friday between 8:30AM - 5:30PM.

March 4 | 11:30AM – 1:30PM | Fair Oaks Community Clubhouse, 7997 California Ave, Fair Oaks

Cornhole 101: Skills Clinic

Come learn about the game that is growing in popularity and enjoyed by all! Perfect for all ages and abilities, our Cornhole 101 clinics will provide a basic introduction to the game, rules, strategies, throwing techniques, and more. Instructors are experienced players. Fee is \$65 or \$60 for Fair Oaks residents.

February 9 | 3PM – 5PM | Fair Oaks Community Clubhouse, 7997 California

Ave, Fair Oaks

Active Adult Drop-In Cornhole

Are you looking for a fun, easy way to stay active and challenge yourself in a new skill? Drop in and learn to play the thrilling game of cornhole against others in the community. Our instructors have a true passion for the game and can accommodate all abilities and skill levels. All equipment will be provided. Fee is \$55 or \$50 for Fair Oaks residents for five punches on a class punch card.

Mondays | Ages 55+ | 1:30PM – 3PM | Fair Oaks Community Clubhouse, 7997 California Ave, Fair Oaks

Smart Phone Basics

Beginner workshop for those who struggle or are new to smart phones. Includes the basics of Android and iPhone devices. Fee is \$48 or \$42 for Fair Oaks residents.

February 11 | 10AM – 12:30PM | Village Hall, 7997 California Ave

Static In The Attic

Are you frustrated because you can’t remember names of people, but recognize faces? This class will help you learn how to improve your memory! Fee is \$38 or \$33 for Fair Oaks residents.

March 12 | 10AM – 12:30PM | Arts and Crafts Room, 7997 California Ave

For more information on classes and programs, call 916-966-1036. ★

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Each day we need to drink 6-8 glasses of water. If you're thirsty, you are already dehydrated.

CATCH PLENTY OF ZZZ'S

Lack of sleep undermines your body's ability to deal with stress. It's important to get eight hours of rest per night in order to be healthy.

LAUGH A LOT

Laughter releases endorphins, feel good hormones that act as natural stress busters. A good belly laugh also gives your heart muscles a good workout, improves circulation, and helps relieve pain.

SPEND TIME OUT IN NATURE

Being cooped up all day at your office or in your home can cause depression. Get outdoors and walk barefoot in the grass. It's

called earthing or grounding and, it's essential for vibrant health.

BE THANKFUL AND REAP THE HEALTH BENEFITS

Gratitude is a great stress-buster. What you think about consistently brings more of the same into your life. So focusing on the positive is the way, even during difficult times.

LIVE BY THE GOLDEN RULE

Be kind to others and show them the respect that you wish to have in your life. We all want the same things...we want to be appreciated, valued and loved.

DREAM BIG AND VISUALIZE YOUR GOALS DAILY.

It was Albert Einstein who said, "Your imagination is a preview of your life's coming attractions." See the end result, in your mind's eye, of what you want to achieve. This simple practice helps to manifest your dreams faster.

Dr. Jones has authored some 30 books and she has a free monthly newsletter chocked full of great health information. Just go to www.susansmithjones.com and sign up. You can also check out all her books there too.

DON'T WORRY. BE HAPPY!!! ★

Dare to Live Without Limits

by Bryan Golden

Seeds Only Grow in a Dark Place

Seeds must be planted in soil before they will germinate. When paced in dirt, the seeds are in a dark place. Conversely, when left in the light, seeds remain dormant. It's somewhat ironic that a seed's life must begin in a dark place.

Although a seed's growth begins in the dark, the growing plant breaks out of the soil, reaching for the light. Even though a plant originates in a dark place, it doesn't want to stay there. It's not where you begin that matters, it's where you are headed which determines your future.

Any number of situations can cause you to feel you are in a dark place in life. A significant loss, inability to reach your goals, drifting without a purpose, unhappiness, or feeling isolated, are just a few examples.

In life, being in a dark place carries a negative connotation. It evokes feelings of fear, frustration, and failure. Any of these reactions prolongs the amount of time you remain in a dark place. Just as with seeds, a dark place is a starting point, not a destination.

