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# AMERICAN RIVER Messenger

VOLUME 14 • ISSUE 22 Serving Fair Oaks, Orangevale & Sacramento County NOVEMBER 22, 2019

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## Come Out and Celebrate Christmas in the Village



The annual Christmas in the Village parade route follows Fair Oaks Blvd. by Plaza Park. Photo provided by the Fair Oaks Recreation and Park District.

**Story by Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - On Saturday, December 7, the Fair Oaks Chamber of Commerce, in partnership with the Fair Oaks Recreation and Park District (FORPD), will host the 36th annual Christmas in the Village celebration at Plaza Park. Businesses will be decorated with garlands, wreaths, and lights — transforming the Village into a winter wonderland. The festivities will begin at 2:00 PM with children's activities and holiday crafts: Go on a Christmas Scavenger Hunt, decorate Christmas cookies, and enter the Gingerbread

House Contest. Visit the Arts and Crafts vendor booths, get something warm to drink from the Hot Chocolate and Cider Booth, and satisfy your appetite at the Sacto MoFo Food Trucks or at local Village restaurants. Holiday music will play throughout the day while visitors browse Village shops for Christmas gifts. Kids can also take photos with Santa and tell him their Christmas wishes. At 4:00 PM, the Christmas Parade will follow Fair Oaks Blvd. around Plaza Park. This year's parade emcee will be Cambi Brown from Good Day Sacramento. After the parade,

everyone will gather in the park for the Festival of Trees display and the Tree Lighting ceremony, coordinated by FORPD. Katy Coss, FORPD Recreation Superintendent, said this event shows "the true spirit of the holiday season." Coss said that each year during the Tree Lighting ceremony when she looks down from the stage and sees "all the faces lit up by the glowing candles, I feel a great sense of joy and pride for my community and the magic of the holidays." The Chamber of Commerce will be collecting canned goods for the Orangevale-Fair Oaks Food Bank and the Fair

Oaks Youth Outreach will be collecting coats for local families in need. Coats and canned goods can be dropped off at any of the trees on display in Plaza Park throughout the day. Bring the kids out early for the Winnie the Pooh play, with shows at 12:00 PM and 2:00 PM at the Community Clubhouse. Entry is free with a canned food donation. Christmas in the Village is a rain-or-shine event, so dress up in your warmest holiday sweaters and join your community to celebrate the season. To sign up to volunteer or become an event sponsor, visit [www.fairoakschamber.com](http://www.fairoakschamber.com). ★

## November is National Adoption Month

**By Brenda Bongiorno,  
Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are 1,690 children and youth in out-of-home care with about 350 of them needing a loving and affirming forever family. Each November during National Adoption Month, Sacramento County wants to remind the community that you can make a difference in the life of a child by becoming a resource parent/family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or provide a permanent home through adoption or legal guardianship. Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes you will consider fostering a child. We have a particular need for new resource families that can help us move children from a group home setting to a family-based setting. The more families who can open their doors to our children and youth, the better. We are looking for resource families who are able to foster all ages, but particularly, teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets. Sacramento County supports, trains and offers guidance, support and assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, staff can help resource parents adopt or take legal guardianship when reunification is not possible. There is now only one approval process, which creates a continuous care experience for children, as they will not have to switch homes at the point of adoption. On November 6, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County and several adoption agencies are hosting the 31st Annual Calling Out of Names at the State Capitol in Room 112 from 9:00 a.m. – 1:00 p.m. *Continued on page 3*

## Keeping Kids Warm this Winter

**Story and photo  
by Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - Northridge Elementary School in Fair Oaks has a high concentration of low-income students, many of whom don't have proper winter clothes to keep them warm. To help address this issue, Lyon Real Estate of Fair Oaks recently donated 90 brand-new coats to Northridge Elementary School for students in need. The racks of coats were added to the other clothing items and shoes available at the school. The clothing donations began last spring after Northridge Principal Petra Luhrsen spoke to the Fair Oaks Rotary Club about the work being done by Kitty Flannagan, the school's community neighborhood liaison. Flannagan builds bonds of trust with the students and advocates for their needs, making sure



(Left to right) Nick Broad, Fair Oaks Rotary member; Mike Maddox, with Fair Oaks Rotary and Lyon Realty; Northridge Principal Petra Luhrsen; Ursula DeNigris, with Lyon Realty; Northridge community neighborhood liaison Kitty Flannagan; Cherie Lovas, Lyon Realty coat drive chairperson; and Fair Oaks Lyon Realty manager Susie Pierce set up the Coats for Kids donations at Northridge Elementary School. kids are clothed and fed so they can focus on their education. The school could only fund Flannagan's position for about eight hours a week, so the Rotary decided to fund additional hours for Flannagan — doubling her work hours at the school. The Fair Oaks Rotary Club then began collecting clothing donations and partnering with other local agencies to support the school. Rotary member Nick Broad said, "We prioritize those children most in need — and their families, who are often single working parents." Other participating organizations include About *Continued on page 3*



# The Gift of Time Together

## A Son's Story of the Journey through His Father's Terminal Illness

Story by Shaunna Boyd

**SACRAMENTO REGION, CA (MPG)** - The relationship between a son and his dying father is beautifully chronicled in Russ Woody's new book, *Tuesdays with Ted*. The memoir is equal parts heartwarming and heart-breaking as it details the final months of Claude Woody's life and the lasting impact that time had on his son.

Claude, who was always known as Woody, served as a Marine in WWII and then worked for PG&E, a job which required the family to move to a new area of California every couple years. Russ spent his teenage years in Fair Oaks, attending Bella Vista High School and then interning at a Sacramento TV station during college.

