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AMERICAN RIVER Messenger

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VOLUME 14 • ISSUE 06 Serving Fair Oaks, Orangevale & Sacramento County MARCH 22, 2019

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**WE
SUPPORT
OUR
MILITARY**

Bella Vista Interact Student Shows How Small the World Can Be!!



Along with fellow student Alayna Nash, Matthew Mason painted the mural depicting "Hermie the Fair Oaks Rooster" as part of an art class project. Photos courtesy Fair Oaks Rotary Club

**Submitted by Fair Oaks
Rotary Club**

FAIR OAKS, CA (MPG) - Bella Vista senior Matthew Mason has already made his mark in our Fair Oaks community. Along with fellow student Alayna Nash, he painted the mural depicting "Hermie the Fair Oaks Rooster" as part of an art class project; the painting now adorns the

wall facing California Avenue just west of Fair Oaks Blvd.

And if that wasn't enough, Matthew entered a contest to have a page in an Estonian coloring book! What, you might ask? How did this come about, and what IS this coloring book all about?

Fair Oaks Rotary Club members Alice and Fred Rowe had attended a Rotary meeting in Tallinn, Estonia

while they were on a trip to the area in the fall of 2018. When they heard that the Tallinn Rotary Club was putting together, as a fundraiser, a coloring book with submissions from artists around the world, they asked Matthew if he would like to submit a page. Alice and Fred work with Bella Vista High
Continued on page 3



**By Laurie Slothower,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - If you like food, you gotta love honey bees. These busy little insects pollinate most of the world's fruit, nut and vegetable crops. Without bees, almonds – California's number-one cash crop – would disappear.

In an effort to shore up this small but vital segment of local agriculture, Sacramento County has embarked on two programs to protect and strengthen local apiaries.

The Bee Safe program, approved by the Board of Supervisors on Jan. 29, will use funding from the California Dept. of Food and Agriculture to train two county agricultural inspectors on honeybee inspection, theft prevention and pest protection.

The Bee Where program aims to bring together beekeepers and pesticide applicators to track and safeguard hive locations so that bees are not harmed by pesticide exposure.

Here's how it works:

Beekeepers are required by law to register their colonies and provide notification about the movement of bees. Not all do. New legislation, however, puts a sting in enforcing the regulations, in the form of possible fines.

Agricultural pesticide applicators will be made aware of bee hive locations within a mile of their application site, through the Bee Where program, and will be able to notify beekeepers 48 hours before the pesticide application is made. The program will give beekeepers the opportunity to move or protect their hives.

"We want to create a GIS-based network of apiaries integrated with pesticide dispersal permits so that beekeepers can protect hives from damage, or the grower can use a different pesticide that is less harmful to bees," said Agricultural Commissioner Juli Jensen.

"Years ago, we would track hive locations with pins on a paper map. This is a much more efficient way to get beekeepers and growers on the same page."

The Bee Where program has been sponsored by a partnership between the California Agricultural Commissioners and Sealers Association, California Association of Pest Control Advisors, California State Beekeepers Association and the Almond Board of California.

For more information on Bee Safe and Bee Where, call Deputy Agricultural Commissioner Kevin Martyn at (916) 875-6603 or visit the Bee Where website.

Source: Sacramento County Media

Fair Oaks Church Completes Eleventh Basketball Season

**By Ken Friedman,
Upwards Basketball**

FAIR OAKS, CA (MPG) - Fair Oaks Church has just completed their eleventh season of Upward Basketball. Eleven years ago it started with thirty nine players; this season there were 417 players (K-5 - 6th grade) and 44 teams. Upward Sports is the largest Christian sports program in the country, offering programs in Basketball, Flag Football, Soccer and Cheerleading. There are 2500 churches hosting the program with 400,000 children playing Upward Sports. The program promotes a positive opportunity for children to learn the sport and have fun.

The Upward Basketball League at Fair Oaks Church teaches the fundamentals of the game so that players learn not only basic basketball skills but also character traits that reflect good sportsmanship. Ken Friedman, League Director, says this league is designed for the competitive play to be at the children's level,



Upward Sports is the largest Christian Sports program in the United States. It currently serves 400,000 young athletes by promoting a positive sports environment. Photo courtesy Upward Sports

not the adult level.

It is understood by coaches and families that a positive atmosphere is required for the players. The goal is to have them learn the sport without outside negative influences.

The feedback received from the families is that their children are having fun and looking forward to practices and games.