Once a seed is planted, the process to reach the light begins. You should take the same approach whenever you find yourself in a dark place.

Moving toward the light begins with your determination to do so. This willpower is as important to you as water is to a seed.

Next, analyze your situation to determine how and why you arrived in the dark place. Understanding cause and effect enables you to avoid repeating mistakes, while formulating a more successful strategy to move forward.

Now figure out where you would like to go. What is your ultimate destination? Your answer should be very specific and detailed. This is the light you will be moving toward. This is your purpose and direction. Other people have successfully gotten out of the same dark place you may be in. You can also.

Creating a plan to get there is the next phase for getting out of a dark place. The plan is your growth formula, providing the building blocks for your upward movement. A workable plan consists of steps small enough to be readily doable. Leaving the dark place consists of taking enough small steps to get to the light.

Just as the seed takes action to move toward the light by growing, you must take positive action also. One by one, take each step in your plan. You will then be

moving out of the darkness toward your light.

Setbacks are a normal part of growth. Some of your steps may not produce the desired results.

Don't be deterred. Get up whenever you stumble and fall. If you drift off course, get back on track. Be patient if your journey is taking longer than anticipated.

Focus on the importance of leaving your dark place. Concentrate on how good you will feel when you have done so. Don't make any excuses for why you can't or won't. Don't wallow in misery, sorrow, or self-pity. You have what it takes to move toward the light. Take responsibility for yourself. You have control over your thoughts and actions.

You are not confined to being in a dark place. You have the free will to make the necessary decisions to travel to a positive destination. It doesn't matter what other people say or think about your situation. Your thoughts and actions are what shape your life. So, whenever you are in a dark place, act like a seed. Start growing toward the light.

NOW AVAILABLE:

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



By **Pastor Ray Dare**

We have a tendency to get stuck in life. We get stuck in relationships. We get stuck with habits. We get stuck in grief when we lose a loved one. We get stuck in anger. We get stuck in work. Once you're stuck it's easy to feel guilty and even angry. You think, "I wish I could change but I can't! And you start to get angry at yourself. And then your anger turns to fear. "I'll never be able to get out of this...I'll never get this under control." Then your fear eventually turns into depression and you begin to wonder..."Is there any help for me, is there any hope?" And you feel like giving up on yourself.

As we enter this New Year what would you like to change about yourself? In what way do you need to become better, healthier and different? You may think, "I'll never be different...I tried that before...My situation will never change, it's

Pastor Ray's Encouraging Words

Hope for the New Year

hopeless!" Jesus said, "The things which are impossible with men are possible with God." Luke 18:27. The Living Bible says it this way, "God can do what men can't." I like that, God can do in you what you cannot do in yourself. God can make the changes in you that you cannot make on your own. God can give you a power that's beyond your own.

What is it that seems impossible to you? What is it that you want to give up on? A habit? A hang-up? Maybe a hurt from your past and you think, "I'll never recover from this...I'll never be able to get over this." Maybe it's an emotional or physiological problem and you think, "I'll never break free from this...I'll never become the person that I want to be."

God is aware of the changes you would like to make in your life and He wants to help you. The Bible tells us, "Let us approach (God) with confidence, so we may receive mercy and find grace to help in our time of need."

Heb. 4:16. Approach Him today in confidence and you'll find His grace and power to help you make those changes that you cannot make on your own. Approach the New Year with confidence knowing that God loves you and He has power beyond your own ability and that He can make changes in you that you cannot make on your own.

The Bible says, "For God is at work within you, giving you the will and the power to achieve His purposes." Phil. 2:13. As you enter the New Year, what is God doing? He's at work within you. What's He doing? He will give you the WILL and the POWER to accomplish His purposes. God gives you the "will" that's the desire to make the change. Then He gives you the "power" that the ability to make the change. God will give them both to you as ask Him and trust Him.

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By **Marlys Johnsen Norris, Christian Author**

Time does help us to learn we are all on different roads to find the one true God but I never understood those who seemed closed mouthed about their personal faith and love for a magnificent God who loves everyone.