An Emmy and Golden Globe winning TV writer and producer, Russ has worked in television for more than 30 years on shows including *Murphy Brown*, *Cybill*, *Mad About You*, *The Drew Carey Show*, and *The Middle*. But it was the time he spent writing and producing *Becker* that would turn out to be his most significant project.

In 2001, after *Becker* had finished its third season, Russ learned that Woody had been diagnosed with amyotrophic lateral sclerosis (ALS) — a terminal neurodegenerative disease that affects nerve cells in the brain and the spinal cord, leading to gradual loss of motor function as the muscles in the body atrophy.



Russ's father Woody developed a friendship with Ted Danson while visiting the set of *Becker*. (Left to right) Russ Woody, Claude Woody, and Ted Danson. Photo provided by Russ Woody.

In the book, Russ wrote that Woody “would die by slow, gradual asphyxiation” as the muscles around the lungs ceased to function. Woody’s form of ALS was aggressive and started in his throat; he quickly lost the ability to speak and had to type on a machine called a LightWRITER to communicate. Russ described it as an “incremental death. His body was going away one piece at a time ... while his mind — healthy as ever — was being held hostage.” Woody eventually lost the ability to swallow and was unable to hold his head up

without a neck brace. It was 17 months between Woody’s diagnosis and his death in September 2002. “Since his diagnosis,” Russ wrote, “I’d been marking time, first in months, then weeks, then days and there were still more days to be had, to be shared. Not many, but there were more, and I wanted them, those days, those hours, however many were left.” Russ described that time with his father as “the most meaningful year and a half of my life.” To spend as much time as possible with Woody,

Russ moved him to a home in Studio City nearby his own and brought him to the set of *Becker* for filming each Tuesday during Season 4. The cast and crew of *Becker* treated Woody like family, and Russ was overwhelmed and grateful for the love and kindness they showed his father. Woody was even an extra in one episode and was the inspiration for an episode about ALS. During that time, Woody developed a special friendship with the star of *Becker* — Ted Danson (hence the book title, *Tuesdays with*

*Ted*). Russ said that Woody had been a fan of *Cheers*, so “the idea that Ted Danson would become his pal was kind of flabbergasting to him. And Ted just adored him. It was really sweet to see. ... He would just go out of his way to be with my dad.” Russ wrote the book to both remember the precious time he spent with his father and to help his sons understand, since they were so young at the time. “I think by the time my father died, they were both 4 and 6, so they were in the middle of it ... but they didn’t

really understand what was going on,” said Russ. The boys, Henry and Joe, have some memories of that time with their grandfather: bunk beds and pancake breakfasts, backyard forts and indoor racetracks. Russ said his main objective was “to put the story in perspective for them.” “In the last week of my dad’s life, I had a conversation with him; I asked him about his regrets,” said Russ. “He thought about it and he said he wished he’d spent more time with me when I was little.” At that time, Russ was working long hours in the writers’ room at *Becker*, and he then made the decision that he would stop writing for sitcoms so he could have a more flexible schedule: “I wanted to spend that time with my boys, and I got to do that.” The experience with his father had a significant impact on how he relates to his own sons: “I’m so glad that both he and they got to spend that time together. ... I think about my memories of him, and conversations I had, and the conversations I had with the boys. ... It does affect you.” Woody “had a great capacity for taking what was and living with it,” said Russ, grateful for every moment he was able to share with his father. In the book, Russ wrote that “with the ticking clock of ALS, the time I did spend with him was all the more intense. It forced me to recognize everything, to say everything, and that was a blessing.” ★

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1.99	3.49	4.49	1.79	89¢	2 lbs \$1

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\$1.99	\$2.99	2/\$3	3/\$2	\$1.49	

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Sauces	Lunchbox meat	Lunchbox meat	Dried Fruit	Hot Chili	Tamagoyaki
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# Fair Oaks Youth Outreach, Serving Today for a Better Tomorrow

By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - The Fair Oaks Youth Outreach (FOYO) is a group of young and bright adults who live in or attend school in the Fair Oaks community. Under the guidance of the Fair Oaks Chamber of Commerce, FOYO strives to provide community service and to give back to those who are in need. The group's newly defined mission statement reads: "Fair Oaks Youth Outreach is the future, serving today, to make a better tomorrow." Many, but not all of FOYO members are past and current youth ambassadors, holding the official titles of Jr. Honorary Mayor and Miss Fair Oaks.

In September, the baton was passed from Delaney Kendall to new Jr. Honorary Mayor Jimmy Larkin, a standout sophomore at Del Campo HS, and from Cassie Kendall to new Miss Fair Oaks Sophie Bolinger, a standout junior at Bella Vista HS. Jimmy has a passion for serving the community and he joined FO Rec & Park District's Youth Advisory Board (FOYAB) in the 7th grade. His involvement led to leadership training, counselor training for kids at Camp Fair Oaks, and a busy schedule of volunteering at many events around town. Sophie is a young entrepreneur, having started her own baking company 'Sophie B. Sweets' at age 11 and it's fitting that she is currently the President of the Young Entrepreneur's Society at BV, where she is also a cheerleader.



FO Jr. Honorary Mayor Jimmy Larkin, FO Honorary Mayor Jacob Giorgi and Miss Fair Oaks Sophie Bolinger. Photo by Ryan Griffith

Sophie loves serving as a role model to inspire others to pursue their dreams. Jimmy, Sophie and the other FOYO members are great ambassadors for Fair Oaks! Not only do they volunteer at FO Fiesta, Chicken Festival, and Christmas in the Village, they are now in charge of our Best of Fair Oaks Gala Awards Night. I encourage you to get to know these awesome kids and encourage yours to join them! All of their activities count toward community service hours, too.

