



God's Hand was in the Details

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High Tide Comes in Strong in Old Fair Oaks

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JULY 26, 2019

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California Capital Airshow Brings Back The Blue Angels



Returning to Mather Airport for its 14th year, the airshow offers miles of static display aircraft in all shapes and sizes as well as interactive STEM experiences for the enjoyment of kids and families. Photo courtesy Mark Loper

By Liz Fox Johnson,
California Capital Airshow

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, announced the exciting performer lineup and kickoff of ticket sales for the October 5 and 6 airshow. Headlined by the world-famous U.S. Navy Blue Angels, this year's show is packed with hours of entertainment in the air and on the ground. Family-friendly

ticket pricing provides admission for up to six youth ages 6-15 with the purchase of just one Adult General Admission ticket. Kids under 5 receive free general admission. Information on how to access early ticket discounts is available at CaliforniaCapitalairshow.com. Returning to Mather Airport for its 14th year, the airshow offers miles of static display aircraft in all shapes and sizes as well as interactive STEM experiences for the enjoyment of kids and families. In addition to the U.S. Navy Blue

Angels, the show features an extensive roster of jaw-dropping acts. Performances from the new Team Oracle, which features the only female formation airshow pilot in the country, the Patriot Parachute Team, the F-16 Viper Demonstration Team and so much more will captivate spectators throughout the weekend. "Of course we are thrilled to welcome back the Blue Angels this year," said Darcy Brewer, executive director, CCA. "We are also really excited about our lineup of

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Mamma Mia! Full Of Romance, Laughter, and Abba's Best Songs

Michael MacLennan,
Fair Oaks Theatre
Festival

FAIR OAKS, CA (MPG) - The Fair Oaks Theatre Festival continues its 2019 season with "Mamma Mia!," the lush and lively hit musical full of songs by the popular band, ABBA! The show, which remains one of Broadway's longest running musicals, will play under the stars at the Fair Oaks Theatre Festival's open-air amphitheatre Fridays, Saturdays and Sundays Aug. 9 through Sept. 8. All shows begin at 8pm.

"Mamma Mia!" utilizes more than twenty of ABBA's greatest hits to tell the hilarious story of bride-to-be Sophie's quest to find her birthfather. Sophie's tale unfolds on a beautiful Greek island, where she has summoned three men from her mother's past who last visited the island twenty years ago. The story-telling magic of ABBA's memorable songs propels this enchanting tale of love, laughter, and friendship, creating an unforgettable show. Songs

like "Dancing Queen," "Honey, Honey," "SOS," "Take a Chance on Me," "Money, Money, Money" and more guarantee a great night that will leave you humming all the way home! Enjoyed by audiences all over the world, "Mamma Mia!" has been as popular internationally as the wildly successful pop group that provides its music. The Fair Oaks Theatre Festival's production brings local favorites Brianne Hidden-Wise, Joe

Hart, Leah Fraizer, and Jay Evans to the stage, and features Katie Halls and Zach Ekstedt as the soon-to-be bride and groom. Directed by Beth Duggan with choreography by Natalie Quilici and vocal direction by Jonathan Blum, the show highlights a talented cast of community actors from all corners of the region, from Folsom and El Dorado Hills to Sacramento, Elk Grove and beyond. All performances of



Above: Leah Fraizer, Zoe Samborski, Brianne Hidden-Wise. Photo by Brian Williams

Los Rios and Partners Address College Affordability

Los Rios Community
College District
Press Release

SACRAMENTO REGION, CA (MPG) - The Los Rios Community College District announced the largest set of investments to address college affordability in Los Rios history. In total, Sutter Health, SAFE Credit Union, Wells Fargo and VSP Global will contribute \$752,500 resulting in 1,234 Promise Scholarships that will remove financial obstacles to education for low-income students, like textbooks and living expenses, which are not typically covered by existing aid programs.

The new funds build on the state's newly announced two-year California College Promise Program, which guarantees free tuition for all first-time, full-time California community college students. These investments and state funds, along with partnerships with the City of Rancho Cordova and the City of West Sacramento and their respective Promise programs for the residents of those cities, will help Los Rios students reduce the financial barriers to academic success.

"Los Rios is committed to solving the financial challenges that our students face," said Brian King, Chancellor of the Los Rios Community College District. "We are proud to partner with the committed leadership at Sutter Health, SAFE Credit Union, Wells Fargo and VSP Global to address college affordability by building on the state's investment in our students and providing the support our students need to achieve their academic goals."

The combined total marks the largest contribution to address college affordability in Los Rios' 50-plus year history.