I am always in the process of learning and found this hard to understand because Jesus became so real to me and I really came "alive" for the first time in my life.

Life is a journey for everyone and our choices in life do determine its final outcome. If our choice is to live a fleshly life; adding fleshly thing upon thing, and forgetting about our Creator/God guess where we will end up. The opposite will be true if we come to that place where we desire to know our Creator/ God better and follow His ways that lead to life everlasting.

Acceptance of Truth given and directed by God's Spirit into ones life, then lived out, brings an abundant life filled with the blessings of God. Not one of us is worthy of

A Road to God

having someone die for us. God's love, grace, forgiveness and mercy falls on every act of obedience to the Word God written, spoken and communicated through the inspired Holy Bible. That is why it is so important to become familiar with every word written in it. Those who minister effectively God's love to the world know it well!

God did not create robots. We are all created in the image of God. (Gen. 1) We are not gods, we are merely like the image of Him and can become loving persons like His Beloved Son, when we accept and invite Him into our heart and life as Savior of our soul and Lord of our life. (Why not Offer a prayer now and do it!) Life for you ahead will offer hundreds of willing changes and your whole existence will be blessed.

Don't delay God is anxiously waiting to hear from you. He loves you! Stop worrying about other people and what they will think or say. Stop putting off having the kind of life our Creator has designed for you! Stop procrastination and do something to make your life worth living!

Sure you are not worthy but God states this so read and LISTEN!

YOU ARE WORTHY

BECAUSE GOD LOVES YOU UNCONDITIONALLY. HIS DESIRE IS FOR YOU TO BECOME HIS CHILD OF GOD TODAY AND HAVE YOUR NAME WRITTEN IN HIS BOOK OF LIFE.

You don't have to purchase His love, you don't have to do good works to obtain His love, all you need to do is open your heart and invite Him into your life. ACCEPT HIS LOVE FOR YOU. And when you do. REAL LIFE BEGINS! YOU WILL BE BORN-AGAIN as God's Word states and the Holy Bible confirms!

I want us to be related spiritually forever! My hearts desire and hope is that all peoples might love and appreciate one another in the Body of Christ, the Church! Possibly that is why I write today, in hopes possibly this will happen to you today! My hope and desire is to help someone appreciate the depth of God's Love He has personally has for them YES! Even if they were the only person on earth!

Marlys Johnsen Norris
Christian Author of 7 books
#1 was God Moves Mountains, It Was A Miracle!
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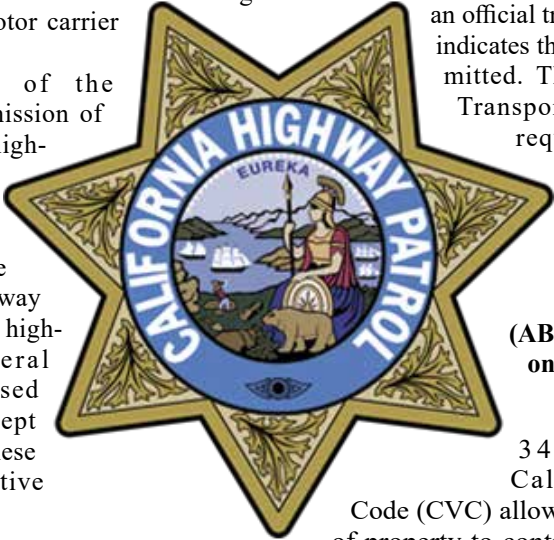
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CHP Encourages California Motorists to Prepare for New Year With New Traffic Laws

By Jaime Coffee, California Highway Patrol

SACRAMENTO REGION, CA (MPG) - New laws approved by the California Legislature in 2019 will affect roadway safety in several ways, including increased distracted driving penalties, peace officer use of deadly force, bicycle turning movements at intersections, wildlife salvage permits, and motor carrier permit rules.

In support of the Department's mission of providing the highest level of Safety, Service, and Security, the California Highway Patrol (CHP) is highlighting several new laws passed this year. Except where noted, these laws are effective January 1, 2020.