Speaking of Best of Fair Oaks, voting is open now through December 15, 2019. Please visit [www.bestoffairoaks.com](http://www.bestoffairoaks.com) to vote for your

favorite businesses! To be a contender, all businesses nominated must either be a Fair Oaks Chamber of Commerce member or be located in the 95628 zip code. Buy your tickets early, save money and secure a seat for the January 23rd Gala before they're all gone! Remember, your ticket purchase and sponsorship, helps FOYO's scholarship fund.

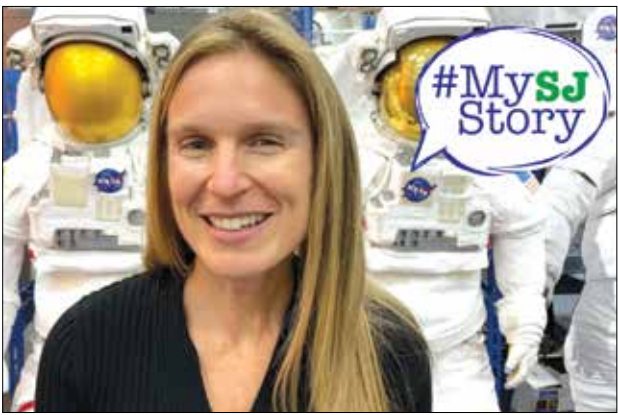
As the holidays approach, please consider shopping locally and supporting your neighbors who own small businesses around town. You can find our Member Business Directory on the FOCC website.

See you in Fair Oaks! ★

# From Casa Roble to NASA

San Juan Unified School District

ORANGEVALE, CA (MPG) - At a young age, Heidi Poppelreiter Parris discovered her passion. "I've been interested in space for as long as I can remember," said Parris. During her high school years at Casa Roble Fundamental High School, she became more focused on her goal. "I really loved all the science classes that I got to take in high school." Now, as a NASA scientist, Parris



Heidi Poppelreiter Parris stands next to space suits used by NASA astronauts. Photo SJUSD

wants to inspire others to follow their dreams. "Find what you enjoy and take

the time to get a good foundational base and explore it further," said Parris. ★

# Keeping Kids Warm this Winter

Continued from page 1

Kidz, which provides tutoring services, and the Orangevale-Fair Oaks Food Bank, which provides snacks for kids while at school as well as a monthly donation of food to working families. Broad said the clothing and food are vital because kids "don't learn as well when they're hungry and wet and cold."

"The school is good at educating children but we're trying to help support that learning by providing food, clothing, shoes, coats,

and a staff person that connects to the children," said Broad.

Lyon Real Estate holds an annual coat drive and Susie Pierce, Lyon Real Estate of Fair Oaks manager, said, "We are really excited to support this really amazing project."

Principal Luhrsen said, "This is a wonderful and generous donation and great surprise. ... We cannot thank Lyon Realty enough. And Orangevale Food Bank and the Fair Oaks Rotary have been such a tremendous support

for our students."

Broad explained that having warm, new clothes can make a big difference in children's lives: "The coats keep them warm and they feel good about themselves, you can see the change in their demeanor." He said having clothes they can be proud of is important in maintaining their confidence and self-worth. "And it teaches kids it's okay to ask for help, and it teaches the importance of helping others in need," said Broad. ★

# November is National Adoption Month

Continued from page 1

p.m. During the vigil, adoptive parents, child advocates, community leaders and elected officials will take turns reading the names and ages of every single child in California that is waiting for a permanent family. Sadly, some names have been read year after year.

Another event to recognize National Adoption will be held later in the month, when Sacramento Superior Court judges and staff, Department of Child and Family Adult Services, Child Protective Services, Sheriff's Department, Lilliput, Sierra Forever Families, Uplift, Koinonia, CASA and Soroptomist of

Greater Sacramento come together to celebrate the adoptions of several children and their forever families. Along with the adoption proceedings, there will be refreshments and activities for children including hand painting, family photos, balloons and much more.

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, please attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543 and visit the Sacramento County Department of Child, Family and Adult Services Resource Family web page. ★

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**By Stuart Mason,  
Molly's Revenge**

Molly's Revenge is comprised of a trio of Californians who have dedicated their lives to Celtic music. David Brewer has been playing whistle, bodhran, and four types of bagpipes for over 20 years. He studied in Scotland at the Ceolas Music School in South Uist under the tutelage of some of the best pipers in the world. His authentic and unique style of playing has earned him the reputation of being one of the most accomplished pipers on the West Coast.

"My story begins with my ancestors in Ireland, Scotland and Britain more than a hundred years ago." Their languages and



“With them they brought the stories, songs, dances and customs that might sustain them through long voyages, poverty, loneliness, and despair. When they arrived, many immigrants did not find the opportunities they had believed they would in the New World. Indeed, they

St. Michael's Episcopal Church is located at 2140 Mission Avenue, Carmichael, CA. For more information or to get tickets visit [mollysrevenge.com](http://mollysrevenge.com) or call (831) 818-5021. ★



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Limit 2 Jugs Per Family

**ON SALE**

*Everyday*

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20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99)

Limit 2 Bags Per Family

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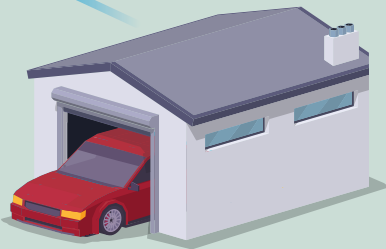


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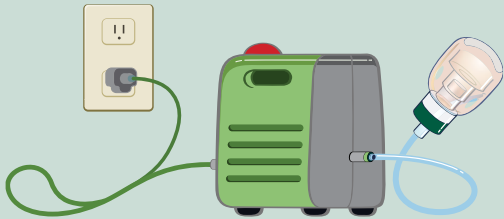
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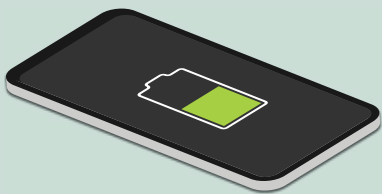
If anyone in your family **depends on electricity for their medical needs**, have you made preparations?



