

**Cake4Kids
Still Cooking
One Year Later**
PAGE 2

**Cirque du Soleil to
Bring Amaluna to
Sacramento in 2020**
PAGE 9



AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 14 • ISSUE 16

Serving Fair Oaks, Orangevale & Sacramento County

AUGUST 23, 2019

**SEE
INSIDE**

**THE CALIFORNIA
AUTO MUSEUM
IS ON TRACK FOR
2019 CRUISEFEST**



PAGE 12

**SEXUALLY VIOLENT
PREDATORS
MAY BE COMING
TO SACRAMENTO!**



PAGE 5

**HONORING YOUR
GRANDPARENTS
WITH BUTTERFLY
RELEASE**



PAGE 5



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

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

We Can Do That!

MPG

To place your legal
advertising, go to

CarmichaelTimes.com

Teaching Water Wisdom



Rowing is among the many skills taught at the Aquatic Center.

**Story and photos
by Susan Maxwell Skinner**

FAIR OAKS, CA (MPG) - "Hey, my little girl can drive a boat," shouted a dad as his teenager confidently trimmed sailboat sheets on Lake Natoma.

His daughter was among more than 2000 children who this summer mastered maritime skills at the Sacramento State Aquatic Center. Straddling Gold River, Fair Oaks and Orangevale borders, the facility is jointly run by Associated Students Inc. and CSUS, in association with the California State Parks Department. With Lake Natoma's 449 placid acres as a playground, the center has hosted children's courses for 30 summers.

This summer's week-long classes included stand-up paddling, canoeing and rowing. Water-skiing and wakeboarding classes were run on nearby Folsom Lake. Bathed by sun and cool American River water, the students were seldom out of swimsuits and floatation vests. On designated parent nights, moms and dads were invited to share

the sport and marvel at their kids' new skills. "Teaching safe watersports is the center's aim," said center director Brian Dular. "We want everyone to enjoy our incredible Californian resources and be responsible aquatic enthusiasts."

Most center instructors are college students, also on summer break. First aid, CPR and lifeguard certification are hiring prerequisites but a love for sport is the major qualification. "Some staff come back year after year until they graduate from college," observed the boss. "Many came through here first as campers, so they've seen how all students are different. Some are super-athletic; some are fearful. You adjust teaching styles for each personality. But my staffers are big kids at heart. They keep things fun and exciting. They also supervise plenty of goof-off time on water slides and swings."

Overnight camps were an option on alternate weeks during summer weeks. "We went out for sunset paddles," explains Dular. "Then we had Spaghetti Factory dinners and toasted s'mores on the barbecue. Campers and

counsellors slept in the open. After a pancake breakfast, we got back to more aquatic fun. By the end of the week, the kids were all pretty exhausted and so were the staff."

S.S.A.C. courses ran from early June to mid-August and cost between \$350 and \$450 per student. Beyond summer, the facility is open for equipment rentals all year. It also hosts rowing championships at regional and national levels. "Lake Natoma is a Gold Field District jewel," considers Dular. "Just 25 minutes from the center of Sacramento, we have a unique rural environment that's also a wildlife habitat. From the water, we see animals and some pretty exciting birds. Speed limitations on the lake make it really safe for water sports — that's why people come here from all over the USA. We feel pretty lucky to be here."

The Sacramento State Aquatic Center is located at 1901 Hazel Avenue, Gold River. Summer session bookings for 7 to 16-year-olds open in March 2020. For more information, visit www.sacstateaquaticcenter.com/ ★

County Seeks Heroes of Human Services Award Nominations

**By Janna Haynes,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - The Heroes of Human Service Awards recognition was created to honor those who have touched the lives of others through their advocacy, dedication, service and support throughout Sacramento County.

We are looking for individuals/groups who have demonstrated outstanding involvement and commitment to human services. Human Services are broadly defined as community services that support and protect individuals and families. Examples include efforts not limited to:

Social work; Mental health care; Dependent care; Job training; Shelter services; Health programs; Mentoring; Financial assistance; After school programs; Nutrition services; Substance abuse services; Legal and criminal justice services; Recreation services.

A person/group may be nominated for extraordinary efforts exhibited by commitment, dedication and dependability over a period of time or a person/group may be nominated for a one-time specific situation or incident that exhibited extraordinary effort. All nominations will be considered.

Who is Eligible?

Nominees must have demonstrated a commitment to human services through efforts to provide residents of Sacramento County with the resources, services, supports, or opportunities needed to enhance quality of life and social functioning.

Nominees may be from a volunteer organization/club or committee. Examples should be reflective of efforts that go beyond the scope of their regular employment.

Nominees may be from a place of employment. Examples should be reflective of extra-ordinary work that they do at their place of employment that is beyond performing their regular work duties.

Selection and Notification

A panel representing the Sacramento County Board of Supervisors and the Human Services Coordinating Council will make the selection of honorees and those selected will be notified by their respective Supervisor's office.

How do I Nominate?

Please only nominate one person or group per form. Submission deadline is August 26, 2019.

For questions regarding the nomination process please contact: Human Services Coordinating Council

Cindy Marks

Phone: (916) 876-4247

marksc@saccounty.net ★

Desmond Joins the Race

By Paul Scholl

SACRAMENTO, CA (MPG)

- Rich Desmond is the latest candidate to announce that they are running for the upcoming open county supervisor seat currently held by Susan Peters.

At his first fundraising event on August 8th at the Dante Club, former sheriff and radio talk show host John McGinnis opened the evening with his support for Desmond. Susan Peters also offered her support, saying of the fifth generation Carmichael resident "When I met Rich 18 months ago I thought, this might be the guy." She then asked the more than 200 attendees to support his candidacy.

Desmond addressed the crowd by thanking his children and wife for their encouragement, along with his family, friends and supporters.



Rich Desmond announces his campaign with campaign manager Janie Desmond-Ison (at left), his wife Lisa, and local businessman Mike Menzel (far right). Photo by Paul Scholl

Desmond's background includes 24 years with the California Highway Patrol. His four points of focus for his campaign include working to resolve homelessness issues, improving road repairs

within the county, economic development for the region and increased public safety.

Desmond stated "I love this community. My life is woven into its fabric. I look forward to serving

all of you."

The race for County Supervisor District 3 is coming open, as Susan Peters has announced she will not be running again after serving the community for 16 years. ★

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 21 - AUGUST 27, 2019.

Sacramento Life Center Receives William G. Irwin Foundation Grant

Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO, CA (MPG) - The William G. Irwin Foundation recently awarded \$50,000 to the Sacramento Life Center to help pay off the mortgage on the group’s medical facility. The grant will allow Sacramento Life Center to free up funding for current programs, as well as future programs such as prenatal medical care and well-woman exams for low-income pregnant women and teen girls. Since moving to the expanded medical facility in 2016, the Sacramento Life Center has seen a 30

percent increase in women, teen girls and couples seeking services. “We are incredibly grateful to the William G. Irwin Foundation for its generous investment in the health of low-income women and teens in our community,” said Marie Leatherby, executive director, Sacramento Life Center. “This capital grant will help the Sacramento Life Center fund current and new programs for the next two decades, helping thousands of mothers and their children receive free medical care – especially those who have nowhere to turn.” The Sacramento Life Center serves some of the

most vulnerable women and children in Sacramento County. The majority of patients face serious financial challenges, and increasing numbers are battling unemployment, domestic violence, homelessness, drug and alcohol problems, mental illness, sexually transmitted infections and more. Fifty percent of the group’s patients have no medical coverage. For more information about the Sacramento Life Center’s Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org. ★

Tire Franchise Opens Fourth Sacramento Location

By Brenda Komar, Chrysalis Marketing

ORANGEVALE, CA (MPG) - Bay Area Development Company announces it has completed 504 funding for 7 Day Tires & Auto Repair in Orangevale. The 504 financing allowed the tire shop to create six new, local jobs and to purchase a 5,952 square foot building located at 9216 Greenback Lane in Orangevale. Mohammad Nazir opened the first 7 Day Tires & Auto Repair in Sacramento in 1994. The company provides tire sales and service as well as auto service and repairs, focusing on customers in and around the greater Sacramento area. In 2000, Nazir’s high school-aged son, Waseem, started working for the company as a tire installer. Over the years, Waseem learned all aspects of the industry and in 2010 he became president of the company. That same year, he opened a second location in Sacramento and then a third location, this time in nearby Roseville. With both expansion properties, Waseem

acquired existing tire stores that had solid reputations and robust customer bases. Waseem learned of a tire company in Orangevale that was for sale and saw it as an opportunity to continue expanding the footprint of 7 Day Tires. Working with Bay Area Development’s Joe Lampe and with California Bank & Trust, he secured the 504 funding needed to purchase the business. Doing so allows him to serve a greater geographic area as well as create new jobs within the community. Founded in 1981, Bay Area Development Company is an SBA licensed lender that works with banks and the SBA’s 504 program to provide small and mid-sized companies with long term commercial real estate financing. The loans have fixed, below-market interest rates and low down payments which allow businesses to purchase land and buildings, renovate existing facilities and acquire equipment. Headquartered in Walnut Creek, Bay Area Development Company has provided more than \$3 billion to companies throughout California. ★

SMUD Hits a Milestone in Fleet Electrification

SMUD Press Release

SACRAMENTO COUNTY, CA (MPG) - SMUD hit a major milestone in its efforts to electrify its fleet this week by putting up its last gas-powered sedan for auction and announcing the addition of 16 Chevy Bolts to its lineup. That brings the total number of electric and/or hybrid sedans to the SMUD fleet at 53. “We’re excited to hit this milestone on our way toward fleet electrification,” said Casey Fallon, SMUD’s director of Procurement, Warehouse and Fleet. “As we work to bring more mobility options and infrastructure to the Sacramento region, we are showcasing the ability for large fleets to make the transition to cleaner cars and demonstrate the benefits.”