License Points for Distracted Driving (AB 47, Daly)

Current law prohibits a person from driving a motor vehicle while using a wireless telephone in a handheld manner; if found in violation, the offense is punishable by a fine. However, beginning July 1, 2021, this new law will levy an additional penalty on a driver found in violation of California's hands-free law: a point will be added on to a driver's record for each hands-free violation occurring within 36 months of a prior conviction for the same offense.

Peace Officer use of Deadly Force (AB 392, Weber)

Beginning January 1, 2020, this new law revises the standards for use of deadly force by peace officers. The use of deadly force by a peace officer is justifiable when the officer reasonably believes it is necessary. Section 835a of the Penal Code amends the reasonable force standard to "objectively reasonable force."

Law Enforcement: Use of Deadly Force: Training: Policies (SB 230, Caballero)

With the enactment of AB 392, this new

law requires law enforcement agencies to rewrite use of force policy and provide mandatory training to all peace officers in order to comply with the new law.

Traffic Control Devices: Bicycles (AB 1266, Rivas)

This new law allows bicycles to travel straight through a right or left-hand turn lane while at an intersection, if an official traffic control device indicates the movement is permitted. The Department of Transportation would be required to develop standards to implement the provisions.

Transportation: Omnibus Bill (AB 1810, Committee on Transportation)

Amends Section 34621 of the California Vehicle Code (CVC) allowing motor carriers of property to continue operating for 30 days past their permit expiration date, under specified circumstances. This legislation also provided for an amendment to Section 23229 CVC. California law will now prohibit the consumption of cannabis, in any manner, by passengers in a bus, taxicab, pedicab, limousine, housecar, or camper. This exemption is now only applicable to alcoholic beverages consumed by passengers in these types of vehicles.

Wildlife Salvage Permits (SB 395, Archuleta)

Directs the Department of Fish and Wildlife to conduct a wildlife-collision data collection pilot program to support wildlife conservation efforts. Additionally, this bill would authorize the Fish and Game Commission, in consultation with the CHP and other stakeholders, to establish a wildlife salvage pilot program authorizing the issuance of a permit for the removal and recovery of deer, elk, pronghorn antelope, and wild pigs killed because of a collision with a vehicle, if the wild game meat is used for human consumption. ★

Stay Safe in the Cold - Tips for Pets and People

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Now that we are moving into winter-weather conditions and temperatures, it's a great time to review cold weather tips:

Check on elderly family members, friends or neighbors. Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.

Bring your pets inside when temperatures start to dip near freezing. A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the Bradshaw Animal Shelter's website.

Heat your home safely - carbon monoxide is a silent killer. It is not OK to heat the inside of your home with any kind of BBQ, propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

Insulate outdoor pipes that lead into your home to prevent freezing. Seal with caulk around the pipes that lead into and out of your home. Inside your home, leave the bathroom and under-sink cabinets open to



Winter-weather conditions and temperatures are upon us, now is a great time to review cold weather tips. Photo courtesy Pixabay

help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hairdryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall.

County residents who need to have their water turned off in order to make repairs to their lines can go online or call 311 (or 916-875-4311 if calling from out of the area).

Ensure proper drainage by scooping up leaves and debris. Keeping storm drains clear can prevent street flooding and black ice from forming.

When raining, reduce your vehicle speed. Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges and overpasses when temperatures are 32 degrees or below due to black ice – slow down and give yourself extra spacing between vehicles in front of you.

Watch for tree limbs. As temperatures dip, trees become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go online or call 311 (or 916-875-4311 if calling from out of the area).

Prepare for wind. Secure yard items that may blow around and be prepared for the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately.

Sign-up for Emergency Alerts. This system alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

Where to get help. Call 211 in Sacramento or go online for information on emergency shelter services.

Learn more about how to stay safe during fog and cold weather on the Sacramento Ready website. ★

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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.

Our roads are crumbling. That is not hyperbole, they are literally crumbling. And we don't have the money or a realistic plan to fix them.

Recent reports show California roads are the 3rd worst in the entire country. NHTSA data notes that Highway 99 is now the 7th most dangerous freeway in America. And a study by national non-profit transportation research group TRIP estimates that 70% of Sacramento County's roads and highways are in poor shape - 41% dangerously so.