Do you have a **personal safety plan** for all members of your family, including your pets?



If you own a **generator**, is it safe to operate?



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# POPPOFF!

with Mary Jane Popp

## GOBBLE GOBBLE

When you're digging into that scrumptious Thanksgiving meal and settling in to watch ump-teen football games, are you thinking back to that first Thanksgiving? Well, I got the scoop from his-torian Ken Davis, the author of the "Don't Know About" series. The feast was more life surf and turf with venison, turkey, mussels, and scal-lops. Makes sense they were close to the ocean. And the turkey was not a fat platter turkey filled with stuffing, but wild turkey (the critter, not the libation). And no pump-kin pies, just pumpkins. Dessert was most likely cornmeal breads and pud-dings. By the way, the Pilgrims actually had a true day of thanksgiv-ing with a day of prayer and fasting, not feasting. And the Pilgrims did not call themselves by that name. They referred to themselves as "saints" and "First Comers." Only later did William

Bradford call them Pilgrims. And here's one for you. Of the 102 people on board the Mayflower, only 50 were so-called Pilgrims. The others were members of the Church of England who had signed on simply as laborers, sol-diers, or those who were looking to gain property in the "New World." The Pilgrims actually called them "Strangers."

Remember all those pictures of Pilgrims and Indians sitting down for a peaceful meal? Okay, it worked for a generation, and then it was followed by fighting and blood-shed as relations with the Native Americans deterio-rated when the colonists took land from the indigen-ous people. You'll love this one. What we call Thanksgiving was, in fact, a harvest festival and celebrated in October, not November 1621. They were just grateful to be alive. After their first bleak winter, half of their company died.

Did you dress up as a Pilgrim for Halloween in black with clunky shoes and buckled hats? Well, they didn't even wear black. But I bet you looked great! So when was the modern day Thanksgiving born? It was first celebrated as an

official holiday in 1777 to mark the patriot vic-tory at Saratoga in the Revolutionary War. When Washington tried to pro-claim a Thanksgiving Day, Congress com-plaind that he had no right to make such a proclamation. Presidents routinely proclaimed the day but the custom died out at the beginning of the 19 th century. But 1837 came around and so did Sarah Joseph Hale (She wrote the poem "Mary Had A Little Lamb") and initiated a cam-paign to reinstate the holiday. Lincoln finally proclaimed a national holiday in 1863. Suffice to day, our day of indulg-ing, watching games and shopping came lots later and remains to this day. Let's just remember that we might go back to the beginning with a prayer for all we have to be thankful for. Reach out to someone alone or hurting and share. It' doesn't have to be a feast, just a sim-ple taste and a kind word. There is some sadness in my heart as I lost my only brother this summer. But I am thankful for my wonderful husband of 49 years, great friends and being able to share with you love for all! Gobble Gobble!!! ★



## The Secret to Being Organized Pam Young's Corner

### 7 Fun Things to Do With Your Kids in the Rain

Turn dreary into fun! Make memories you'll talk about for years to come.

We, who live in the northwest, have had to learn early on, we can't let the rain douse our fun outdoors. The main advice is mak-ing sure you have play clothes, so you don't have to worry about messing up your good clothes.

Whether it's just misting or pouring rats and hogs make the most of the wet weather and play with your kids or grandkids in the rain using these family-tested outdoor activities.

#### 1. Puddle Play

Mom, you usually discourage your kids from jumping in puddles, so they'll be shocked and excited when you suggest a splashing contest. Get your play clothes and rain boots on and head out looking for the biggest puddles you can find. Let your kids get soaking wet! Let the child who makes the biggest spray, get to pick the movie the family will watch or be freed from some chore. Give points for the one who gets the wettest. If you've got dancers in the fam-ily, have them practice some steps they've learned.

Mom, come on; get in the puddles with them! Motherhood is not a spectator sport. Let your kids splash you. All it takes is say-ing, "Don't you splash me," in a way they know you're daring them to do it. Oh and just think how good a hot shower will feel after the fun!

#### 2. Sprint through a storm

When was the last time you ran in the rain for fun? Get your play clothes on and run with the kids. Dare to get soaked! Kids love fantasy. You could *pretend* you're all dressed up to go to church and you're caught in a storm. "Oh, no, we're getting soaked! Run!" Kids also love to pretend they're in trouble. "Oh, no, Rachel! You're all wet!! What'll we do now!"

#### 3. Out with the bath toys

Bath toys like Rubber Duckies, toy boats, squirt guns and balls are just as much fun to play with outside in the rain as they are in the bathtub. Your kids will love getting to take their bath friends outside. When you hear the forecast for rain, put out some con-tainers and let Mother Nature fill them for some good outside bathtub fun!

#### 4. Shooting on a rainy day

Photography, that is. Give the little pho-tographers in your family disposable, waterproof cameras so they can capture the stormy weather on film. Spring rain provides a perfect opportunity to capture rare images of water droplets, beautiful cloud forma-tions, reflections in puddles, and colorful rainbows. Let them shoot away, then drop off the cameras at a same-day photo process-ing center and go home with the prints for lasting memories. Or use your smart phone.