Registration starts during the first week in September with evaluations and uniform sizing in October. The first practice usually

starts at the beginning of December. Games start in January. The season ends in the first part of March. The fifth and sixth graders have a two weekend tournament at the end of the season. The maximum number of teams that can be accommodated is 44. Once they are full, we unfortunately have to turn kids away.

For more information, please either contact Ken Friedman at (916) 838-6577 or go to: www.upward.org.

We would also like to recognize the following

businesses for their support of this league; Mountain Mike's, Sunrise and Madison (Trader Joe's Shopping Center); Texas Roadhouse, Sunrise, North of Greenback; Greg Polley, State Farm Insurance, Fair Oaks Blvd and Old Auburn Road; Ms. Stephanie Kerns, Ameriprise Financial – 9255 Sierra College Blvd.; Ms. Julie Rearden, Lyon Real Estate, 2580 Fair Oaks Blvd.; Paul Scholl, American River Messenger, Citrus Heights Messenger.

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Annual Roseville Gem Show Rocks On

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Roseville Rock Rollers 57th Annual Gem, Jewelry, Fossil, and Mineral Show will take place at the Placer County Fairgrounds in Roseville March 23-24. Hosted by the Roseville Rock Rollers, also known as the Roseville Gem and Mineral Society, this year's show features gemstones, jewelry, fossils and minerals and has something for the whole family.

The group was established in 1960 as a group of local "rockhounds," according to show chair James Hutchings. That group, deeply interested in the science and art of the earths' natural beauty in rocks and minerals, first met in homes and then as their numbers grew, expanded to the use of a local school room.

This year's show has doz-



A "before" and "after" (left) sample of polished lace agate from Mexico, for sale at the Roseville Rock Roller's annual Gem and Mineral Show. Photo courtesy Roseville Rock Rollers

at the show's cafeteria.

In addition to exhibits, classes and demonstrations, show goers can pan for gold, purchase equipment, buy raffle tickets, have rocks, gems and mineral identified by experts or make purchases at a silent auction.

Wishing to share the art and science of the mineral world, in the tradition of gem and mineral shows around the world, the Roseville Rock Rollers established their own

program to Geology Students at Sacramento State Geology Department, and our year round Lapidary shop on the fairgrounds," said Hutchings. "The lapidary shop on the Fair Grounds is the heart and soul of our Society, where we teach lapidary arts, jewelry fabrication, conduct mineral identification and mini tail gate rock sales."

Not to be missed are real treasures the group will have on display. "Folks tend to walk by the display cases," he said. "These simple, well lighted boxes contain the best of the best of personal collections of minerals in variety or by theme. The displays are, 'literally' miniature museums showcasing specimens in the possession of individuals who have spent a lifetime collecting the best of the best of their favorite species of rock or mineral," said Hutchings.

"We are looking for the general public who are looking for gem stones, set and unset, handmade, and fine art jewelry, and mineral specimens from every corner of the world! We find the single most striking comment from folks who, by accident, end up at our show is, "I had no idea such things existed in the world!"

For more information, tickets and coupons, visit the group's website at www.rock-rollers.com ★

Sac County Extended Foster Care Program Offers More

By Andrea Hansen, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Each year in Sacramento County, approximately 170 youths turn 18 years old while in foster care - which for many can mean they will be without a family and often without supportive adults in their lives as they age out of the system. But, most 18-year-olds still need financial help, emotional support and other assistance as they enter adulthood and begin to plan for the future.

The Extended Foster Care program - provided through Sacramento County Department of Child, Family and Adult Services - allows 18 to 21-year-olds to stay in foster care with the intent of providing them with supportive housing while also teaching independent living skills to help them achieve self-sufficiency.

The program began in Sacramento County in January 2012, and social workers assist the young adults in maintaining a safety net of support while offering the experience of independent living in a secure and supervised environment. As of December 2018, approximately 360 youth are actively participating in the program.

To qualify, youth must meet one of five conditions: Be in the process of completing high school or an equivalent program (GED); Be enrolled in a university, vocational school or community college at least half-time; Be employed at least 80 hours a month; Participate in a program designed to promote employment or remove barriers to employment; Be unable to meet the above requirements due to a medical condition.

County social workers work closely with the youth to determine which housing program will best suit their needs. Housing options include: Supervised Independent Living Placement (SILP); Least restrictive and most popular placement; Allows youth to select their own housing and live independently; Must participate in a readiness assessment that determines the youth's level of preparedness for independence including identifying strengths in areas such as budgeting, daily living skills and safety; Receive a monthly stipend; Meet monthly with a County social worker.