“Electric vehicles really are the future and they provide so many benefits to the communities in which we serve,” said Fallon.

In fact, SMUD just added three electric service trucks to its fleet that allow for heat and air conditioning to run while the engine is turned off to reduce the amount of diesel emissions and noise. It’s also adding additional charging infrastructure at its two Sacramento locations.

“The effort comes from out-of-the-box thinking in how we view our fleet and our transportation needs,” said Fallon. “There are a lot of factors that play into this long-range effort including technology advancements, vehicle lifecycles, reduced maintenance expenses and how we rethink what types of vehicles are needed for various operating activities in the field.”

SMUD has long been a supporter of electric vehicles, having worked with major automakers and a wide variety of technology companies for the past 30 years to help test and optimize electric vehicle equipment and demonstrate real-world effectiveness.

SMUD’s efforts and partnerships have already brought electric vehicles to underserved communities; electric school buses to local districts; clean public transportation; mobile battery charging

stations and more. SMUD’s Charge Free for Two Years electric vehicle incentive offers a choice of \$599 cash (enough for the average electric vehicle driver to charge at home for two years), or a free high-powered level 2 electric vehicle charger for SMUD customers who purchase or lease a new plug-in electric vehicle. Additionally, SMUD’s special electric vehicle rate discount allows electric vehicle owners to save money when they charge their vehicles between midnight and 6 a.m. This allows owners to maximize their savings while mitigating the impact to SMUD’s electric grid for all customers. Furthermore, SMUD is working to bring a California Mobility Center to Sacramento that will serve as an innovation hub of policy, funding and commercialization of clean transportation technologies including autonomous transportation; electric vehicles; battery storage; shared mobility solutions; public transit and more.

These efforts support the recent adoption of one of the most aggressive Integrated Resource Plans in the country that puts SMUD on the path to net-zero carbon emissions by 2040.

The goal is to provide equal opportunities in Sacramento for increased mobility, clean air and access to things like employment, healthcare and education.

SMUD’s commitment to sustainability and mobility will improve the air quality in the Sacramento region and increase access to its residents.

As the nation’s sixth-largest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD’s power mix is about 50 percent non-carbon emitting. For more information, visit smud.org. ★

New County Director of General Services Appointed

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors authorized the County Executive to appoint Jeffrey Gasaway as the Sacramento County Director of General Services, effective Aug. 18. Through a national recruitment search of highly qualified candidates, Gasaway was shown to be the top qualifier based on experience, education and overall qualifications for the position. “We are fortunate to be able to promote Jeff Gasaway to the Director of the Department of General

Services,” said David Villanueva, Deputy County Executive of Administrative Services. “Jeff has a proven track record of excellent leadership and commitment to providing effective support services to each of our County Departments.” Gasaway currently serves as the Deputy Director of General Services and has been Acting Director since September 2018. As the director, Gasaway will lead operations in providing facility and fleet maintenance services for the County, as well as central purchasing and contract management, printing and scan services, interoffice mail, surplus property

management, warehousing, facility planning and design services, real estate management, and construction inspection and management. “I have worked in the Department of General Services for almost 30 years,” said Gasaway. “I am extremely honored to have been entrusted by the Board of Supervisors to direct General Services and I’m looking forward to leading a team of dedicated employees within the department, and working closely with the other county departments to deliver high quality and innovative services that assist residents and visitors alike.” ★

Fair Oaks Recreation & Park District Presents:



14th Annual Fair Oaks Chicken Festival
Saturday, Sept. 21st
10:00am - 5:00pm
www.forpd.org

Fair Oaks Village
7003 Park Dr, Fair Oaks

FREE
General Admission & Parking

Kid's Park Unlimited Wristband
Presale **\$5** | At event **\$7**
or 2 or more **\$5 each**


- **Morning Breakfast**
\$3 Children and **\$6** Adults
- **100+ Vendors** (craft & company)
- **Live Entertainment**
 - Jax Hammer at 10am
 - FBI Band at 12:30 pm
 - Mullet Mechanix at 3pm
- **SactoMoFo Food Court**
- **Cluck N' Crow Contest at 12pm**
- **Craft Brew Tasting - \$3 tastes**
- **GREAT Chicken Contest**

visit us  **@fochickenfest**



Sponsored by





American River Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006



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

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

Subscriptions should be mailed to:
American River Messenger
7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.
Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.
Call 916-773-1111 for more information.
(ISSN # 1948-1950).

MPG

We are proud members of these newspaper associations.



Publisher, Paul V. Scholl

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

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

TV
GUIDE
MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Jeers to
The Bachelorette's Jed

for his cheating heart. The only thing worse than the aspiring singer's tunes was the fact that he had a girlfriend when he joined the show and still managed to win Hannah's final rose. Good thing she dumped him after learning the truth and used the post- finale special to reconnect with Tyler C.

Jeers to
Outlander Outage

Again, Starz's sexy era-jumping romance is set to make time stand still by not launching Season 5 until early 2020, forcing fans to go nearly a year without the life-giving stares

between Claire and Jamie. Great Scot, that's too long!

Cheers to
Orange Is the New Black

for serving its time wisely. After seven seasons, Netflix's prison dramedy starring Taylor Schilling (pictured) locked it down in a series finale full of endings happy, heartbreaking and even hopeful, thanks to the show's real-life fund to support women impacted by mass incarceration.

Cheers to Shark Week

for taking a fun-size bite out of the summer schedule. From the goofy *Shark Trip: Eat. Prey. Chum.* with Joel McHale and Rob Riggle to the gut-twisting shipwreck tale of *Capsized: Blood in the Water*, starring



Taylor Schilling (pictured) locked it down in a series finale full of endings happy, heartbreaking and even hopeful.

Josh Duhamel (pictured), the yearly salute was awash with reasons to stay in and watch TV. ★

the story without those two characters present."

Question: Please tell me that Netflix or Hulu plans to pick up *Madam Secretary* – or *President* – when it ends on CBS. – Ruth

Matt Roush: Elizabeth McCord (Te?a Leoni) will indeed already be president when the show returns for Season 6, but her term will be only 10 episodes. This time jump allows the show to give some closure to her story though, which means it's unlikely they'll be shopping it to other platforms. It'll be missed, but better this than an abrupt cancellation.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

ASK
MATT

BY MATT ROUSH TV Guide Senior Critic

Will Supernatural Get A Spinoff?

Question: Are there going to be any spinoff series from Supernatural? – Gloria

Matt Roush: The CW tried to develop at least two *Supernatural* spinoffs with episodes intended as "backdoor pilots," the most recent being "Wayward Sisters" in January 2018. At this summer's television critics press tour, The CW President Mark Pedowitz

acknowledged that these attempts "did not connect." Adding, "I tend to believe at this point, the show's essence and blood is Jared (Padalecki) and Jensen (Ackles)." As for the actors who play the Winchester brothers, Padalecki said, "I do hope we see more of the *Supernatural* universe," while Ackles conceded, "When you have a show that is so anchored ... around two characters, it makes it difficult to tell

GET A GREAT DEAL!



America's most
complete TV
listings magazine

just
75¢
per issue!



**WOW
81% OFF***
FOR MESSENGER
PUBLISHING
GROUP
READERS

The Ultimate Guide To What's On TV

ordering is easy!

1-877-580-4817

tvweekly.com or subscribe by mail

YES! Sign me up for 13 issues for only \$9.75!

Just
75¢
per
issue!

ORDER
TODAY

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Option #1

Pay by check or money order Make check or money order out to: **TV Weekly**

Option #2 Charge my credit card Credit Card # _____

☐ Visa ☐ MC ☐ Discover ☐ AmEx Exp. Date: _____

Mail payment with coupon to: Signature Required: _____

TV Weekly magazine

213 Park Drive

Troy MI 48083

Allow 4-6 weeks for delivery of your first issue.

TWCP

*the cover price

We Beat Almost All Online Prices on Premium Brand Pet Foods.