#### 5. Raindrop art

Let Mother Nature's spring showers assist in creating works of art. Start by putting sev-eral colors of powdered tempera paint into empty containers with plastic shaker tops. Give each of your little artists a sheet of heavy white construction paper and allow them to sprinkle their choices of color onto the paper and lay them out in a light rain. They'll love watching as the drops turn the powder into liquid as very interesting abstract art appears. Bring finished art inside to dry.

#### 6. Don't forget the mud

Mud is one of spring's gifts to children. Kids and mud just go together like peanut but-ter and jelly. Loan them some of your kitchen utensils and let them stir up some tasty mud pies. Who knows, today's kids in the mud could be tomorrow's chefs. Mom, don't be a fuddy, muddy duddy, let'em get dirty.

#### 7. Swimming in the Rain

Pull out the plastic water slide and let the rain fill the inflatable pool. Unless you're in the tropics, let your kids play in the pool in their play clothes until they get cold and want to come in.

Hope this makes you want to get out there and play in the rain, but don't forget this time of year is a great time to get everybody orga-nized and get the kids' rooms streamlined. It's also time to get all the winter clothes organized and stored and given away.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many musings, videos of Pam in the kitchen pre-paring delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are available on Amazon ★

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### CLUES

ACROSS

1. Slick grp.?

5. Mountain basin

8. Bygone bird of New Zealand

11. Relating to armpit

12. Pestilence pest

13. End a mission

15. Ancient Greece assembly site, pl.

16. What little kittens did with their mittens

17. \*Thanksgiving Cranberry concoction

18. \*Site of the "First Thanksgiving"

20. "Guilty," e.g.

21. Kiln, pl.

22. \_\_\_\_ Aviv

23. \*Give what?

26. Strangling tool

30. Jul. follower

31. Pupil protector

34. Loads from lodes

35. Shows off

37. Part of human cage

38. Source of indigo dye, pl.

39. Laughing on the inside

40. Truly

42. Highest or lowest card

43. Nemo's home plant

45. \*U.S. President's mag-nanimous gesture

47. Say "no"

48. Plural of carpus

50. Tom Jones's " \_\_\_\_ a Lady"

52. \*First settlers

55. \_\_\_\_ con Carne or \_\_\_\_ Verde

56. Fe

57. Off-color

59. Popular jeans brand

60. Attention-getting sound

61. Peter, Paul and Mary, e.g.

62. Elvis' " \_\_\_\_ Now or Never"

63. \_\_\_\_ someone off

64. Do like goo

DOWN

1. Lout

2. Alka-Seltzer sound

3. James \_\_\_\_ Jones

4. Colored wax stick

5. VIP's influence

6. Compass point, pl.

7. The Count's favorite subject

8. Wry face

9. Black and white mammal

10. \*What Thanksgiving celebrant did?

12. Excessively showy, slang

13. Turkish monetary unit

14. \*Macy's parade flyer

19. "Haste \_\_\_\_ waste"

22. Little bit

23. \_\_\_\_ Periódica

24. Connected to Lake Michigan

25. September stone

26. Hurtful remark

27. Synonym to #61 Across

28. Telephone company

29. City in Germany

32. Marine eagle

33. Jack-in-the-box part

36. \*First Thanksgiving parade (Philadelphia) sponsor

38. What Darwin says we do

40. "No room in the \_\_\_\_ for the travelers weary..."

41. Print from a smartphone

44. Desert mirage

46. \_\_\_\_ Bridge in Venice

48. The \_\_\_\_ of the Bambino

49. What phoenix did

50. Bolted

51. Hurries

52. Hearts and diamonds

53. Claudius' heir and successor

54. British slang for swindle

55. Computer-generated imagery, acr.

58. Anonymous John

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**Solutions on Page 7**

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By Marlys Johnsen Norris, Christian Author

And Jesus said unto them, Because of your unbelief: for verily I say unto you, If you have faith as a grain of mustard seed, you shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. (Matthew 17:20)

IT IS POSSIBLE! True faith in the magnificent power of our loving and great God will cause it to happen. Problems and desperation may cause your faith to be tested! Believe in the God of the impossible! God can move away any mountain in your life! *All you need is the faith of a tiny mustard seed because “nothing is impossible for God.”* His presence is with us! Whether you are alone of possibly with two or three praying together, God’s presence is there! Be still and know - God is there!

Years ago God moved a large mountain in our families and my life. I heard a sermon about this based on this specific scripture. When the opportunity and desperation came on us while we were in Mexico, I remembered

## “Faith Will Move a Mountain”

those words and God moved to bring about a miracle for us. (38 year separation due to kidnapping of my little brother) Later I wrote about it and titled my book *“God Moves Mountains, It was a Miracle!”* My faith and understanding of who God IS, was renewed. I wrote it with hope that those who read the book learned how to pray more effectively as well to know God loves them and will help them with the deep needs in their lives.

Old Testament reveals all life is dependant on the “blood”. The blood of animals were sacrificed and then sprinkled on the altar of worship honoring God and purchase forgiveness from sins each year for the Jewish people during a special time of the year. Surprisingly that practice still continues today.

A holy and loving God had a bigger plan of mercy for humanity! Now we have the forgiveness of God because His beloved Son, Jesus came and willingly died on a Cross for us. As He was dying on that Cross - a centurion pieced his side - causing every ounce of Jesus blood to be poured out of His body. His sacrificial blood washes away all sins of those who sincerely do accept Him as Lord and Savior in their lives today. He paid the penalty to purchase our redemption from all our sins Then, in three days He miraculously

came alive again! No other religion on the face of the earth can claim that! They all stayed dead.