The public is well aware of the problem - I hear about it from my constituents almost every day.

We need to get something done.

But instead of focusing on the immediate and urgent problem - fixing our roads - the Sacramento Transportation Authority (STA) is putting together a multi-Billion dollar shopping list of projects in the form of a countywide sales tax increase.

Sacramento County residents drive more than 965,955 cars on 5,200 miles of roads, which comprises about 85% of all travel. Compare that to just 97 buses and 42 miles of Light Rail tracks, which comprises about 1% of all travel. An overwhelming majority of people in Sacramento County use roads to get to work, take kids to school, shop for food; and go movies, restaurants, and basketball games. Even public transit relies on those roads - buses travel on roads and many RT users drive to stations to board light-rail.

Yet, surprisingly, the \$3 Billion tax increase currently under consideration

Orangevale Community Update

Common Sense Needed to Fix Our Roads

will devote only 28% to road repairs and 10% for freeway improvements, while dedicating as much as 50% to buses and public transit. Asking voters to raise taxes on themselves to pay for transportation projects that impact the fewest people isn't a recipe for success.

It just doesn't make sense. Worse yet, it could derail any chance of real action to fix our roads.

The majority of voters live outside the City of Sacramento in suburban cities like Folsom, Rancho Cordova, Elk Grove, Gold River, and Citrus Heights; or in unincorporated communities like Arden-Arcade, Fair Oaks and Orangevale. Residents in these communities are the most impacted by the poor condition of our roads, and they would be paying the biggest share of the proposed increase.

They are also the voters needed to pass a tax increase. Four years ago, these same voters opposed Measure B because it included too much spending on transit and trolleys. Yet some STA members have convinced themselves these voters would support a new measure that nearly doubles spending on those projects.

Sacramento residents are currently paying a 1/2 Sales Tax passed in 2004 with the promise to fix our roads. We will continue paying that tax for two more decades. We are also a paying billions more at the gas pump as a result of the gas tax increase the Legislature imposed with SB1. Each time, voters were promised that the new revenue would fix our roads and highways. Some projects have been done - but the condition of most of our roads hasn't improved. And some of the money has been siphoned off for other purposes - something that is sure to be on voters' minds.

STA's own polling shows that while the public may be willing to support another tax for road repair and improvement, support from every community (including Sacramento City) falls off when it comes to RT or other projects. Measure B failed in

2016 because proponents cobbled together a wish list from interest groups instead of focusing on the issue voters cared about most. We cannot afford to repeat the same mistake.

I recognize that more revenue is required to make the improvements we need and tackle the volume of repairs we face. I believe voters are willing to pony-up more tax-dollars to get the job done. But clearly they are not willing to pay to fund more under-performing and money-losing public transit. And they are justifiably wary of more broken promises.

Fixing and improving our roads is imperative. It's the most effective way we can reduce daily commutes, cut traffic snarls, and improve safety.

That is why I want STA to consider a stand-alone proposal that focuses primarily on fixing and improving our roads and highways - and include real public oversight to give voters confidence that the money will go where it is supposed to go.

I do not love the idea of raising taxes, but we have to fix our roads - and we have to do it now. I think the current proposal will make that harder, if not impossible.

Let's focus first on fixing our roads. It's the right thing to do. It's also the smart thing to do.

Finally, I want to invite everyone to my next Orangevale community meeting on February 19th at 6:00pm at the Orangevale Community Center (6826 Hazel). It will be an opportunity for you to get an update from me, and to ask me any questions you may have. Thank you for reading - and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★



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.

MORE RT OPTIONS FOR ARDEN ARCADE AND CARMICHAEL

Regional Transit recently launched SmaRT Ride service to Arden Arcade and Carmichael, which is

FAIR OAKS COMMUNITY UPDATE

similar to other ride-share services where customers can use a smartphone app to request a ride that will pick up and drop off passengers wherever they wish to travel within service boundaries.

To utilize this service you need the SmaRT Ride app which is available to download at the App Store and Google Play. All SmaRT Ride customers will need to download the new app in order to request service on your smartphone.