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

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

*Compared to All Chain and Local Stores

PET CLUB

FOOD AND SUPPLIES

EVERYDAY LOW PRICES

Super Discount Prices* Hot Specials & Coupons

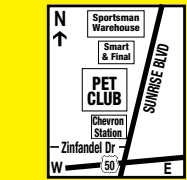
Small item promotion runs weekly

(No Membership Fees)

We Only Accept ATM, Cash, & Checks

M-F 9-8, SAT 9-7, SUN 10-7

Effective 8/21/19 - 8/27/19



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



COUPON

1 FREE PEDIGREE DOG FOOD

22 Oz Tin All Varieties

With Any Purchase of Pet, Fish Food, or Supply PLU 321

Limit: 1 Coupon Per Family CHM

Effective 8/21/19 - 8/27/19

COUPON

\$1.50 OFF

ANY PURCHASE OF PET OR FISH SUPPLY

(Excluding Pet Food or Litter)

Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324

Limit: 1 Coupon Per Family CHM

Effective 8/21/19 - 8/27/19

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

ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD

13.5 Lb & 27 Lb

•Turkey •Lamb •Trout/Salmon •Zssential •Duck •White Fish •Venison •Salmon •Pork •Catfish

ON SALE EVERYDAY

Effective 8/21/19 - 8/27/19

9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family

37¢

Effective 8/21/19 - 8/27/19

DIAMOND NATURALS DRY DOG FOOD

40 Lb Bag

•Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)

\$29.99

Effective 8/21/19 - 8/27/19

FANCY FEAST GOURMET CANNED CAT FOOD

All Varieties except Elegent Medley 3 Oz

Limit 2 Cases Per Family

ON SALE Everyday

Effective 8/21/19 - 8/27/19

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

•Chicken, Brown Rice & Oatmeal Formula (Reg & Lrg Breed) •Senior •Lite 30 Lb Bag

Limit 2 Bags Per Family

\$35.99

Effective 8/21/19 - 8/27/19

PURINA CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family

ON SALE Everyday

Effective 8/21/19 - 8/27/19

PEDIGREE DRY DOG FOOD

50 Lb Bonus Bag

•Chicken, Rice, & Vegetable •Steak & Vegetable

Limit 2 Bags Per Family

\$23.99

Effective 8/21/19 - 8/27/19

SCOOPAWAY CLUMPING CAT LITTER

20 Lb Box

•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.99)

Limit 2 Boxes Per Family

\$5.99

Effective 8/21/19 - 8/27/19

WELLNESS CANNED DOG FOOD

Natural 12.5 Oz Full Case 20% OFF

•Regular •Stew •Core Limit 2 Cases

WILDERNESS DRY CAT FOOD AS MARKED

•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags

\$5 OFF

MEOW MIX DRY CAT FOOD

•Original Choice 16 Lb Bag Limit 2 Bags Per Family

\$11.99

MILK-BONE DOG BISCUITS

Large 10 Lb Box \$10.99 Flavor Snacks 7 Lb Box \$9.99

WORLD'S BEST CAT LITTER

•Original •Extra Strength 14 Lbs Limit 2 Bags

\$12.99

PRECIOUS CAT CLUMPING CAT LITTER

18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family

\$5.99

JONNY CAT PREMIUM CAT LITTER

10 Lb Bag Limit 2 Bags Per Family

\$1.99

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs

\$6.99

NUTRO CANNED DOG FOOD

•Kitchen Classics •Hearty Stews •Puppy 12.5 Oz Can All Varieties except Limited Ingredients Grain Free IAMS Canned Dog Food 13 oz. \$1.09 Limit 2 Cases

\$1.69

PEDIGREE CANNED DOG FOOD

•Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)

79¢

PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER

40 Lb Bag (Extra Strength 25 Lb \$7.99) Limit 2 Bags

\$8.99

MERRICK'S CLASSIC NATURAL DRY DOG FOOD

•Chicken/Green Pea/Ancient Grains 25 Lb Bag Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains

\$8 OFF

OUR REGULAR LOW PRICES!

ADVANTAGE FLEA CONTROL & TREATMENT

Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer.

\$4.00 OFF

REDBARN NATURAL DOG TREATS

•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$7.49

20% OFF

NORTH STATES PET GATES All Models

20% OFF

PETMATE REPLENDISH Auto-Watering & Auto-Feeding System

20% OFF

SCOOP FREE LITTER TRAY CARTRIDGE

(Automatic Litter Box - \$109.99)

\$15.99

BOXED GLASS TANK WITH STARTER KIT

20 Gal Aquaone Economy . . . \$36.99 29 Gal Tetra LED Deluxe . . . \$112.99 10 Gal Tetra LED Deluxe . . . \$53.99 55 Gal Tetra LED Deluxe . . . \$187.99

PENN-PLAX CASCADE POWER FILTER SALE

MODEL . . . TANK SIZE . . . PET CLUB SALE

CASCADE 100 . . . 20 Gal . . . \$17.99

CASCADE 150 . . . 35 Gal . . . \$25.99

CASCADE 200 . . . 50 Gal . . . \$35.99

CASCADE 300 . . . 100 Gal . . . \$55.99

REPTILE SUPPLY SALE

Zoo Med Reptibark 8 Qts. \$5.49

Tetra Reptomin 3.7 Oz \$3.79

Tetra Reptomin 10.59 Oz \$8.49

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL

\$12.49

BONUS COUPON

FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon

ON SALE EVERYDAY

Effective 8/21/19 - 8/27/19

CHM PLU 568

BONUS COUPON

FANCY FEAST CLASSIC BROTH

1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon

89¢

Effective 8/21/19 - 8/27/19

CHM PLU 377

BONUS COUPON

ARM & HAMMER CAT LITTER DEODORIZER

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon

\$1.49

Effective 8/21/19 - 8/27/19

CHM PLU 422

Unconstitutional Tax Legislation Will Restrict Voter Choice

By Jacqui Nguyen

SACRAMENTO, CA (MPG) - Senate Republican Leader Shannon Grove (R-Bakersfield) issued the following statement after Senate Bill 27 was signed into law. Legislative Republicans voted against SB 27, but legislative Democrats pushed for it because of their hostility toward the current U.S. President.

The newly-signed legislation requires a candidate for U.S. President or California Governor who wants to be on the state ballot to file copies of their federal income tax return from the five most recent taxable years with California Secretary of State.

“Regardless of the political affiliation of the current President of the United States, this individual deserves our respect. Here in California, we call on the President when disaster strikes and he has come through for us time and time again. Whether it is multiple wildfires or the failure of the Oroville Dam, the President delivered with federal aid.

“California has tangible issues affecting our families such as high gas taxes, homelessness,

and housing affordability. One poll even stated that 53% of Californians want to flee the Golden State. Yet, Sacramento Democrats continue to focus on the President instead of being focused on issues that affect every day Californians’ lives.

“Governor Brown vetoed similar legislation saying this requirement is unconstitutional, and I am confident the courts will agree,” said Senate Republican Leader Shannon Grove.

Senator Shannon Grove represents California’s 16th Senate District which encompasses large portions of Kern, Tulare and San Bernardino counties and including the cities of Bakersfield, Barstow, California City, Exeter, Frazier Mountain, Joshua Tree, Mojave, Needles, Ridgecrest, Rosamond, Taft, Tehachapi, Twentynine Palms, Tulare, Visalia, Yucca Valley and portions of the Kern River Valley. She is the Senate Republican Leader. Follow her on Facebook and Twitter.

For press inquiries for questions, please contact Jacqui Nguyen, press secretary for the Senate Republican Caucus, at (858) 999-7706. ★

2nd Sexually Violent Predator May Be Coming to Sacramento!

By Shelly Orio, Sacramento County District Attorney’s Office

SACRAMENTO COUNTY, CA (MPG) - District Attorney Anne Marie Schubert is alerting the community of a second Sexually Violent Predator (SVP) that may be placed in Sacramento County. A hearing is scheduled for public comment on the release of SVP, Ross Wollschlager. A Ventura judge will consider placing Wollschlager at an address on Excelsior Road, even though Wollschlager has no ties to Sacramento.

Notice of hearing: September 5, 2019, starting at

9:00 a.m. at Ventura County Superior Court – Department 13 - 800 S. Victoria Avenue, Ventura CA 93009

Wollschlager was convicted in Ventura County in cases of: Rape by Force; Rape by False Pretenses; Lewd & Lascivious Acts on a 10-Year-Old Child

After serving his 13-year, 8-month sentence, a jury determined Wollschlager to be a Sexually Violent Predator under the Welfare and Institutions Code §6604.

If approved, Wollschlager will live in Sacramento County on Excelsior Road and only be monitored for one year. He would then be

eligible for full release from supervision to live unmonitored in the community.

How the community can voice their opposition:

If community members want to voice their opposition, notify the Sacramento County District Attorney’s Office to: Be heard in person at the hearing being held at the Ventura Superior Court; Submit a letter or message by email to: SVPWollschlager@sacda.org; Mail a letter to: District Attorney’s Office, ATTN: SVP Wollschlager, 901 G Street, Sacramento CA 95814.