Sutter Health is providing the largest investment toward the Promise effort, committing \$512,500 over five years. In a single year, this funding will support 180 students with \$500 Promise Scholarships—helping reduce financial barriers and to support students' post-secondary and workforce success. Additionally, a portion of the investment will be added to the Los Rios Promise Endowment, ensuring that students

Continued on page 6

FAIR OAKS, CA (MPG) - In April, out of the blue, Nick Javier began experiencing pain in his right leg. It was so severe he couldn't walk, and a lump formed. After an x-ray, an ultrasound, and various blood tests came back inconclusive, Nick asked for an MRI. The images showed a mass, and a biopsy revealed it was sarcoma – a rare malignant tumor.

The following day they met with the surgeon, who recommended amputation to remove the stage 3 tumor that had invaded the lower portion of his leg. A second MRI, just a day before the surgery, showed that the tumor had doubled in size in just a month. "It's a miracle that it stayed local in my leg," said Nick. "God's hand was in the details."

After the tumor was removed, doctors found that it was synovial sarcoma, which is very rare—affecting between one and three out of a million people each year—usually children and young adults. “I always said he was a big kid, and one in a million,” said Joan.

explained that this type of cancer sends out “sleeping cells” that could cause new tumors to grow, so Nick has to undergo extremely aggressive chemotherapy. Starting on July 15, he’ll spend five days in the hospital receiving chemo and then three weeks at home recovering, repeating the cycle four or five times.

Joan said that this type of cancer responds well to the proposed treatment, so Nick has an excellent prognosis: “The challenge is that they haven’t had a 65-year-old with this cancer, so they don’t know how he’ll respond, but I said, ‘They don’t know Nick. . . . He’s ready.’”

come out the other side cancer-free,” said Nick. “They say God never gives you more than you can handle, so we’ve been leaning on that credo, and so far it’s been true. ... It’s really been a miracle.”

Joan had her own battle with cancer last year — a stage 2 melanoma. Doctors had to remove the lymph nodes from one side of her face and neck, and Joan was incredibly lucky that the cancer had not yet spread into her lymphatic system. “They called that a miracle too,” she said.

to provide inspiration and encouragement.”

For 45 years, Nick has been working as an MC for weddings and corporate events, and while waiting for his diagnosis he even worked events on crutches. Now he's had to reassign all his 2019 bookings to colleagues while he focuses on his recovery. Joan works as a lease negotiator, and is now only working part time while she helps care for Nick.

Nick and Joan have lived in Fair Oaks for 18 years, and they have received so much support from the people of the community. Joan said, "It's really been humbling."

While walking their dog recently, a neighbor came out to push Nick's chair. "Little things like that show what a great community this is," said Nick.

"It's community at its best," said Joan. "It takes a village."

A fundraiser through Go Fund ME has already raised over \$15,000 of the \$20,000 goal, which will create a financial safety net for the Javier family. If you would like to donate to "A Leg Up for Nick," visit www.gofundme.com/nick-javier-amp-extremity-fund. ★

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Lean Up Team Challenge

Join the Free Fitness Program



The program is made up of 2-person teams assigned to completing a set of team challenges. Photo provided by Gold River Sports Club

By Gavin Russo

SACRAMENTO REGION, CA (MPG) - Applications are now being accepted for the *Lean Up Team Challenge*. This FREE wellness program, now in its 11th season, is for area residents seeking to get healthier and fit.

The program, which begins September 16, 2019, is open for all to apply, but limited to 200 participants. Apply online through September 8, 2019 at www.LeanUp.net and at any Spare Time Sports Club www.SpareTimeSportsClubs.com:

The *Lean Up Team Challenge* is an 8-week fitness program for people who have struggled to be fit and healthy, or have strayed from what was once a healthy way of life. This is a life-changing program for those who need it most.

The program is made up of 2-person

teams assigned to completing a set of team challenges which includes small group boot camps and nutritional and motivational group meetings. A dedicated certified trainer provides support and motivation. All area residents are welcome to apply and can choose a partner to team up with, or have one chosen for them.

In addition, *Lean Up Team Challenge* team members receive a FREE membership at their host club. From September 16 through November 8, 2019 selected participants will enjoy unlimited access to the club and all its amenities.

So come on people -- Let's get lean! Local participating clubs include: Gold River Sports Club, El Dorado Hills Sports Club, Broadstone Sports Club in Folsom, Rio del Oro Sports Club and Natomas Sports Club in Sacramento, and Johnson Ranch Sports Club in Roseville. ★

Orangevale Has the Most Temporarily Revoked Drivers' Licenses in California

Kacie Saxer-Traulbee, Insurify

ORANGEVALE, CA (MPG) - A recent analysis has revealed that Orangevale has the most motorists with temporarily revoked drivers' licenses in California. To take a deeper look at suspended license rates, the data science team at Insurify, an auto insurance quotes comparison site, ran the numbers to determine which areas nationwide had the highest percentage of drivers with a suspended license.