For SmaRT Ride customers who don't have access to a smartphone, you will be able to request rides by calling 916-556-0100.

For more information on the new app, fares and SmaRT Ride service areas, visit sacrt.com.

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Grand Jury service is often

referred to as being a "citizen watchdog" of local government with the crucial role of monitoring and reviewing government actions.

The Sacramento County Superior Court is now accepting applications for Grand Jury service for the next Term. To be eligible you must be a U.S. Citizen, at least 18 years old, a resident of Sacramento County, and not currently serving in any elected office.

For more information, call the Office of the Civil Grand Jury at 916-874-7578, or go online to sacgrandjury.org, where you can also download an application.

The application deadline is January 25, 2020.

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

The Sacramento Bee Ends Subscription Program

To Our Readers:

The Sacramento Bee has decided not to renew their program for the additional Sunday issue with Messenger Publishing Group regular subscriptions. The Bee cancelled the program effective 12/31/19. They will no longer be providing the Sunday edition through MPG.

MPG notified our readers through the regular monthly subscription notices sent out over the past few months. We had expected The Bee to offer a special trial subscription to each of the subscribers

they had on our list to try to convert them to one of their many special rates and to also notify readers. They did not do so.

All paid subscribers for any MPG newspapers will continue to receive their MPG product. However, The Bee has declined to offer their product to our readers.

If you would like to learn more about what The Bee has to offer you can visit their website at sacbee.com/messenger or call their customer service number at 800-284-3233. ★



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Find Puzzles on Page 10

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Sudoku Puzzle on Page 10

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7	2	5	1	4	9	3	6	8
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Homicide Investigation of Suspicious Death Continues

By Wesley Herman, Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - The following additional details are being released regarding this homicide investigation:

Citrus Heights Police Department detectives have confirmed the deceased female located in her residence was in a dating relationship with the male decedent located by the California Highway Patrol on Saturday, January 11th during their suspicious death investigation. The female appeared to have been deceased in the residence for a number of days and was last seen around January 8th. The female suffered from significant trauma to her body, but the specific cause of death is still being investigated by the medical examiner's office. This

appears to be an isolated incident and there is no reason to believe there is any threat to the general public.

The Citrus Heights Police Department would like to encourage anyone with additional information, or knowledge, related to this incident to call the Citrus Heights Police Department tip line at (916) 727-5524.

(Original media release)
On January 15, 2020, at approximately 1:45 PM, the Citrus Heights Police Department was requested by the California Highway Patrol (CHP) to respond to the 7400 block of Auburn Oaks Court in Citrus Heights regarding a suspicious death. The California Highway Patrol was conducting a welfare check on a female at this location as a part of their investigation of a deceased male subject who had been located with a rope tied around his

neck alongside the free-way embankment near the border of Roseville and Citrus Heights city limits on Saturday, January 11, 2020.

CHP located the female deceased inside an apartment at an Auburn Oaks Court residence and reported the circumstances to the Citrus Heights Police Department. Citrus Heights police detectives responded to the location and took over the investigation, which is currently ongoing. During the course of the investigation, detectives determined the death appeared to be a homicide.

The identity of the adult female decedent is being withheld at this time as her next of kin have not yet been notified. It is unconfirmed at this time, if the CHP death investigation from January 11, 2020, is connected to the homicide investigation. ★

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AMALUNA by Cirque du Soleil Opening in Sacramento at Sutter Health Park

Cirque du Soleil Press Release

SACRAMENTO REGION, CA (MPG) - Having the ultimate afternoon or evening doesn't have to be an acrobatic feat! Bring the magic and excitement of AMALUNA by Cirque du Soleil to your itinerary with unique experiences and gifts for your family, friends, and colleagues. AMALUNA has been wowing critics and audiences alike since it opened in San Francisco on November 3, 2019. Hailed as "a grand spectacle" (The Mercury News), an "inspiring fantasy" that "sparkles and charms" (48 Hills), and a "breathtakingly beautiful and magical evening that exemplifies the best Cirque du Soleil can offer" (BroadwayWorld), tickets for AMALUNA make for a one-of-a-kind experience.