For more information, visit: www.sacda.org/SVP. ★



ALL CITRUS HEIGHTS VETERANS AND ACTIVE SERVICEMEN AND SERVICEWOMEN & FAMILIES

Let us Honor You for Your Service to Our Country

Saturday, August 24, 2019

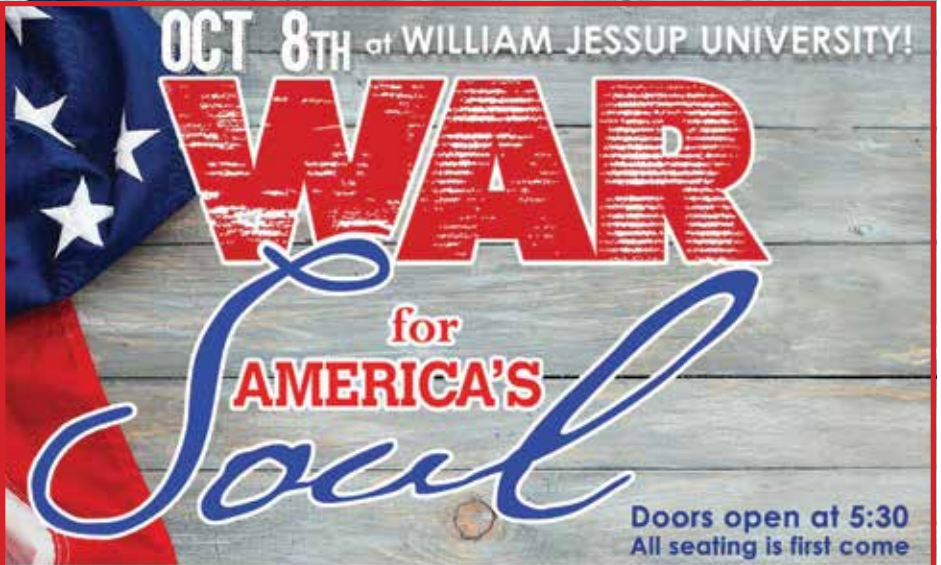
10:00 am to 3:00 pm
RUSCH PARK
7801 Auburn Blvd
Citrus Heights, CA

★ Marine Corp Honor Guard
★ VA Representatives
★ Resources for Veterans & Families
★ Entertainment / Children’s activities
Post 637



Free BBQ Lunch for All Veterans
Active members of the Armed Forces and their Families
Presented by the American Legion Post 637
Covered, accessible picnic tables available
Or you can bring your blankets, chairs and umbrellas






OCT 8TH at WILLIAM JESSUP UNIVERSITY!


WAR

for AMERICA'S Soul


Doors open at 5:30
All seating is first come



MICHELLE MALKIN



LARRY ELDER



SEBASTIAN GORKA

VIP Tickets include a signed book, preferred seating and photo op.
Ultimate VIP Tickets include Lunch w/Larry Elder, Seats in Front 2 rows, signed book.

Address:
2121 University Ave. Rocklin, CA 95765

Go to : <https://am1380theanswer.com>

Honoring Grandparents with Butterfly Release

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Sunday, September 8 is national Grandparents Day, and two local non-profits are observing the day with a Grandparents Day Butterfly Release. Sacramento Children’s Museum (SCM) and Snowline Hospice are hosting the Butterfly Release ceremony at 11:30 am at the museum, which is located at 2701 Prospect Park in Rancho Cordova.

SCM’s mission is to inspire a love of life-long learning by providing a space for children to play, create, and explore. Snowline’s mission is to help patients through end-of-life care and support their families through the grieving process. The Grandparents Day Butterfly Release is a way to support two great causes at the same time while also recognizing the vital role grandparents play in children’s lives.

SCM’s director of museum advancement Meghan Toland said, “We chose Grandparents Day because grandparents are so important to us at the museum – we see them bringing kids in every day. ... Celebrating grandparents is a great way to bring awareness to Snowline and the Sacramento Children’s Museum.”

Participants can dedicate a butterfly in name of a beloved grandparent. “You can reserve as many butterflies as you want,” said Toland. The event will include Monarch and Swallowtail butterflies – both beautiful options to honor grandparents’ significant impact on our lives.

The butterflies are locally and sustainably sourced, and they will be transported to the museum on ice – putting them



Participants will release Monarch and Swallowtail butterflies in honor of grandparents’ important role in their lives.

into a temporary hibernation until they are woken up at the event. Participants will wake the butterflies by warming them in their hands during the dedication, and then the butterflies will be ready for release after the ceremony.

Grandparents are an important part of all our lives, so Toland explained that the event is not just for children – all ages are encouraged to attend. She also emphasized that the dedications do not have to be in remembrance: “It’s to remember those we don’t have any more and also to celebrate those still in our lives every day.”

Toland said they expect to release 400 butterflies, so they are anticipating a large turnout at the event. After the Butterfly Release, a celebration will feature games, activities, face painting, and food vendors.

Proceeds from the event will benefit SCM’s educational programs and Snowline’s Healing All Together (HAT) grief group, which helps children and their families deal with grief after losing a loved one. Because it can be difficult for kids to verbalize their emotions, HAT helps kids express their grief through art, motion, music, and play. SCM works in partnership with Snowline, which hosts the HAT program at the museum twice a month.

Butterflies for the event must be reserved in advance on the website, and people are already signing up. The deadline to reserve a butterfly is Friday, September 6 and the cost is \$10 per butterfly, or \$15 for a butterfly and admission to the museum. To reserve a butterfly – or to sign up as a vendor or sponsor – visit www.sackids.org. ★

GOING OUT OF BUSINESS

EVERYTHING MUST GO!!

Everything At Least

50% Off

- Local Family Business Since 2006
- Products Are US Manufactured Locally Made Sofas
- No Reasonable Offer Refused

Mention Ad or the Article

Save an Additional 30% More!

Coffman’s Carmichael Sofa Center

6439 Fair Oaks Blvd. • Carmichael, CA 95608

916.482.9663

Closed Sunday and Monday



POPPOFF!

with Mary Jane Popp

Joy from Fear

Fear! We ll face it at one time or another. But does that fear stay with us and trip us up in our lives? **Dr. Carla Marie Manly** is a practicing Clinical Psychiatrist and author on fear and fear-based disorders from trauma and anxiety to depression. She tackles the fear thing in “**Joy From Fear**” Create the life of your dreams by making fear your friend. She shared how to let go of fearful memories, and trust that you have the power to move forward positively with a few simple steps on my POPPOFF Radio Show. So here goes.

1) OBSERVE AND DETACH. Notice when an old, fearful memory comes up to haunt you. Notice the memory without judgement. Observe the memory like you’re watching a film. Practice detaching from the memory rather than getting drawn into it. **2) NOTICE WITHOUT**

JUDGEMENT. Allow yourself to notice, without judgement, the negative thoughts or beliefs that are part of this memory. For example, the memory may make you feel unworthy, damaged, unlovable, or doomed to failure. **3) ALLOW THE FEELINGS TO MOVE THROUGH YOU.** Pay attention to how you feel when the memory arises. Does your body tense? Is there a tightening in your stomach? Does your throat constrict? Do you feel hot? Does your heart race? Notice, without judgement, how you are feeling. Allow the feelings to move through you rather than holding on to them. **4) START TO LET GO.** Begin letting go of your fearful memory by putting it in a dark-toned balloon. Place the negative thoughts and beliefs in the same balloon. Any negative feelings can also be set in the balloon. When you are ready, let go of the balloon to set yourself free from the fearful memory and the related negative images, thoughts, and beliefs. You may need to repeat this process many times before the fearful memory lessens its grip. **5) REPLACE THE NEGATIVE WITH**

POSITIVE. Imagine a positive message and positive messages that you would like to hold instead of the negative memory. For example, you might see yourself joyful and free as you sit by the ocean. Then, allow that image of yourself to hold a lovely transparent balloon. Place positive thoughts and beliefs inside this balloon. These messages might tell you that you are loved, worthy, kind, intelligent, caring, resilient, courageous, and more. Allow yourself to hold and enjoy that uplifting balloon. Repeat this imaginal process several times each day. The more you repeat the positive messages and images, the more joyful and positive you will feel.

Dr. Manly knows we all have negative life experience. It’s what you do with them that matters. When we choose to face the fearful memories and learn from them, we can then move forward to let go of them. Practice the above “letting go” steps often to set you free she told me. You have the power to find your fearful memory nuggets and move forward with a free and joyful heart! Check out www.drcarlamanly.com and **JOY TO YOU ALL! ★**

Citizens Concerned About Covert Harassment to Hold Rally at Capitol Building

By Ilona Gazarova, Surveillance and Harassment Survivor’s Alliance

SACRAMENTO, CA (MPG) - On August 29, 2019, victims of organized, multi-stalker stalking and electronic harassment (via radiofrequency harassment devices and electronic weapons), as well as others concerned about these growing crimes, will hold a public rally in Sacramento, California. Thirty victims have already registered to attend, most of whom are California residents. We anticipate that many unregistered participants will also show up. A large number of people will participate virtually via several live streams of the protest.

A U.S. Dept. of Justice study showed that one in eight stalking cases is reported to involve simultaneous stalking by multiple offenders, and victims’ reports of “organized stalking” are rising rapidly. Many of the criminal harassment networks that engage in this illegal activity are also reported to engage in so-called “electronic harassment”. Well

before the energy-weapon assaults on the U.S. diplomats in Cuba and China were reported by the media, many victims globally have reported similar harassment and assaults with directional energy-emitting devices. Despite the ever-increasing number of reporting victims, these concerning crimes have received no real attention from law enforcement or elected officials. Yet, these crimes are almost certainly having substantial negative impacts on our world’s capital and economy.