God will give anyone victory over all those mountaintop circumstances. God has the power and will intervene and change everything when we understand His power and ask! There is unlimited power in the “BLOOD OF JESUS CHRIST” when we pray and claim it. His blood has enormous consequences: **Healing Power, Delivering Power, Transforming Power, Faith Power, Forgiving Power, Loving Power, Miraculous Power, Guiding Power, Protective Power, and Sealing Power.**

Remove the unbelief from your life but do recognize the darkness that evil one has invaded yours or someone’s life. It is important to “bind his evil works” and pray. **PLEAD THE PRECIOUS SACRIFICIAL BLOOD OF JESUS TO COVER THEM.**

Then, tell the evil one he no longer has the right to the person’s life you are praying for. They now are in God’s hands! It may sound fanatic but learn to pray and “Plead the Blood of Jesus” over everything that concerns you. Then, watch and you will see the hand of God move miraculously.

Marlys Johnsen Norris  
Christian Author of 7 Books  
Marlysjn@gmail.com ★

## Getting Old Is Not for Sissies

Dr. James L. Snyder

I will not admit to being old, but I am older than I was 10 years ago. Those 10 years have been filled with all kinds of things helping me to get older.

The Gracious Mistress of the Parsonage and I were sitting around enjoying an evening cup of coffee. Nothing like a good hot cup of coffee to settle the nerves. It’s not that I have nerves, but it’s just an excuse to drink coffee.

Getting back to my wife and me drinking coffee together, the conversation shifted in the direction of how old we actually are.

“Boy, we’ve come a long way, haven’t we?” I think my wife is right in that observation.

We spent a few moments reminiscing about what people call the “good old days.” I must say we had quite a few of them. Of course, my wife remembers more of them and the details about them then I do. But that’s okay. Sharing a memory is one of the great blessings of life.

The thing that troubles me is that my wife remembers a memory different than I remember that same memory.

She begins a conversation by saying, “Do you

remember...” Then she’ll go off when some memory deep in the past. Some of the details of that memory seem to be familiar, but I go along with her.

The other day I forgot something I was trying to remember. For the life of me, I could not remember it. Why is it that you cannot remember so0me things that are happening right now?

Then it hit me. My memory is like a computer disk, which has a certain amount of memory on it. Once you use all the memory, you cannot put any more memories on it. You must get a new disc.

I wonder if that is what’s going on with my memory? Maybe I have used up most of my memory space.

I shared this with my wife and she looked at me and said, “I think you have something there.”

My memory is not quite that bad, but I can never remember her saying anything along that line especially to me. I just went along with her.

“Maybe,” my wife said rather thoughtfully, “we should delete memories in the past that we no longer need. That will make room for new memories.”

Only my wife could come up with something like

that. But as she talked on, it sounded like a good thing to do.

I looked at her and said, “Can you tell me where the delete button is on our memory?”

“Silly boy,” she said, “do I have to think of everything?”

Whatever the solution, I think it is important to make room for new memories. Enjoy the ones in the past, but do not let the past hinder the present.

Thinking on these things it occurred to me that getting old is not for sissies. It takes a real man and a real woman to blossom into old age. If you are not careful, getting old can wear you out both physically and mentally.

Thinking about this I thought of what David said. “They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness” (Psalm 145:7).

No memory is better and more refreshing than my times with God.

Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church website is www.whatafellowship.com.★



### Double for Couples?

Dear Dave,  
Does the amount you advise saving for a beginner emergency fund in Baby Step 1 double for a couple, or does it stay the same?

–Charlie

Dear Charlie,

Whether you’re single or married, Baby Step 1 of my plan is to save \$1,000 as quickly as possible for a starter emergency fund. This may not sound like a lot of cash to have on-hand in the event of an emergency, but you need to remember the \$1,000 figure is a temporary thing.

Baby Step 1 is saving up \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all debt, except your home. The vast majority of folks working my plan are debt-free, except for their mortgage, in two years or less. Then, you move to Baby Step 3, which is increasing your emergency

## Dave Ramsey Says

fund from \$1,000 to three-to-six months of household expenses.

In reality, we’re talking about a pretty short period of time where you’d have just \$1,000 in emergency savings. Plus, it serves as an exercise in financial discipline. A lot of people have nothing saved before beginning the Baby Steps.

If that makes things seem a little scary at the start, it’s not necessarily a bad thing. A healthy level of fear can be a fantastic motivator. I don’t want anyone constantly living their lives in fear, but that added push – that sense of urgency – can make you work harder to get out of debt, and move on the Baby Step 3, as quickly as possible!

–Dave

### Baby Step for Weddings

Dear Dave,

We recently started following your plan, and it has made a huge difference in our financial outlook and our marriage. When it comes to the Baby Steps, when do you recommend setting aside money for a wedding? We have a daughter, and we want to be able to do as

much as possible for her when the time comes.

–Jim

Dear Jim,

That’s a good question. There’s not really a Baby Step specifically for weddings. In my mind, it should probably come after Baby Step 5 – setting aside a college fund for your kids.

Maybe part of this is the dad in me, but in prioritizing these things I think a good education is more important than a big wedding. Don’t get me wrong, a wedding is a wonderful event and cause for lots of joy and celebration. But it’s also a one-day event. Plenty of people have inexpensive, beautiful weddings, and enjoy long, wonderful lives together!

–Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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### Find Puzzles on Page 6

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6	9	1	3	8	2	7	4	5
7	4	8	9	5	6	3	2	1
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4	8	6	2	9	1	5	3	7
9	5	7	4	6	3	1	8	2
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By County Supervisor Sue Frost

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

I voted against the proposed emergency ordinance that would have blocked landlords from legally evicting tenants - and I wanted you to know why.