Orangevale, California has a 10.0 percent of drivers with a suspended license; the percentage of drivers with a prior driving

violation is 28.82 percent; and the percentage of fatal crash drivers with an invalid license state-wide was 18 percent.

In the United States, an average of 2.59 percent of drivers reported having a suspended license. Nationally, 22.32 percent of drivers reported having committed at least one traffic violation. Drivers with suspended licenses are also more likely to be involved in fatal accidents. According to a study done in 2014 by the National Highway Traffic Safety Administration (NHTSA), drivers with invalid licenses comprised 13 percent of all motorists involved in fatal crashes.

Where it rains, it pours... license suspensions. Among the top 15 cities with the highest rates of suspended licenses nationwide, there were three states that made frequent appearances. Indiana had three cities that came in ninth, 13th, and 15th, respectively. That being said, it wasn't even the state with the most cities ranking within the top 15. Ohio was home to four different cities at the top of the list, and those cities held the third, fourth, 12th, and 14th places. Virginia also saw four cities crack the top 15. Those cities slotted in at number one, six, seven, and 10 on the list. ★

California Capital Airshow Brings Back The Blue Angels



U.S. Navy Blue Angels to Headline the October Show. Photo courtesy Mark Loper

Continued from page 1 world-class civilian performers, military aircraft and the opportunity to honor our past with a beautiful D-Day tribute. As always, we've worked hard to curate an event that is both inspiring and entertaining to people of all ages and interests."

For thrill seekers, history buffs and STEM or aviation enthusiasts off all ages, this family-friendly festival offers endless entertainment, attractions,

music, food and so much more. Tickets go on sale to the general public on Thursday, August 1 at 12:00 a.m. PDT via the Airshow website.

For more information contact Liz Fox Johnson at Liz@californiacapitalairshow.com or 540-632-1696

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor

the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit CaliforniaCapitalAirshow.com. ★

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SacRT’s Henry Li Honored as Best Public Transportation CEO



SacRT General Manager CEO Henry Li. Courtesy Sacramento Regional Transit

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO COUNTY, CA (MPG) - Henry Li, Sacramento Regional Transit District’s (SacRT) General Manager/CEO, received the 2019 Outstanding Public Transportation Manager Award from the American Public Transportation Association (APTA). This prestigious and highly competitive award, described by APTA as the equivalent of an Oscar award to the industry, is presented to a manager who has made outstanding contributions to the advancement of public transportation in North America. APTA is the leading force in advancing public transportation entities providing bus, rail, subway, ferry and paratransit services throughout North America. “Li is a visionary and transformational leader who is well deserving of this award, which is given to the best public transit CEO in North America. His leadership

at SacRT has created phenomenal results not only in the quality of service, but also in the restoration of positive financial ratings, increase in ridership, implementation of innovations, and the rebuilding of public trust. It takes a true leader with a focused vision to achieve the impressive results seen in his three year term at SacRT,” said APTA President and CEO Paul P. Skoutelas. “On behalf of the 1,500 member organizations of APTA, I congratulate him.” Li’s selection is a testament to his vision, dedication and leadership to take SacRT to the next level as a world-class transit agency. He implemented historic improvements over the last three years as GM/CEO, including ridership growth for SacRT, as our industry is still struggling with downward trends. He is highly praised by the Sacramento community and the industry for implementing a solid and comprehensive transformation of SacRT in record speed. Li has proved to be a powerful change agent, overseeing a massive transformation to a solid culture of “Customers First and Business Optimization,” and dramatically improving key aspects of organizational performance, including safety, security, cleanliness, fiscal health, rail system modernization, service reliability, customer satisfaction and ridership improvements. “I am truly humbled and grateful to receive this honor, but this is genuinely about the community and

our commitment to improving mobility in our region,” said Li. “It is through the leadership and support from the Board, the hard work and dedication of our employees and the collaboration and support from riders, community stakeholders and advocates that we have been able to achieve transformational successes.” “Henry hit the ground running and has been a difference-maker in improving the safety of our transit system and expanding the suite of mobility options for Sacramentans of all ages and abilities,” said Congresswoman Doris Matsui, U.S. Representative for the Sacramento Region. “Henry’s commitment to safety, accessibility, and innovation are positioning SacRT for a bright future, and I congratulate him on this well-deserved and prestigious award.” “By emphasizing clean, safe and convenient, relentlessly pursuing business optimization and putting the customers first, he has won over the hearts and minds of the community,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. “Henry is a champion of innovative mobility solutions,” City of Sacramento Mayor Darrell Steinberg said. “From on-demand microtransit to partnering with TNC’s and micro-mobility providers, SacRT is at the forefront of the integrated transit solutions that is fueling our economy and creating the smart city of the future,” he finalized. ★