The rally’s three main aims are: (1) to raise awareness about these growing threats to public safety and human rights; (2) to ask law enforcement to start taking and recording official reports of victims’ claims about organized stalking and electronic harassment; and (3) to ask legislators to enact laws that will both compel and support modern, effective law enforcement practices against these novel, 21st century crimes.

The rally is open to all members of the general public at no cost. Attendees have been asked to register for the event at <https://www.alliancetoendtargeting.org/ti-day-2019>.

Members of the news media are encouraged to attend as well. Several representatives of local, state, and federal law enforcement have been invited to the event, so they can share their perspectives on these new criminal issues with the concerned citizens in attendance. Several rally organizers and leading members of the victim advocacy community will give speeches, and informational flyers will be distributed to the general public.

Informational flyer available at: <https://www.alliancetoendtargeting.org>

California State Capitol Building, L Street Entrance

August 29, 2019
11:00 am to 7:00 pm

Peak Period:
2:30 pm - 5:00 pm
Speeches will begin at 3:00 pm

The following rally organizers will be available for comment:

Justin Whitworth
Jesusconnect@yandex.com
(916) 531-0325
Shayla Avants
Alliancetoendtargeting@gmail.com
(813) 459-8988 ★





UNITED WE STAND

TUESDAY | SEPTEMBER 24
7:00 AM - 9:00 AM



TO REGISTER TEXT BLUE TO 916.778.3234
WITH QUESTIONS CALL 916.344.9378



Shredding Sale



45¢/lb

Reg price - 98¢
Limit 1 Coupon per Customer. Valid Only at Participating Locations. Restrictions Apply. Offer Expires 12/20/19

45¢ per pound No Limit

The UPS Store
Located at the Corner of Greenback & San Juan
7405 Greenback Lane, Citrus Heights, CA 95610
916-725-1345 Fax: **916-725-1772**
Website: www.theupsstorelocal.com/2503

STATEPOINT CROSSWORD • MIND YOUR GRAMMAR

CLUES

ACROSS

- Red _____
- Trigonometric func.
- Presidential “No!”
- From this time
- “General Hospital” network
- Earth, to Virgil
- Related to #12 Down
- Junior’s junior
- Lingo
- “Noun alternative
- “Conjunctions
- Bit of work
- Sty cry
- Pendulum’s path
- Liberal pursuits
- Romani camp formations
- Not in Impossible Burger
- Letter before kappa
- First light of day
- Without purpose
- “Ideas separator
- Part of colliery
- Gourd musical instrument
- Flees
- Flat-bottomed boat
- “Controversial comma
- Its motto is “Leadership Excellence”
- Lt’s subordinate
- Barnes & Noble reader
- Hermey the dentist, e.g.
- “Person or thing
- Tactile reading system
- Earlier in time
- Color quality
- Lusitania destroyer
- Askev, in Scotland
- Suffix used when comparing three or more
- Kick in
- Rod attachment
- Pep rally syllable
- Author Jong

DOWN

- Bruce Lee blow
- Infantry’s last rows
- Knowing about
- Part of a play
- Mrs. in Spain
- Jealous biblical brother
- Kimono tie
- “The Terminator” genre
- “Simple predicate
- Therefore
- Helen of _____
- Mares eat it
- Tibetan religious paintings
- Finno-_____ language
- Suffix often confused with -ent
- Former East Germany currency
- Friend, south of the border
- Updike’s “Rabbit _____
- Shorter than California
- Saw or awl
- Beach do-nothings
- In the cooler
- “Like sentence without proper punctuation
- Gushes
- Pro’s opposite
- BB’s and bullets
- Daisy-like bloom
- Crotchety
- Word processing product, for short
- “Smallest grammatical unit
- Not the same one
- Dietary essential
- Ring practice
- Encourage
- Digestive aid
- “Piano Man” singer
- Eliza follower
- “Laughing on the inside” in text
- Flock member
- Highest volcano in Europe
- Bruce Springsteen’s “Born in the _____”

Crossword Puzzle Solutions on Page 7



1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34

35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

65 66 67 68 69 70 71 72 73 74

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

\$59.99 190 Channels

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

Upgrade to the Hopper® 3 Smart HD DVR
- Watch and record 16 shows all at once
- Get built-in Netflix and YouTube
- Watch TV on your mobile devices
Hopper upgrade fee \$10/mo.

Add High Speed Internet
\$14.95 /mo.

Subject to availability. Some restrictions may apply. Not available in all areas. See store for details.

dish

Offer ends 11/14/19. Service with 3-year price guarantee with \$120 rebate at 24th mo. after sign-up. 1-year agreement with early termination fee and shipping. Price includes Hopper 3 for qualifying customers. Hopper, Hopper 3, and Hopper 3 HD are trademarks of Dish Network L.P. © 2019 Dish Network L.P. All other trademarks are the property of their respective owners.

© StatePoint Media



RESTORATION SPINAL CARE CENTERS

WE LISTEN WE CARE WE GET RESULTS!

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), and 1 Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker’s Compensation.

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



Union Gospel Mission Sacramento



WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to “Voices from the Streets” on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

BUSINESS DIRECTORY

LANDSCAPE SERVICES

S

L

S

Insured
Lic#794551

Superior Landscape Services

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning

• Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran Owner • dave_SLS@surewest.net

Land For Sale

39 ACRE NORTHERN ARIZONA WILDERNESS RANCH \$183 MONTH - Outstanding buy on quiet secluded off grid northern Arizona homestead at cool -clear 6,000' elev. Blend of mature evergreen woodlands & grassy meadows with sweeping views of surrounding mountains and valleys from elevated ridgetop cabin sites. Borders 640 acres of uninhabited State Trust woodlands. Free well water access, rich loam garden soil, ideal climate. No urban noise & dark sky nights amid complete privacy & solitude. Camping and RV ok. Maintained road access. \$19,900, \$1,990 down with no qualifying seller financing. Free brochure with additional properties, prices & descriptions, photos/terrain maps/ weather data/ nearby town/lake info. 1st United Realty 1-800-966-6690. (Cal-SCAN)

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER

LIVING

CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!

18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

Natalie Miller

Independent Beauty Consultant

MARY KAY.

millernatalie29@yahoo.com

www.marykay.com/nmiller9625

916.621.0833

Contact me for a Complimentary Facial

LET'S FACE IT!

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



LANDSCAPING / LAWN CARE

DC Unlimited Lawn Care

Will Beat Any Reasonable Price

One time basic service \$35.00 or less

• Monthly Service

• Weekly Service

• Bark/Rock Installation

• Fence Repair

• Hauling

• Shrub Maintenance

• Bi-Weekly Service

• One Time Clean Ups

• Sprinkler/Drip Repair

• Gutter Cleaning

• Rototiller

• Lawn Care

• FREE ESTIMATES • Call (916) 896-8413

Local Classified

Announcement

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

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

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-888-654-1784 (Cal-SCAN)

Autos Wanted

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

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-965-9546. Email: porsche356restoration@yahoo.com (Cal-SCAN)

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330 (NANI)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (NANI)

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

Cable/Satellite TV

DISH TV - \$59.99/month for 190 channels. \$100 Gift Card with Qualifying Service! Free premium channels (Showtime, Starz, & more) for 3 months. Voice remote included. Restrictions apply, call for details. Call 1-844-581-5004. (Cal-SCAN)

DIRECTV & AT&T. 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT Package.) AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/ AT&T Wireless. Call 4 FREE Quote-1-866-249-0619 (Cal-SCAN)

COMPUTER SERVICES

Zinsky's

PC Configurations

Don't replace it - REPAIR IT!

Custom Desktop Computer Configurations

• PC Repair • Home Wireless Networking

• Installations • Viri & Spyware Eradication

Alan Zinsky

Phone: 916-622-2269

Zconfig@zsbglobal.net

Bu. Lic. # 305312 • B. E. A. R. Reg. #84416

www.zinskyspcrepair.com

CONCRETE WORK Driveways - patios - walkways. All types finishes. Steve Wiezorek. 530-300-2766. Lic# 797744

For Rent

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

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

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

Fitness/Yoga

Your Fitness Genie

18 Years of Experience

FREE Fitness Goal Planner

Bless The Aging Relative

Home or a Assisted Living

*Keep Strength and Mobility

Be Active, Call Today!

Jenn@YourFitnessGenie.com

(916)768-8767

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

NEED WORKING CAPITAL? Business Loans up to 500K. No Collateral. Decisions NOT based on credit! NO START-UPS. Instant Approval & Funding within 3 days. Reachout Capital 1-800-783-5799. (Cal-SCAN)

Handyman

A Quality Home Maintenance

Hauling

Gutters Cleaned

Yardwork

One Time Lawn Mowing

You Name It!