Transitional Housing Placement Plus Foster Care (THP+FC) assists with costs associated with rent, and provides a monthly stipend for utilities, furnishings, food and other necessities. You are required to meet weekly with a THP+FC social worker/case manager and meet monthly with a County social worker. It offers links to experts in the community to help in the navigation of jobs, resumes, applications, higher education and financial aid.

The Independent Living Program (ILP) provides financial assistance and services to current and former foster/probation youth, 16-20 years of age and offers assistance with vital documents, life skills classes, support groups, transportation and tutoring.

"Youth who agree to participate in the Extended Foster Care Program demonstrate more positive outcomes in areas such as employment, education and housing stability than their peers who do not," said Stephanie Sandmeier, Human Services Program Planner. "This program is vital to

help our young adults move forward and make the right decisions for their future."

Extended Foster Care is proud to partner with iFoster, a national non-profit which has developed a jobs program specifically for eligible foster youth between the ages of 17 and 24. iFoster helps prepare foster youth for the workforce by providing a curriculum focused on job skills, soft skills and life skills. The non-profit also partners with major employers like Raley's, Starbucks and CVS. When young people are ready for a job, they can be matched with a potential employer. iFoster matches youth with employers offering permanent employment, guaranteed hours, decent wages, opportunities for advancement and scholarship programs.

For additional information on Extended Foster Care, contact Human Services Program Planner, Stephanie Sandmeier.

If you want to support Extended Foster Care young adults with purchasing food and housewares for their new living spaces, please mail gift cards for grocery stores, Target, or Walmart to:

CPS Extended Foster Care & Independent Living Program, Department of Child, Family and Adult Services, 925 Del Paso Blvd, Suite 500, Sacramento, CA 95815.

To learn more about becoming a resource family or adoptive parent for local foster children, visit the Sacramento County Department of Child, Family and Adult Services Resource Family webpage, and attend the next Resource Family/Adoptive Parent Orientation, or call 916-875-5543.

Source: Sacramento County Media ★



Beautiful, polished stones have been strung by hand in a variety of colors and sizes to create one of a kind necklaces for sale during the Gem Show (above). Photo courtesy Roseville Rock Rollers

ens of exhibits for attendees, such as jewelry, metal, wire and glass beading arts, fossils, crystals and minerals, but that's not all. So that attendees aren't rushed, the show also provides a cafeteria. "A very fine hot lunch is available at our own kitchen in Johnson Hall," states Hutchings. The group has put together a menu of very reasonably priced food and beverages will also be available

gem and mineral show around 1962. The society grew, the show grew, and the show and the Society moved to the Placer County Fairgrounds where it continues today.

"As the Roseville Gem and Mineral Society has expanded, the show expanded to support the costs associated with its programs, such as the Rookie Rock Rollers, juniors program, the Annual Scholarship



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Now ‘23,222 Prohibited Persons’ Have Guns. This is Progress?



From the Office of Senator Nielsen

SACRAMENTO, CA (MPG) - Attorney General Xavier Becerra issued the annual report on the Armed Prohibited Persons System (APPS), a program designed to remove guns from convicted felons and dangerous individuals. A proponent of the APPS program and former Chairman of the Board of Prison Terms, Senator Jim Nielsen (R-Tehama) issued

the following statement: “Known dangerous criminals must not be in possession of guns. The Attorney General and his agents are making an effort toward that goal.” “I appreciate that Attorney General Becerra is now focused on removing guns from dangerous individuals.” “The program, however, has failed to reduce the number of guns belonging to known criminals and potentially dangerous people.” “The AG identified obstacles and problems, but pointing the finger at the courts, district attorneys and local law enforcements for the delay is not acceptable.” “In 2013, there were 20,721 names on this list. Now, there are 23,222.” “Over the years, I have asked the AG, privately and publicly, to develop a

strategy to remove guns from known criminals and potentially dangerous people and keep Californians safe. I appreciate that he has come forward with a plan.” “I would like to see in the AG’s plan a delegation of local law enforcement agencies to assist.” “We cannot afford to wait a year to assess this program’s progress. Too much is at stake. The Legislature should receive an update in the budget hearings.” *Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim.* ★

Lost Someone You Love?