AMALUNA will be performing at Sutter Health Park (formerly Raley Field) in Sacramento beginning Wednesday, January 22 through Sunday, February 23, 2020. Tickets for both engagements are available for purchase by visiting www.cirquedusoleil.com/amaluna or calling 1-877-9CIRQUE (1-877-924-7783).

Step behind-the-scenes to experience Cirque du Soleil like never before. Be amongst the few to step backstage and discover what goes on behind-the-scenes before and after the show.

The Behind-The-Scenes Experience includes:



Miranda plays in the waterbowl, discovering her own physicality and expressing her sinuous sexuality. Photo Martin Girardshootstudio.ca Costumes M  r  dith Caron    2015 Cirque du Soleil

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A meet-and-greet with artists from the show after the performance;

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The Show

Written and directed by Tony Award-winning director Diane Paulus, Cirque du Soleil's 33rd production is a celebration of love and a tribute to the work and voice of women, featuring a cast that comprises mostly women with an all-female band. The show's title is a fusion of the words ama, which refers to "mother" in many languages, and luna, which means "moon," a symbol of femininity that evokes both the mother-daughter relationship and the idea of goddess and protector of the planet. AMALUNA invites the audience to a mysterious island governed by goddesses and guided by the cycles of the moon. Their queen, Prospera, directs her daughter's coming-of-age ceremony in a rite that honors femininity, renewal, rebirth, and balance – which marks the passing of these insights and values from one generation to the next. In the wake of a storm caused by Prospera, a group of young men lands on the island, triggering an epic, emotional story of love between Prospera's daughter and a brave young suitor. But theirs is a love that will be put to the test. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith, and harmony. ★



Unicycle. Photo Markus Moellenberg    2016 Cirque du Soleil



Romeo and Miranda. Photo Martin Girardshootstudio.ca Costumes M  r  dith Caron    2015 Cirque du Soleil Photo Markus Moellenberg    2016 Cirque du Soleil



Juggling. Photo Markus Moellenberg    2016 Cirque du Soleil

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CLUES

- ACROSS**
- Wheel stopper
 - "Stinging" Muhammad
 - Greek portico
 - She turned to stone, mythology
 - Loud noise
 - "Like many football fans
 - At full speed
 - VHS successor
 - Omit
 - "Miami _____"
 - "They won their first two Super Bowl appearances
 - Time division
 - Do like phoenix
 - "Swan Lake" steps
 - It often follows tooth or back
 - What oars do
 - Part of a jousting outfit
 - Dickens!
 - Donkey in Mexico
 - Glazier's unit
 - "Like Bud at a party
 - Farm structure
 - Fraternal letter
 - Miso bean
 - Make wet
 - Unmoved
 - Agitate
 - Tasseled hat
 - Colloquial approval
 - Opposite of paleo
 - "Tonowanda _____," short-lived team in NFL history
 - "Hard Rock _____"
 - In the buff
 - Rapscallion
 - It's common?
 - What time does
 - Lawyers' league
 - Load carrier
 - Extend credit
 - Nonclerical
 - Roommate annoyance

- DOWN**
- Angler's enemy
 - Type of cotton fiber

- Sound of pride
- Do like a good citizen
- Family subdivisions
- Contributes
- "54"
- Lemur from Madagascar
- The only one
- "Ronde to Tiki or Maurkice to Mike
- "Gambling _____"
- Pirate's "yes"
- Echo
- "Popular stadium snack
- Nile reptile
- Clergy house
- "Halftime show sponsor
- "Encore!"
- "What halftime performer does
- 43 Across residents
- "That hurts!"
- Measure of alcohol
- Jagged, as a leaf's edge
- "Halftime performer
- Highway hauler
- Boxer's last blow
- House coat
- Not seeing eye to eye
- Tiny Tim's guitar

- To the lowest degree, pl.
- Relating to axis
- Theater to Socrates
- Leafy green
- Similar
- "Hall of Famers Ed and Andre
- Neuter
- Division word
- _____ agreement
- B  b  's mother
- "Super Bowl owner
- Wharton degree

Crossword Puzzle Solutions on Page 9											
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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

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