Scott Lehman

Gutter Dog

(916) 613-8359

Health & Medical

*STOP STRUGGLING ON THE STAIRS** Give your life a lift with an ACORN STAIRLIFT! Call now for \$250 OFF your stairlift purchase and FREE DVD & brochure! 1-866-520-1931 (Cal-SCAN)

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

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

OXYGEN - Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

CASH PAID for your unwanted Inogen or Respironics portable oxygen concentrators. Call now to get a top-dollar offer! Agents available 7 days a week 877-315-7116

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 877-929-9587 (NANI)

Home Improvement

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-995-2490

Windows: ENERGY SAVING NEW WINDOWS! Beautify your home! Save on monthly energy bills with NEW WINDOWS from 1800Remodel! Up to 18 months no interest. Restrictions apply. Call Today 1-866-335-0996

Insurance/Health

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

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-472-0035 or http://www.dental50plus.com/canews Ad# 6118 (Cal-SCAN)

Insurance/Health

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

Landscaping

Cut tall dry grasses- Fire hazard. Haul, prune, 1x yard cleanup. 916 205-9310 916 688-9310.

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems- all types, Landscape Lighting, Residential/ commercial

American Landscape Design & Installation, Est 1987

American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD

(916)612-0776

Lic#690968

Lawn / Yard Care JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 838256 Not serving Gold River/ Rancho

LANDSCAPING One time yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Miscellaneous

TYPE-2 DIABETICS - Gangrene of the genitals has been associated with the use of SGLT2 Inhibitors, like Invokana, Farxiga, Jardiance. Call 1-800-800-9815 - you may be entitled to compensation! (Cal-SCAN)

INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation. (NANI)

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 to day. Free Consultation. No Risk.

Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-877-338-2315 or visit http://tripleplaytoday.com/news (NANI)

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198 (NANI)

Start Saving BIG On Medications! Up To 90% Savings from 3500 Medications Available! Prescriptions Req'd. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 844-584-5104 (NANI)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745 (NANI)

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459 (NANI)

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-800-864-5960. (NANI)

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation. Smart HD DVR Included. Free Voice Remote. Some restrictions apply. 1-833-872-2545. (NANI)

Miscellaneous

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-980-5461 (NANI)

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 888-623-3036 or http://www.dental50plus.com/58 Ad# 6118

Will juice in your home for you. Have juicer will travel. Used juicers wanted. 916 370-0858

LIVING WITH KNEE OR BACK PAIN? Medicare recipients that suffer with pain may qualify for a low or no cost knee or back brace. Call 844-308-4307

ELIMINATE ROACHES & RATS-GUARANTEED! Buy Harris Baits, Sprays, or Traps. Available: Hardware Stores, The Home Depot, homedepot.com.

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

MobileHelp, America's Premier Mobile Medical Alert System. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-855-401-6993 (nani)

HARRIS DIATOMACEOUS EARTH FOOD GRADE 100%. OMRI Listed. Available: Hardware Stores, The Home Depot, homedepot.com (Cal-SCAN)

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 844-475-6160 today to receive a FREE \$50 GIFT CARD with your purchase. Use promo code: FREE50

WE SUPPORT OUR MILITARY

INJURED ? Veteran in an Accident? Top-rated personal injury lawyer and Vietnam vet can help. 25% fee for non-litigation cases. Call our pre-recorded line at (916) 596-9712 x1

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-19)

Opportunity Business

MOVING? OWN YOUR OWN BUSINESS! Anywhere in the US--Dollar, Party, Mailbox, Teen stores--100% Turnkey Starting @ \$69,900 call today 1-800-518- 3064 Or @ www.newstoreowner.com

Pest Control

KILL BED BUGS! Buy Harris Sprays, Traps, Kits, Mattress Covers. DETECT, KILL, PREVENT Available: Hardware Stores, The Home Depot, homedepot.com.

Western Exterminator: pest control solutions since 1921. Protect your home from termites, ants, spiders, fleas, roaches and more--365 days a year! Call 1-844-817-4126. Schedule your FREE Pest Inspection. (Cal-SCAN)

INJURED ? Hurt in an Accident? Find out the 7 secrets for choosing the right personal injury lawyer. Call our pre-recorded line at (916) 596-9712 x2

INJURED ? Hurt in a Motorcycle Crash? Find out the 7 secrets to choosing the right motorcycle accident attorney. Call our pre-recorded line at (916) 596-9712 x4

Classified Advertising 916-773-1111

Pets/Animals

Professional, Loving PET SITTING

*Established Reputation

*Kennel Free

*Lots of TLC

*Happy & Safe Enviroment

*Affordable Rate

Call Madeline

(916) 723-1608

DOG RESCUE

Gary

(916) 334-2841

Please Adopt or Foster

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

ShelterMOU

@hotmail.com

Roofing

BERNARDINO ROOFING

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

FREE ESTIMATES

SENIOR DISCOUNTS

Lic.#817945 35 Years Experience

916.920.0100

www.bernardinoroofing.com

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

916-773-1111

All Legal Ads Published by Messenger Publishing

MPG

Schools

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

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 855-629-5104

Classified Advertising 916-773-1111

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL

TREE TRIMMING/ SHAPING

FREE ESTIMATE

10% OFF WITH THIS AD

Insured. Workman's comp. Arborist

916-722-6321

BPTreeServices.com

VISA / MASTER CARD

California Contractors Lic #1036031

School

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

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

Work Wanted

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

Wanted

KC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated . Same day offer! (951) 777-2518 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

EARN \$200⁰⁰ per month for just a few hours' delivery work per week

CALL 916-773-1111

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT (2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

LET US SAVE YOU TIME & MONEY

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

Community Classified 1x \$650 Statewide

25 words/245+ papers \$435 North/\$485 South

Daily Classified 7 days \$995

25 words/41 papers/7 days \$650 North/\$650 South

CLASSIFIED COMBO 8 days \$1,270

25 words/282+ papers Statewide

DISPLAY - Community Newspapers 140+ papers 1x \$1,600 2x2 Statewide;

Sizes: 2x2; 2x4; 2x5; 2x6 \$1,240 2x2 No.; \$1,240 2x2 So.

HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!

More info: Call (916) 288-6011; email ccad@calnpa.com

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138

They're here!

Finally, a grain centering device that actually works.

https://bullseyedischarge.com

BULLS EYE

Variable Diameter Discharge

Cirque du Soleil to Bring Amaluna to Sacramento in 2020

By Daniel Emmons,
Raley Field Media

WEST SACRAMENTO, CA (MPG) - Cirque du Soleil brings *Amaluna* to Sacramento for a limited engagement. 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* is also the name of the mysterious island where this magical story unfolds.

Recently hailed by the Los Angeles Times as "genuinely fresh," *Amaluna* will perform under the Big Top at Raley Field January 22 - February 16, 2020.

"We are thrilled to welcome Cirque du Soleil to

Raley Field for the first time," says River Cats President Jeff Savage. "Seeing the incredible cast of *Amaluna* underneath a classic circus big top is something everyone in the Sacramento region should experience."

Tickets start at \$54, and will be available to the public for purchase beginning Friday, August 2 by visiting www.cirquedusoleil.com/amaluna or calling 1-877-9CIRQUE (1-877-924-7783).

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



Miranda plays in the waterbowl, discovering her own physicality and expressing her sinuous sexuality as she performs a challenging hand-balancing routine. Photo Martin Girardshootstudio.ca Costumes M  r  dith Caron    2015 Cirque du Soleil

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.

Director Diane Paulus,

winner of a 2013 Tony Award (*Pippin*) and recently named as one of Time magazine's 100 Most Influential People of 2014 says, "I didn't want to build a 'women's agenda' show. I wanted to create a show

with women at the center of it, something that had a hidden story that featured women as the heroines." Paulus drew from a series of classical influences when creating the concept of the show; including tales from

Greek and Norse mythology, Mozart's *The Magic Flute* and Shakespeare's *The Tempest*.

For more information on Cirque du Soleil, visit <https://www.cirquedusoleil.com/amaluna>. ★



Unicycle. Photo Markus Moellenberg    2016 Cirque du Soleil



The artists fly out over the audience on straps suspended from the Carousel, a rotating apparatus high above them. Photo Markus Moellenberg    2016 Cirque du Soleil



Juggling. Photo Markus Moellenberg    2016 Cirque du Soleil

✓ **WHEN**
Sept 28 & 29, 2019
11am to 5pm

✓ **WHERE**
Sacramento, CA
Crowne Plaza Northeast

✓ **INFO**
OpportunityExpo.net

“

The Business Opportunity Expo is your Ticket to Financial Freedom and Real Success!

Make More Money with less Hassle!
Free Success Seminars!
Free Admission!
Free Parking!

National Exhibitors and
Dynamic Speakers
throughout the day.

The Opportunity Expo
Explore the Possibilities!

Northern California's Franchise & Business Show!
Be your own boss! Open a dynamic new business!
Grow and Finance your existing Business!

- Exciting Franchises & Business Opportunities!
- Meet the Experts for Your Business Success
- Financing for Small to Medium Businesses
- Leading-edge Marketing for All Businesses

Contact us now to reserve your Exhibit Space!
916.910.9499 | events@premier2000.com

Stay Connected » sacbee.com

GROWTH ACCOUNTING

Green2Gold

Messenger Publishing Group

Allstate
You're in good hands.