Retrofitting Homes to Keep Seniors Living Safe at Home

By Mia Lopez, Uptown Studios

SACRAMENTO REGION, CA (MPG) - Rebuilding Together Sacramento will discuss simple safety improvements to help increase seniors’ mobility and safety in their homes, and discuss their Safe at Home program. Falls in the home are a serious health issue that is often preventable with simple lifestyle and home updates. The Safe at Home program is available to those of any income level. Trained volunteers improve accessibility and safety with simple items that can make a big difference. There is a need for affordable housing, particularly for older adults and those with disabilities. Homes need retrofits that support aging in place and this is an ever-growing concern. This service is essential to seniors in Sacramento because: “Falls are the leading cause of fatal and nonfatal injuries among older persons,” said Erik Listou, co-founder of the Living in Place Institute... ” Bliss, S. (Aug. 23, 2018). The Wall Street Journal. Retrieved from <https://livinginplace.institute/images/ws3j-3-pages.pdf>; “Aging in place has also been shown

to have health and emotional benefits over institutional care... ” Evidence Matters (Fall 2013). Measuring the Costs and Savings of Aging in Place. Retrieved from <https://www.huduser.gov/portal/periodicals/em/fall13/high-light2.html#title>; “Over three-fourths of professional remodelers undertake projects designed to allow homeowners to Age-in-Place...” Emrath, Paul (May 8, 2019). Eye on Housing. Retrieved from <http://eyeonhousing.org/2019/05/remodeling-to-age-in-place-remains-strong-still-mostly-for-older-homeowners/> Rebuilding Together Sacramento is seeking volunteers who want to improve the safety and independence of older adults and those with disabilities by installing safety items in their homes. Rebuilding Together Sacramento (RTS) is a nonprofit organization that has been serving the Greater Sacramento area since 1991. RTS continues to expand its partnerships with others that are revitalizing neighborhoods, improving homes, preventing falls and reducing energy use. More about the organization: <http://rebuildingtogethersacramento.org/> ★



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POPPOFF!

with **Mary Jane Popp**

Love in the Air

Is love in the air for you? With all the high tech we have these days to find your soulmate, would you believe finding that special someone has never been more difficult? **Drs John Gottman and Julie Schwartz Gottman**, relationship experts for over 40 years, are the leading research scientists on marriage and family. They've become famous for their ability to predict, with 90% accuracy, if a couple will get a divorce. So what can keep couples together? Not to worry. The Gottmans put it all together in a neat package...**"Eight Dates"** Essential conversations for a lifetime of love. I asked them for ten tips for a GREAT relationship on my POPPOFF Radio Show. Here goes. **1) LISTEN TO YOUR PARTNER** with an open heart and mind. **2) ASK YOUR PARTNER OPEN-ENDED QUESTIONS** to understand them better. **3) WHEN YOUR PARTNER MAKES A BID FOR CONNECTION**, respond

with interest and care.

4) IF YOU ARE UNHAPPY ABOUT SOMETHING IN THE RELATIONSHIP, talk to your partner about it first. Don't wait. **5) AVOID CRITICIZING YOUR PARTNER** or blaming issues in the relationship on a personality flaw of your partner's. **6) WHEN BRINGING UP AN ISSUE, DESCRIBE YOU** – your feeling and needs, not what's wrong with your partner. **7) TAKE RESPONSIBILITY FOR YOUR PART** when things go wrong. **8) MAKE REPAIRS AS SOON AS YOU CAN IF YOUR CONVERSATION IS TAKING A NOSEDIVE**. For example, instead of getting defensive, try saying, "I'm starting to feel defensive. Can you say that in another way?" **9) LOOK FOR WHAT YOUR PARTNER IS DOING RIGHT**, not only what they are doing wrong. **10) BE SURE TO ASK YOUR PARTNER ABOUT THEIR DREAMS** and what might give their lives more meaning and purpose.