I voted against the ban on “no fault eviction” because it’s a false promise that does nothing to address the core problem and actually might make it worse.

The problem is simple - we don’t have enough housing, and scarcity drives up costs and reduces options.

The situation has received a lot of media attention about the emotion involved - and I do not diminish the stress a person who needs to find a new place to live must feel. But the coverage hasn’t done an outstanding job of explaining the facts.

What they are terming “no fault eviction” is actually when a property owner doesn’t offer a renewal at the end of a tenant’s lease. Typically the property owners give tenants two months’ notice - and most of the time, the tenant chooses to leave and find a new place to live. But sometimes they refuse to move out, and the owner is forced to evict them.

So why is there so much fervor? Because one apartment complex decided not to renew lessees for a large group of tenants that were on month-to-month leases.

I have great sympathy and compassion for the renters who were impacted by this isolated situation, and I do not condone the

GOLD RIVER COMMUNITY UPDATE

Forcing Consequences

actions of this particular apartment owner. After this incident happened, financial assistance was negotiated for the tenants who received termination notices. These tenants will receive \$2,500 in relocation or rent assistance plus the return of their full security deposit from the current owners. In addition, several tenants with Housing Choice Vouchers may be able to stay at the property after its sale to the new owners.

This proposal, as well as state-wide Rent Control that is coming January 1st, both suffer from the same misguided notion that renters will be better off with government controls on rent. Nothing is further from the truth.

Economists across the world, as well as everyone with basic knowledge of economics, understand that this is simply not the case. While price controls do hold down costs in the short-run for current tenants, in the long-run, it decreases rent inventory and affordability and creates blight in the surrounding neighborhood. In short, it increases housing costs, discourages construction of more affordable units, and reduces housing options.

Laws like rent control and bans on “no-fault evictions” are barriers to building the housing and apartments we desperately need. They create economic pressure for landlords to convert their properties to different uses entirely.

My supervisorial colleague, who has been so publicly critical of my vote, should review the results of similar policies in areas like San Francisco and Los Angeles. Then he needs to ask himself if he would consider either of those cities affordable.

In 2019 the National Apartment Association conducted a survey of firms

that build multifamily housing. The results showed that the Sacramento metropolitan area is one of the hardest places to build multifamily housing in the entire country. Nationally, our region ranked 56 out of 58 for the most barriers to building multifamily housing. Meaning it is more difficult to build apartments in the Sacramento area than the surrounding areas of Honolulu, New York, or San Diego.

This is unacceptable to me - and for anyone who honestly wants to deal with the housing shortage and price inflation. We have to do better. That’s why I will hold a series of meetings with county staff, apartment owners, builders, and tenants’ rights groups. Together, we will find out what can actually be done to solve the problem and reduce barriers preventing us from building new multifamily and affordable housing in our County.

I want real solutions, like offering tax incentives to property owners who keep rent low and build new units. Or allowing housing projects to get the same incentives and environmental exemptions sports facilities get.

I do not have all the answers; however, it is clear to me that we cannot continue to pass half-baked policies that feel good but in reality, make the situation significantly worse.

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.

Festive Fun for the Whole Family

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - The Fair Oaks Recreation and Park District is hosting a variety of fun and festive activities this holiday season.

If your kids want to receive a special letter from Santa, Mrs. Claus, or Rudolph, sign up for the Letters from Santa program. Complete an order form by December 6 to guarantee the letter arrives one week before Christmas. The fee is \$4 per letter.

Visit the Arts and Crafts Building for fun Do-It-Yourself projects (registration and materials fees apply):

On December 6 at 6:00 PM., decorate a 24-inch Rustic Holiday Tree with paint, twine, and ribbon. Turn reclaimed fence board into beautiful holiday décor or give it to a loved one as a gift.

On December 12 at 6:00 PM, you can create your own holiday succulent centerpiece. Decorate a wooden base and manzanita branch with succulents, moss, ribbons, and twine.

On December 15 at 2:00 PM, use paints or decals to decorate mini Cornhole boards that have been cut by OVC, the official board maker of the California Cornhole Association.

Come to the Community Clubhouse on December 18 at 6:00 PM for the Zumba Holiday Bash. Get dressed up and join this dance and fitness class open to all ages with a \$10 participant fee.

Visit Santa’s Workshop at the Community Clubhouse and get photos



Rustic Tree: Make your own Rustic Holiday Tree with paint, twine, and ribbon. Photo provided by Fair Oaks Recreation and Park District.



Succulent: Create a succulent centerpiece using moss, ribbons, and twine. Photo provided by Fair Oaks Recreation and Park District.

taken with Santa, participate in holiday crafts, and write letters to the North Pole. Enjoy hot cocoa and desserts with Santa on December 13 at 6:00 PM — or have breakfast with Santa on December 14 at 9:00 AM or 10:00 AM. Tickets (\$10 each) must be purchased in advance, and seating is limited.

Registration is open now for all holiday programs. For more information, visit [www.forpd.org](http://www.forpd.org) or call (916) 966-1036.



Cornhole: Decorate mini Cornhole boards using paints or decals. Photo provided by Fair Oaks Recreation and Park District.

Solo Vehicle Collision on Winding Way

By Greg Zumstein, California Highway Patrol

CARMICHAEL, CA (MPG) - At approximately 11:15 hours, despite lifesaving efforts on the part of Sac Metro Fire and the staff at the hospital, N. Sacramento CHP area was notified that the child involved in the collision, succumbed to her injuries.