FAIR OAKS THEATRE FESTIVAL
SUMMER SEASON 2019

MAMMA MIA!
The Musical

Under the Stars in Old Fair Oaks

**August 9
thru September 8**
Fri. - Sat. - Sun.

Performance Time: 8pm

General Admission \$18
Discounts for Seniors & Students

\$2.00 Off
the price of an admission ticket.
Only 1 ticket with each original ad.

Live from the
California Family Fitness Stage

**CALIFORNIA
Family Fitness**

www.fairoakstheatrefestival.com



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.

Last November, California voters went to the polls and voted overwhelmingly to reject the Local Rent Control Initiative (Prop. 10). I was one of the only local elected officials in our region who was publicly outspoken in my opposition to Prop. 10, and rejoiced when it was defeated. Apparently the issue did not die with Prop. 10, because its backers are trying a “redo” in 2020 with a modified version that is just as fundamentally flawed as its predecessor. Due to this, I want to take this opportunity to explain to you the history of rent control in California, how the 2020 version differs from the 2018 version, and why I am vehemently opposed to both versions.

Put simply, rent control is when the government tells property owners how much rent they can charge each year. Local municipalities were allowed to create any form of rent control they wanted until the state passed the Costa Hawkins Rental Housing Act in 1995, preventing rent control restrictions from applying to single-family

Orangevale Community Update

Rejected In 2018, Rent Control Still Won't Work in 2020

homes, condos, or apartment buildings built after 1995.

Finding these limits too constraining, an effort was made in 2018 in the form of Prop. 10 to remove the 1995 law, in a move that would have once again allowed local municipalities, like Sacramento County, to pass strict rent control measures on new construction. The 2020 proposition is slightly different, in that it allows local municipalities to pass rent control on any building that was built over 15 years ago. This means that housing constructed in 2020 could have rent control imposed on it in 2035, housing constructed in 2021 could have rent control imposed on it in 2036, and so on.

Both propositions suffer from the same misguided notion that renters are better off with more rent control. Economists across the world, as well as anyone with a basic understanding of economics, understand that this is simply not the case. While rent control does help affordability in the short run for current tenants, in the long-run it decreases rent inventory and affordability, fuels gentrification, and creates blight in the surrounding neighborhood.

Rent control laws massively slow down home building, and in many cases landlords convert their properties to different uses entirely. The laws of supply and demand would tell you that new housing construction is the key to keeping housing affordable, not rent control. Supporters of rent control should

carefully review the rent control policies in areas like San Francisco and Los Angeles, and seriously ask themselves if they would consider either of those two cities affordable.

In places where there is a demand for more housing, a more effective policy is to simply build more housing. Instead of penalizing property owners, we should consider policies that offer tax incentives to property owners who keep rents low. And we should consider allowing housing projects to get the same environmental exemptions that sports facilities get.

I do not have all the answers; however, it is clear to me that we cannot continue to create policies that sound good on paper but actually make the situation significantly worse.

Finally, I want to invite everyone to my next Orangevale community meeting on September 11th at 6:00pm at the Orangevale Community Center (6826 Hazel Avenue). This is 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@sac-county.net.

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



The Kiwanis Corner

By Sal Arrigo, Jr.

New Kiwanis Club of Orangevale - Fair Oaks

School, and Orangevale Park District. The Kiwanis Club will also become members of both the Fair Oaks and Orangevale Chambers of Commerce.

This club will not be boring! We will move around the community and visit a variety of places so that people know we are very willing to put out the effort to enhance the lives of children and others in need. In this context, we have started a relationship with the Sacramento Valley Builders Association, who will support our efforts. Kiwanis' presence in Orangevale and Fair Oaks has resulted in meaningful conversations with the 20/30 Club of Folsom, The Grange and the Orangevale Woman's Club, the goal being collaboration on community projects.

In order to support our Kiwanis projects, we will engage the community in several fundraisers. More on these at a later date...

Why not consider joining Kiwanis? Our commitment is reasonable;

we meet two evenings a month on the second and fourth Tuesday, and it is ideal for working folks. One meeting is for business, the other is social. We ask that you commit a few hours a month to service and that you stay engaged with the group and its activities. We are not interested in the type of car you drive, your success in business, or how much you have in your bank account. We welcome everyone, and we mean that!

Want more information? Find us at facebook.com/KiwanisClubOfOFO or email us at kiwanisclubofifo@gmail.com.

Better yet, visit us at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the second Tuesday of every month. Meetings begin at 6:30 pm. The social meetings change venues on a monthly basis.

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

Computer Issues? Call Us

916-222-2735
info@rrmartinson.com

RR Martinson Consulting
Computer Challenges - Resolved!

- File Recovery, Backup and Protection
- Project Planning and Management
- Virus Issues Resolved
- Computer Performance Improved
- Computer Training
- Network Services
- Website Development

Triple Play!

1. Guaranteed Delivery of the American River Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$699 value)

Get a great deal on this 6 month subscription for only: **\$15⁰⁰**

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL (OPTIONAL) _____

☐ * To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

ARM
*Some delivery restrictions may apply.

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$28 FOR 12 MONTHS!

IT'S THE PERFECT COMBINATION!

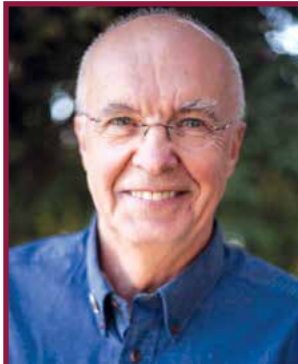
Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

FAMILY. Make Memories at SUNDAY FUNDAY!

DATE: September 22, 2019
TIME: 11 am - 3pm
LOCATION: Rusch Park
7801 Auburn Blvd., CH 95610

- Vendors - (Business, Non-Profit, Craft)
- Food Trucks
- Inflatables & Pony Rides
- Tours of the Historic Rusch Home
- Live Music - (Band) Journey Revisited
- Tours of the Historic Rusch Home
- Live MusicThe Citrus Heights Community Marching Band
- Everything is FREE - (with the exception of craft booth and food truck items)

For More Information, Call or Visit Our Website:
CirusHeights.net
916.727.5400



Intentional Living

By Pete Schroeder



The Gift of Life

I'm thankful for so many things.

But most of all...

On Thanksgiving, during the holiday season, and at birthdays, it's easy and appropriate to be grateful. Whenever we receive gifts, whether expected or not, it's normal courtesy to express thanks.

But here and now, as you read this, plan a time later today, or right now, to remember all the extra-special gifts that have been presented to you along your life. Especially your life! Without the Gift of Life, how could you have been blessed with all the other gifts?

How do you view the Gift of Life? Do you believe life is a gift? Or is it a torture, to be endured? Or do you regard it as neither. These are questions found "at the deep end of the pool". They get philosophical, spiritual, and can be analyzed ad infinitum.

For Intentional Living, life is a gift, a wonderful gift – an opportunity to be, to feel, to love and be loved. To make a difference. To recognize your natural talents and put them to use. The opportunity to experience the emotions, to learn the lessons, to grow and teach, to contribute, is such a gift!

Certainly, to think otherwise can be argued. One can look at the suffering of so many, at the devastation, hunger, poverty, abuse, and disease, and insist that life is no gift for millions. Who knows, or can even guess, why such sad elements exist on the same planet that provides such abundance and joy for others?

Perhaps it is the privilege of the

affluent to help those in need. Perhaps it is for the affluent that those in need exist. Perhaps it is for those in need that the affluent exist. Perhaps the affluent will learn that some day, and start seriously helping those in need, and stop ignoring them. Perhaps the disproportionate numbers will begin to shift so that more may view life as a gift.

It is something to pray for, however you may do this. And when those prayers are answered. (Something else to be thankful for.)

Q. I read the other day that Intentional Living thinks that life is "absolutely fair". Why, then, so much child abuse, and senseless violence? No one can say that's "fair".

A. At times, there is pain; but there are causes for everything. We, as a human race, bring on everything that is in our world – the good (that which produces pleasure) and the bad (that which produces pain). The outer world reflects our inner world. There is a collective unconscious that is governed by natural law. As that column (Little Words=Big Differences) said, "If we live in fear, distrust, and hatred, it's absolutely because we cause fear, distrust, and hate. The fear is there because we have learned or been told that there is danger and/or pain in the world. The hatred never appears without cause (we find something to hate). The abuse appears where there is ignorance (of a healthier way to behave)." Be how you want the world to be. As more people give up hate, violence, etc., critical mass will be reached; the world will shift, and seem less unfair. Choose your world. ★

By Pete Schroeder, SRES • Century 21 Select Realtor®
Senior Real Estate Specialist 916.899.3209 pete.schroeder@century21.com

Where's The Baby? Look Before You Lock!



The California Office of Traffic Safety (OTS) is asking drivers to not leave children in hot cars and check the back seat before you get out of the car.

By Tim Weisberg,
California Office of Traffic Safety

SACRAMENTO REGION, CA (MPG) - The summer heat is here and that means it is even hotter inside the car. The California Office of Traffic Safety (OTS) is asking drivers to not leave children in hot cars and check the back seat before you get out of the car.