Now those eight dates. Here's what they cover in their book. **DATE #1: LEAN ON ME:** Trust and commitment. **DATE #2: AGREE TO DISAGREE:** Addressing

conflict early reveal: Some conflict is unreasonable—as it should be. **DATE #3: LET'S GET IT ON: SEX AND INTIMACY:** The chapter we all turn to first—it's only as hot as your vulnerability. **DATE #4: THE COST OF LOVE: WORK AND MONEY.** It's not about the money, it's about what the money means. **DATE #5: ROOM TO GROW:** Family. **DATE #6: PLAY WITH ME: FUN AND ADVENTURE:** A frustration of long-term couples is reframed and reinvented. **DATE #7: SOMETHING TO BELIEVE IN:** Growth and spirituality. **DATE #8: A LIFETIME OF LOVE: DREAMS:** They begin when you are a child and they can grow when you share a life—if you have the conversation. Hope LOVE is in the air for you! So there you have a start. You can check out their website at www.Gottman.com. Whether a couple is newly in love or has been together for decades, a happy relationship isn't the result of having lots of things in common, as we often think, it comes from a couple knowing how to address their core differences in a way that supports each partner's needs and dreams. **YOUR LOVE IS IN THE AIR!★**

Los Rios and Partners Address College Affordability

Continued from page 1

benefit from Sutter's generosity for generations to come. They will also be using some of their contribution to create an endowment for the Los Rios Colleges Foundation Student Emergency Fund, which will build a sustainable source of funding to provide emergency grants to Los Rios students in their time of greatest need.

"As a not-for-profit organization, Sutter Health reinvests in the communities we serve. We appreciate the opportunity to form strong partnerships that support impactful programs, which help meet our communities' most pressing needs," said Keri Thomas, vice president of External Affairs, Sutter Health Valley Area.

“Education is one of the foundational pillars to the health of any community. We hope that these Promise scholarships provide the reassurance and spark the inspiration students need to continue pursuing their dreams and reaching for their goals. Students of today will help shape our communities of tomorrow,” he continued.

Wells Fargo was the first corporate partner to support this effort, giving \$90,000 total over the past two years. Their gifts will fund 80 of the 120 inaugural Promise scholarships.

this fall, at \$500 per student, and another 90 scholarships next year. Their gift will also support an additional \$10,000 for the Los Rios Colleges Foundation Student Emergency Fund.

SAFE Credit Union's gift of \$120,000 will be shared between the Los Rios Promise Scholarship providing 120 student scholarships, as well as supporting students who serve as program assistants at the STEM Center at American River College's innovative new STEM building under construction. SAFE's first pledged payment created the Los Rios Promise Endowment, and 10% of all future Promise Scholarship gifts will be invested into the endowment so that funding can support Los Rios students in perpetuity.

VSP Global's recent gift of \$30,000 to the Promise Scholarship will help support 54 students with \$500 scholarships and \$3,000 contributed to the Los Rios Promise Endowment. Several years ago, VSP Global designed 'Professional Pathways – with VSP Global,' a school-to-work/college program in partnership with Los Rios, Cordova High School, Folsom Lake College and the City of Rancho Cordova. The program helps local

underserved students successfully transition to a path aligned with their career aspirations following high school.

The cities of Rancho Cordova and West Sacramento have been leaders in this effort, having dedicated local voter-supported tax measures to help residents of their cities with the cost of attending college. In Rancho Cordova, those funds have supported student tuition fees, book vouchers and other mandatory fees. In West Sacramento, the funds have covered tuition and other student fees as part of the city's West Sacramento Home Run program.

Along with the generous support of corporate partners, the Los Rios Promise effort is supported by a number of individual donors, who are making it possible for the Los Rios Colleges Foundation to award 40 Promise Scholarships in 2019-2020.

The Los Rios Community College District is one of the nation's most respected learning institutions and the second-largest community college district in California, serving the greater Sacramento region. Los Rios includes: American River, Cosumnes River, Folsom Lake and Sacramento City colleges; and six major education/outreach centers. ★

STATEPOINT CROSSWORD • FIGURE OF SPEECH

CLUES

ACROSS

1. Without, à Paris
4. *Blind as a _____, simile
8. "Attract someone's attention onomatopoeically"
12. Scheme
13. Frosh, next year
14. *Grim Reaper
15. Having the know-how
16. Medicinal houseplant
17. Forearm bones
18. *Napoleon of "Animal Farm"
20. Horsefly
21. Emotional turmoil
22. *Damn, homophone
23. Reproductive cell
26. *Opposite of figurative
30. Bonanza find
31. Er on Periodic table
34. Dalai _____
35. Chopper blade
37. The little one "to stop to tie his shoe"
42. Like three nursery rhyme mice
49. American stock exchange in NYC
40. Temper, as metal
42. Baron Munchausen's statement
43. "_____ fly away home..."
45. Time of the year
47. Police shot
48. Headquarters
50. Sailor's quarter
52. "Broken heart" or "heart of stone"
55. Dig, so to speak
56. Tangelo
57. Kind of Steven?
59. September's reason to celebrate
60. Outer layer of Earth's crust
61. First female Attorney General
62. Caddie's offering
63. Lt.'s subordinate
64. Means justifiers