On November 14, 2019 at approximately 7:20 am, the California Highway Patrol (CHP) received reports of a solo vehicle traffic collision in the area of Winding Way, east of Dewey Dr. CHP and Sacramento Metro Fire Department personnel responded to the scene and determined a Subaru sedan had collided with a tree on

the southern shoulder of Winding Way eastbound. The vehicle was occupied by the female driver in her 30’s and her possibly 4 year old juvenile passenger out of Fair Oaks. The impact caused major damage to the car, to the extent that the vehicle was split into two parts. Driver stated she had been driving home, with her daughter, at an unknown speed and claims an unidentified truck cut her off causing her to lose control of the vehicle prior to going off the roadway. The driver and juvenile passenger were transported by Sacramento Metro Fire with major injuries and at the time of transport the juvenile passenger had life threatening injuries. The child was located in the

rear seat in a booster seat and the driver was found restrained in the driver seat.

The cause of the traffic collision is under investigation. It is not known if drugs, alcohol, or a medical emergency were a factor in this collision. Any witness to the collision are encouraged to contact the N. Sacramento CHP office.

Any additional information about this news release should be directed to Officer Greg Zumstein who will be available at the CHP North Sacramento Area business phone number: (916) 348-2300, Monday through Friday 8 a.m. to 5 p.m. Or you can reach him on his cell phone at (916) 798-0975. Follow us on Twitter @chpnsac or like us on Facebook.com/chpnorthsac

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# Creating Leadership Opportunities for Students in Foster Care

**San Juan Unified School District**

**SACRAMENTO REGION, CA (MPG)** - San Juan Unified has developed a Foster Youth Services (FYS) Youth Leadership Team, with the goal of increasing youth participation, engagement, and student voice in the services that are provided. The strength of the district's FYS team is in the relationships built with students, staff, and the homes we work with. With that dream in mind, the district's multi-disciplined team is comprised of school community workers, school counselors, resource teachers, a youth employment technician and a school social worker, as well as identified and nominated students.

Established in January 2018, the young leaders, ranging from grades seven through 12, have named themselves The Chosen Ones. The Chosen Ones are a diverse community of young leaders living in foster care. Their mission is to lead youth to become a better you and to give youth a place where they feel like they belong and have a voice.

**Leading By Educating Others**

Students in foster care historically move homes and change schools often, impacting their success. By the time foster youth age out, over one third will have experienced five or more school placements, typically losing four to six



Members of San Juan Unified Foster Youth Services (FYS) Youth Leadership Team present their inspiring message to the community. Courtesy SJUSD

months of academic progress per move.

In May 2019, The Chosen Ones shared its mission to educate school staff and community members about Foster Care Awareness Month by sharing their mission statement with a sweet treat. Candies were given to teachers, front office staff and other service providers that they work with. Three of The Chosen Ones also participated in student action presentations to district

leaders expressing their goal to dismantle stereotypes of students in foster care and to demonstrate student success.

**Building Community Through Youth Outreach**

With the mission to give back to other youth in foster care, The Chosen Ones demonstrate leadership in foster youth events such as the annual Attitude Explosion Conference hosted by San Juan Unified and Twin Rivers Unified Foster Youth Services.

At this conference, youth express their individual and collective voices through poetry, writing, artwork, and spoken word. With an average of 70 to 80 students attending, The Chosen Ones have kicked off the event facilitating activities, assisting in serving food, and collaborating with all involved to support a successful event.

**Student Voice and Being Heard**

This year, two of The Chosen Ones are also

San Juan Youth Voice Advocates and have been trained to facilitate listening sessions to provide the student voice of those students in foster care to district leadership. The Chosen Ones are about building community and creating a safe place for students to be a part of. Hear from the students themselves:

"I like being a Chosen One because I get to meet new individuals that are somewhat in the same

situation as me and it is a great environment to be in." -Neassa M.

"I feel that being a Chosen One takes a lot of commitment and I am so honored to be a part it. I really feel it shows a lot of courage and integrity to be a Chosen One."- Malasia M.

"I like everything about being a Chosen One. I am a Chosen One because I'm a good leader and like it because I feel appreciated. I like to be able to come out with some ideas." - Tytinesha M.

**The Future is Theirs**

"Once you're a Chosen One, you're always a Chosen One" is the group's motto. Whether they are able to meet every month or only one time, they celebrate and honor the time spent together building a community. Many Chosen Ones graduate from high school and move on to higher education. One particular Chosen One has returned back to his home county and city of Paradise to help rebuild after the fires, while another is now a Youth Engagement Ambassador working with foster youth at the state and county level. San Juan Unified's Chosen Ones are inclusive, influential, and ready to impact the future.

San Juan Unified's Local Control and Accountability Plan shows how funds are being spent in support of students. The plan can be accessed at [www.sanjuan.edu/lcap](http://www.sanjuan.edu/lcap). ★



## You're Invited!

Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event.

*This year's event will be held:*

**Where:** North Ridge Country Club,  
7600 Madison Ave, Fair Oaks, CA 95628

**When:** Thursday January 23, 2020 • 5:30pm to 8:30pm

**Cost:** Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call **916-967-2903** or go to [FairOaksChamber.com](http://FairOaksChamber.com).

### VOTE NOW! Contest Rules

Business must be located in Fair Oaks or be a Chamber of Commerce Member.

All votes must be received no later than December 15, 2019 at 5:00 pm at the office of Messenger Publishing Group.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

*Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.*

## Healthy, Wealthy & Wise



### Sunrise Mall FARMERS MARKET

Every SATURDAY, 8am - 1pm



**NEW LOCATION IN FRONT OF THE MALL - 6041 Sunrise Blvd.**



**Live Music & Entertainment**



**80+ Certified Farmers & Organic Producers**



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