Tragically, 52 children died last year after being left alone in a hot car, a 21% increase from 2017 and the highest number in more than 20 years. Since 1998, more than 800 children have died from vehicular heatstroke.

"Cars are well insulated and rise in temperature quickly," OTS Acting Director Randy Weissman said. "Too many senseless tragedies have taken place because parents or caregivers either forgot, thought it would be okay to leave a child in the car, or gave a child easy access to get inside."

The temperature inside of a car can rise nearly 20 degrees in only 10 minutes. Even when it is only 70 degrees outside, the car temperature can reach triple digits in half an hour. A children's body temperature can rise five times faster than an adult, leaving children prone to heatstroke quicker.

Common signs of heatstroke include red, hot and moist or dry skin, lack of sweat, dizziness, nausea, confusion, as well as being grouchy or acting strangely.

The OTS encourages parents and

caregivers to take extra precautions to make sure a child is not left or forgotten in the back seat:

Never leave a child alone in a car, even if you are running a quick errand, the child is sleeping or doesn't want to get out; Make it a habit to look in the back seat before you leave the car. Keep a stuffed animal, purse, phone or wallet next to the car seat as a reminder; Check in with a spouse, child care staff or caregiver when there is a change in schedules to verify the child was picked up or dropped off; Always lock your vehicle and keep the keys out of reach. Teach your child that a car is not a play area.

Heatstroke prevention also applies to pets, who face the same risks for heatstroke when left in a hot car. Keep your pets safe by leaving them at home unless you need them with you.

If you see a child or pet alone in a hot vehicle:

Make sure the child or pet is okay and responsive. If not, call 911; Try to find the parents or pet owner. Notify security or use a business or shopping center's PA system to alert the car owner.

The OTS administers funding for traffic safety programs statewide with the goal of reducing crashes that result in deaths, injuries, and economic losses. The OTS is a department under the California State Transportation Agency (CalSTA). ★

FINAL GAMES

GIANTS DERECK RODRIGUEZ BOBBLEHEAD GIVEAWAY

August 30 | Orange Friday | Postgame
Fireworks | \$2 off select beers in Knee Deep Alley | Live music

SATURDAY NIGHT FIREWORKS

August 31 | Themed fireworks show
presented by Sutter Health | Food trucks at Toyota Home Run Hill | Last fireworks show of the 2019 regular season!

LABOR DAY & FAN APPRECIATION

September 2 | Presented by Hard Rock Casino & Hotel | All-You-Can-Eat BBQ package available | Final game of the 2019 regular season!

FAMILY 4 PACK - AVAILABLE 8/31

Starting at \$60
4 tickets, 4 hats, 4 hot dogs, 4 soda & chip vouchers
Watch fireworks on the field

2019 PLAYOFF PASS AVAILABLE AT:
rivercats.com/playoffpass



SACRAMENTO COUNTY PRESENTS
CALIFORNIA CAPITAL AIRSHOW
in partnership with
RANCHO CORDOVA CALIFORNIA

OCTOBER 5-6, 2019
MATHER AIRPORT

BUY TICKETS NOW!
CALIFORNIACAPITALAIRSHOW.COM

FOREVER RC
TICKETS & PROMOTIONS @ RIVERCATS.COM

New County Agricultural Commissioner Appointed

California Automobile Museum is on Track for 2019 CruiseFest

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors authorized the County Executive to appoint Chrisandra Flores as the Agricultural Commissioner/Sealer of Weights and Measures, effective Aug. 18. California Agricultural Commissioners and Sealers must be licensed through the California Department of Food and Agriculture. Flores obtained her Commissioner License and Sealer License in November of 2013 and was appointed to the position in Nevada County in December 2014. After serving the Nevada County Agriculture Industry and residents for two years and helping to secure agro-tourism in the County, she made her way to Sacramento County, to “broaden her horizons.”

Flores started her career with Sacramento County in January 2017 as the Chief Deputy Agricultural Commissioner/Sealer of Weights and Measures. One of her first tasks was to get

the Agricultural Advisory Committee re-established. She accomplished this within her first year along with helping to manage the department’s annual budget, 26 employees and the day to day service delivery of the department.

“Agriculture is a critical component of Sacramento’s economic vitality and having the right person in the position is crucial to keeping the industry strong and safe,” said Robert Leonard, Deputy County Executive, Municipal Services. “Sacramento County is fortunate to have such a qualified individual as the Agricultural Commissioner/Sealer of Weights and Measures.”

Flores currently holds the position of the Chief Deputy Agricultural Commissioner/Sealer of Weights and Measures and has been the interim Agricultural Commissioner/Sealer of Weights and Measures since March 2019. As the interim Agricultural Commissioner/Sealer of Weights and Measures, she is responsible for the leadership and direction of all enforcement programs, services,

activities and budget of the department.

“For the last 13 years, I’ve had a passion for promoting the agricultural industry and promoting consumer and business protection through our Weights and Measures programs. I am very excited for the opportunity to serve the County, its residents, and its agricultural industry as the Sacramento County Agricultural Commissioner and Sealer of Weights and Measures” said Flores.

Flores is a mother of three, a native of California and earned a Bachelor of Arts in Environmental Studies from the University of California, Santa Barbara.

The Sacramento County Agricultural Commissioner and staff are responsible for enforcing laws and regulations pertaining to pesticide use enforcement, weights and measures, State and Federal plant quarantines including export certification, and State seed and nursery inspections. The Department is also responsible for carrying out County-wide programs for both pest detection, pest exclusion and weed and vertebrate pest management. ★



A white '58 Impala and a white Vespa scooter will be tributing the popular American Graffiti movie. Courtesy of Steve LaRosa Productions

Steve LaRosa, Steve LaRosa Productions

SACRAMENTO, CA (MPG) - On Saturday, October 5, 2019 from 3pm to 7:30pm, the 9th Annual CruiseFest on Fulton Avenue, benefitting Sacramento's California Automobile Museum, Northern California’s biggest and best car cruise returns to Fulton Avenue for what promises to be the most spectacular in its history. With entries outpacing last year at this time, we anticipate a substantial increase in participating cruisers.

At this popular, FREE family-friendly event, we expect (give or take) 400 custom, classic and novelty vehicles and well over 5,000 attendees.

As far as the Fest portion of things, this year we’re featuring 3 live bands, 9 food trucks, numerous vendors and we’ll be pouring beer from local breweries.

Though it’s still early,

we already have commitments from these novelty vehicles:

The popular Tribute Team American Graffiti cars, comprised of clones of vehicles used in the George Lucas movie, posing the question, “Where were you in ‘62?”

They are: A yellow ‘32 Ford coupe driven by the character John Milner; A black ‘55 Chevy driven by Harrison Ford’s character; A White ‘58 Impala driven by Ron Howard’s character; And the character Toad’s white Vespa scooter with a dented trash can like the one he crashed into outside of Mel’s Drive-In.

Save Mart’s 12-foot tall mega-motorized shopping cart—Powered by a 454 Chevy engine, it can accommodate a handful of passengers and a few bags of groceries.

The Tahoe Photo Bus—A unique & funky photo booth in a mid-60’s era VW Bus printing top quality

photos for attendees

The Tombstone Hearse—A 21st-century motorcycle version of a 19th-century horse-drawn hearse, actually used in funerals.

Back again this year- The Kids Zone—Various fun activities for the kids

Car Club Members: This year we’re featuring “The Car Club Corral,” where pre-registered car clubs and their pre-registered members will have designated parking at Tognotti’s. The Corral will have its own live music, food and beer vendors. The club that brings out the most cars will win a free year Car Club Membership at the Museum.

To register, log on to calautomuseum.org or call the Museum at (916) 442-6802. \$25 for Museum members/\$30 for non-members.

To access the CruiseFest page directly: calautomuseum.org/CruiseFest. ★



CONDO FOR SALE BY OWNER
in a most desirable area

Located on the bluffs overlooking the American River in Fair Oaks, CA. This unit was built in 1976 with approximately 1914 sq ft, 2 story, 3 bedrooms, 2 ½ bath, and an attached 2 car garage. The complex consists of 114 units with a swimming pool, tennis courts, club house, and lush landscaping with only one way in and out. The HOA dues are \$385 monthly.

Asking \$585,000

Call Jim at 916-241-9872



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

All Legal Ads Published by Messenger Publishing



STOCK RANCH ROAD

RETIREMENT COMMUNITY

HAPPY LIVING BY cogir

HAVE YOU CONSIDERED HAPPY LIVING?

Choose Stock Ranch Road Retirement Community and make every day special!

Contact Kelly to book a tour & tasting today!

Fully renovated apartments with well-equipped kitchens • All-day restaurant style dining

Wide variety of fun & stimulating activities • Personalized care & assistance services

Independent Living • Assisted Living

STOCK RANCH ROAD

RETIREMENT COMMUNITY

HAPPY LIVING BY cogir

7418 Stock Ranch Rd,
Citrus Heights CA
95621 | #Lic 342700471

(916) 725-7418

happylivingbycogir.com