- DOWN
1. Masseuse's office
2. "Some Kind of Beautiful" star
3. Steelers' Chuck
4. Rosetta Stone and such
5. Western neck ornaments
6. To the left of helm
7. People in general
8. Helter-skelter
9. Not loony
10. Doe's mate
11. Café alternative
12. One in low-fitting jeans
14. Old European coin
19. "C'm on in!"
22. Slow-witted
23. Small Asian ungulate
24. Enophile's sensory concern
25. Dishied out
26. "Stringed homophone of loot"
27. Pair in a railroad track
28. Prenatal test, for short
29. Full of cargo
32. "Collision, onomatopoeically speaking"
33. Wayside stop
36. "Sweet sorrow" or "painful"

pride”
38. 4-letter word on primetime TV
40. Summer mo.
41. Attack
44. “_____ beware”
46. Stick firmly
48. Launch
49. Country album?
50. Shevat follower
51. Vagrant or tramp
52. Gala to Dali
53. Baker’s baker
54. Tear
55. Actor Mahershala
58. Us. in Mexico

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Solutions on Page 7



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By Marlys Johnsen Norris, Christian Author

It is only in loyal obedience to the laws of God one will ever experience any kind of significant reward! Scripture clearly states that the “wages of sin is death”. Sin steals the blessings God desires to plant into any our lives. When one’s personal satisfaction and physical will is greater than and more important than fulfilling the will of God, one is in big trouble!

If anyone has refused to put honoring God FIRST in their lives, they are living in very dangerous territory! They are listening to the wrong voice and it is time to recognize that voice is Satan. God cast him out of heaven onto the earth and

God “Must Be First” In Our Lives

this is his home. He lies to us about many things and those words are recorded in the Holy Bible. () Our lives are NOT to be about me – myself and I! Loving oneself above God is folly!

Jesus Christ had to come and be sacrificed to redeem us from our fleshly desires, actions and sin. Any one who is disobedient to any one of God’s laws dishonors what-ever their faith in God is and affects the whole church. **The Church throughout the whole world represents - Everyone who believes, honors and follows Jesus Christ as their personal Savior and Lord.** It is not just a particular denomination. Jesus is Lord of All and He is to be honored “FIRST” in every life.

Warning: Not putting God FIRST (#1) in one’s life - puts a curse on that life! A curse cripples their personal journey to accomplish anything throughout their lifetime.

Scripture puts the word FIRST plainly for us to understand in Matthew 6:33

“Seek you first the kingdom of God and His righteousness and all things will be added unto you.” Putting the Lord God FIRST will prove to us He can and will do exceedingly abundantly all we ask according to His will for life when He is in His rightful place which is FIRST.

God has recorded hundreds of promises in the Bible for those who believe to read and claim in their lives. One that is meaningful to a new believer is: “He will never leave or forsake you once you have accepted His death on the Cross and invited Jesus into your life as Lord and Savior of your soul” There is a lot to learn and it is a “lifetime journey” of a loving adventure getting to know and love God with your heart and soul. Then, at a specific moment and time His Gift of Eternal Life in heaven with Him becomes your very own.

Victory is coming!
Marlys Johnsen Norris
Author, Stephens Minister,
Teacher
Marlysjn@gmail.com
PO Box 114, Orangevale, CA★



By Pastor Ray Dare

Do you enjoy being around somebody who’s always correcting what you do? Nobody likes being nagged all the time, being corrected all the time, perfected all the time, it’s frustrating! The Bible says, “Love forgets mistakes. Nagging about them parts the best of friends.” One of the problems with being a perfectionist is It damages relationships.

All of us are perfectionists to one degree or another. What it does is cause us to look at the wrong thing. And it’s rooted in insecurity. Perfectionists who are harsh and demanding on other people are harsh and demanding on themselves. They’re holding themselves to a high standard. The problem is, they expect the same from everybody else! They take great pains in their work but they’re also a great pain to everybody else!

Psalm 119:96 “Nothing is perfect except God’s

Pastor Ray’s Encouraging Words

Realize Nobody’s Perfect

Word.” That’s why you need to build your life on God’s Word because nothing else is perfect. What Hollywood tells you isn’t perfect. What popular opinion tells you isn’t perfect. What the majority tells you isn’t perfect. But God’s word is perfect. That’s why you should build your life upon God’s word.

This would be a good verse for you to put on your refrigerator, if you are married to a perfectionist, “Nothing is perfect except God’s Word.” If you spend all your time trying to attain perfection, you’re wasting your time. Ninety-two percent is still an A! You don’t have the time to be perfect at everything. And you can’t anyway.

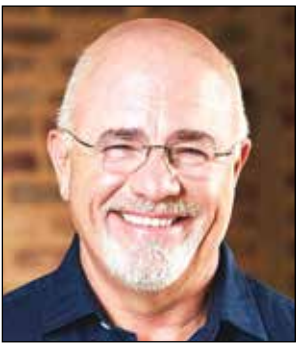
“There is no one on earth who does what is right all the time and never makes a mistake.” A few years ago, a book came out, I’m OK, You’re OK. But that’s not true. There are areas in my life that are definitely not ok. There are some areas in your life that are definitely not ok. So, all the little affirmations in the world are not going to make you ok. You’re imperfect. I’m imperfect. The point is, we’re not

okay, but because of God’s grace that’s OK!

What does that mean? Does that mean God isn’t interested in my growth? Of course, He wants me to grow. Does that mean God doesn’t want me to change? Of course, He wants us to change. When God says, “You’re ok because of My grace,” that does not mean you can just keep on being a jerk the rest of your life. It just means that God isn’t waiting for you to change before He starts loving you.

In 1 Corinthians 13, the Bible says, “Love believes the best in every person.” One version says, “Love overlooks a person’s faults.” I want to challenge you today to begin overlooking the faults in others. We should not be hard and critical and judgmental toward other people. Love sees the best in everybody. Look for what’s right, not what’s wrong. Focus on the good things in others. Realizing that nobody’s perfect. Isn’t that what God does with us? Yes!

Pastor Ray
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A Course in Day Trading?

Dear Dave,

I was recently offered an opportunity to participate in a hands-on stock trading class. The problem is we don’t have the \$6,500 registration fee just lying around. My husband and I are on Baby Step 4 of your plan, so what would you think about us borrowing that amount from our emergency fund? We would still have three months of expenses set aside after paying for the class. –Camille

Dear Camille,

I don’t know the exact course you’re talking about, but I do know something about the concept of buying and selling stocks, or day trading, if you want to call it that. I can tell you all the research shows 78 to 84 percent of day traders lose money. And one hundred percent think they won’t be the ones losing out. That includes people who take courses like the one you mentioned.

I have found no data points which show, on

Dave Ramsey Says

a consistent level across a broad population, that people who take a course like that become wealthy as a result. Buying and selling single stocks is an ultra-high-risk proposition. That’s why I don’t buy any single stocks. Now, I know some people who buy and sell single stocks as a very small percentage of their financial world. It’s almost like a hobby for them. A couple might actually make a little money from time to time, but it’s not the main focus of their investment strategy. To hear them, it’s like listening to fishing stories. They’re always talking about the one that got away.

I wouldn’t waste my money on the course, Camille—especially my emergency fund money. Your emergency fund is for, say it with me, *emergencies only!* –Dave

You don’t fake poor

Dear Dave,

I’ve got a couple of friends who were advised by their financial planners not to open college savings accounts for their kids. Their planners told them this would count against their children’s ability to receive financial aid and assistance when it’s time for college. Apparently, these planners told them to put the money into their own retirement accounts. It’s

my understanding, however, that both the child’s and the parent’s financial situations are looked into when determining financial aid. Can you please shed some light on this? –Janette

Dear Janette,

So, if a financial planner told you not to get a job because then you can apply for welfare, are you going to listen to that person? What kind of moron gives financial advice like this? You don’t tell people not to save money for something, just so they can pretend they’re poor!

Save whatever money you can, and send your kid to school. Why is that such a difficult concept to grasp? People need to stop looking for tricks and shortcuts, because there aren’t any that will be beneficial in the long run. I’m not going to pose as broke – fraudulently – to get financial aid for my kid. That’s ridiculous!

I hope I wasn’t unclear. –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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Bring your family and join your neighbors in the fun with food, local vendors and live music in the park. Rusch Pool will be open for **Free Swim** from 11:00 am - 1:00 pm. Accepting vendor application until August 1st.

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Registration: \$20

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To register or for questions regarding the car show please visit norcalcruiser.com or contact Wally Schnierle at (916) 947-0689 or Sharkey1948@yahoo.com (pre-registration is encouraged).



Cars show begins at 9am. Registration 7:30 - 9am. No early birds.

Fundraising proceeds benefit the Citrus Heights Police Activities League



Follow Sunrise Parks:
For more information or to become a vendor, please visit: Sunriseparks.com or call **1.916.725.1585**



Assemblyman Cooley is Pleased with Yosemite Historic Landmark Names Settlement

By Jillea Hernandez

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) released the following statement after news broke that a lawsuit settlement will permit Yosemite National Park to resume using its historic landmark names.

“I am very pleased to hear the news that historic Yosemite names like the Ahwahnee Hotel, Curry Village and the Wawona Hotel have been rightfully restored. In 2016, after learning that the former Yosemite concessionaire had outrageously claimed ownership of treasured Yosemite names, I authored the California Heritage Protection Act (AB 2249) with my colleagues Adam Gray and Frank Bigelow to change the law and make certain a private company could never trademark an historic state park landmark.

“Our parks showcase the beauty and incredible history of California, and



Assemblyman Ken Cooley (D-Rancho Cordova)
Photo courtesy of Office of Assemblyman Ken Cooley

should always serve the interests of the people.”

Source: Office of Assemblyman Ken Cooley ★

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September 14: Night Moves | Tributes to Bob Seger & Creedence Clearwater Revival
October 5: Paperback Writer | The Beatles Experience

Concert Under the Stars!



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.

Earlier this year, in an attempt to curb teen smoking, the City of Sacramento voted to ban the sale of flavored tobacco products (including flavored e-cigarette cartridges), and soon the County of Sacramento will be facing a decision on whether or not to follow suit. Since this is a controversial issue that would directly impact Orangevale, I wanted to take the opportunity to explain to you my initial concerns with such a ban.

I want to say at the beginning that I am completely in agreement with the proponents of flavored tobacco bans in the goal of reducing teen smoking. We should be doing everything we can do keep teens from smoking, and educating them so that when they turn 18 they fully know the dangers associated with smoking. I recognize that teens are illegally obtaining and using flavored tobacco products in greater volume, and in many cases transitioning to

Orangevale Community Update

Should Sacramento County Ban Flavored Tobacco?

traditional cigarettes. But Sacramento County doesn't have a wall built around it, and anyone who wants to buy flavored tobacco products can easily obtain them from other nearby areas that have not banned them. Here in Orangevale, you won't have to travel far until you reach Citrus Heights, Folsom, or Placer County, which defeats much of the purpose. A statewide ban could be far more effective for an area like Sacramento, but even then, the widespread proliferation of marijuana prior to its legalization in California proves that even national bans can be largely ineffective.

The ban also doesn't come free. When the City of Sacramento enacted their ban, they expected that they would lose a couple million in yearly tax revenue as a result. And in the week following the city's decision, one of Sacramento's oldest tobacco shops had already announced they would be closing their doors due to the expected impact to their sales. While this may be manageable for the city, Sacramento County is struggling financially. This past budget we were forced to make reductions in services due to budgetary struggles (primarily brought on by a few large lawsuits against the County), and next year we will likely be doing the same.

I have also heard from many adults who legally use flavored tobacco

products both because they recreationally enjoy it, and because they use it as an alternative to smoking. While these adults will still be able to access them in other communities, it will make it more difficult for them to access something that is legal to use.

Instead of a ban, we could instead solve this problem by increasing the penalty for selling tobacco products to a minor from the current maximum of \$7,500, to a new minimum of \$7,500, accompanied by a ramped up undercover shopper program. This increase in penalties could potentially fully offset the cost of an improved undercover shopper program, but at the very least be substantially less than the loss in revenue we will now be facing under the ban.

Leading up to my vote on this issue, I will be meeting with stakeholders on both sides of the issue to understand their perspectives in more detail. But more than anything, I want to hear what you have to say. Please e-mail me your thoughts at SupervisorFrost@sac-county.net. Thank you for reading!

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. ★

High Tide Comes in Strong in Old Fair Oaks



The High Tide band members stayed around after the show to take photos with many of the concert goers. Photo by Paul Scholl

FAIR OAKS, CA (MPG) - High Tide, a Beach Boys tribute band, performed all the chart busters one could remember from the 60's and 70's legendary surf sounds.

It was a fabulous show by an endearing group of talented great guys who really warmed the hearts of all the young, and still young of heart, ladies in attendance. They also heated it up with the summer surfing tunes that had many in the crowd dancing in the aisles.

As their website says "right down to the

same instruments, amplifiers and precise slurs, slides and vocal mannerisms that gave the legendary Beach Boys their signature sound, High Tide captures it all." They really did. It was a perfect night. All that was missing was a sand dune.

The show was presented by The Fair Oaks Theatre Company. Check out their upcoming summer concerts at <https://www.fairoakstheatrefestival.com/>. Check out the schedule of High Tide at <http://www.hightidebeachboys.com/> ★

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