By Dave Crosson

Going on that lonesome journey is full of pain and struggles. It is different for everyone. It is a lone adventure none of us look forward to having but it is something everyone will experience. It is a time when we think we have learned a lot about life only to then realize we must learn more. There is a perfect place one can find answers and connect with others who are experiencing much of the same emotions. Because my husband and I realizes death can happen at any time, we wished to be more prepared so we attended a “Griefshare”

gathering to learn more about situations and struggles that come when one of us will pass on. Had we known of such a group years ago the following events and emotions we experienced would have been easier to foretell and deal with in our lives. We did this because a few years back, we lost seven (7) members of our family in one year. It was a devastating time for us. Always being at the hospital, then the mortuary making arrangements and then the cemetery with the deep emotions because of the loss of someone we loved dearly. My husband even had time taking work off from his job.

The Griefshare leader is an experienced holding these classes for the past six years. He is David Crosson who is also a Law Enforcement Chaplin for the Police Department and was a educator prior to his retirement. The group welcomes anyone to attend and is open to help anyone who has lost a spouse or loved one or friend! It meets on Sunday at 10:30 a.m. at Sunrise Community Church on Greenback Lane in Fair Oaks just east of the cemetery. (Take elevator or upstairs to first room B201) You can find a Griefshare group in your area at www.griefshare.org and insert your zip code. ★

STATEPOINT CROSSWORD • THE 1940s

- CLUES**
- ACROSS**
- 1. *Japanese attack locale
 - 5. *Chairman of the Communist Party of China
 - 8. Parent group
 - 11. Horribly
 - 12. Voldemort's title
 - 13. Ohio city
 - 15. Slightly glow
 - 16. Never a UK currency
 - 17. Disapproved by audience
 - 18. *American concentration camp
 - 20. Peters out
 - 21. *Harry Truman to Margaret
 - 22. Feedbag morsel
 - 23. Mountain climber's tool
 - 26. Overplay in front of audience
 - 30. Negative conjunction
 - 31. Within a building
 - 34. Leafy green
 - 35. Captain America actor
 - 37. Party bowlful
 - 38. Dictum, pl.
 - 39. Network of nerves
 - 40. Native Americans of the Pacific Northwest
 - 42. "To _____ is human"
 - 43. *#23 Across victim
 - 45. Like a human
 - 47. "Never _____ never"
 - 48. Raccoon's South American cousin
 - 50. Mount Olympus' famous dweller
 - 52. *Manhattan Project site
 - 55. Does like a sponge
 - 56. Horizontal wall beam
 - 57. Pelvic parts
 - 59. Actress Parker
 - 60. Geologic time divisions
 - 61. Steve Urkel, e.g.
 - 62. Eat, past tense
 - 63. Lt.'s subordinate
 - 64. "_____ Louise"
- DOWN**
- 1. Mozart's "L_____ del Cairo"
 - 2. Homecoming guest
 - 3. #50 Across wife
 - 4. Kenya's neighbor
 - 5. Native American earthen structure
 - 6. Orderly arrangement
 - 7. Shoe emanation
 - 8. Circus trainer's poker
 - 9. Zac Brown Band's body part hit
 - 10. A in FANBOYS
 - 12. Like weighed down with metal
 - 13. At right angle to a ship
 - 14. *Thor Heyerdahl's raft
 - 19. Third axis
 - 22. Dinghy propeller
 - 23. Unable to move
 - 24. Don't judge a book by it
 - 25. Muse of love poetry
 - 26. Shoshonean people
 - 27. "It is silent" in sheet music
 - 28. U in UV
 - 29. *_____ Harbor
 - 32. *a.k.a. Operation Neptune
 - 33. Black gold
 - 36. Miniature Japanese carving
 - 38. Hindu garment
 - 40. Blue overhead
 - 41. Intelligence
 - 44. Impudent
 - 46. Horse-involved activity
 - 48. Man-made stone pile
 - 49. Ladies' fingers
 - 50. *Popular 1940s suit
 - 51. "Ill at _____"
 - 52. Type of molding
 - 53. High school club
 - 54. Ireland's previous name
 - 55. Hot springs
 - 58. Wood-shaping tool

Crossword Puzzle Solutions on Page 7

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 7

Root Cellar Offers Spring Seminar

By Linda Johnson

SACRAMENTO REGION, CA (MPG) - Don't miss a rare West Coast opportunity to experience the dynamic genealogist, Lisa Louise Cooke, in an all day seminar April 6, 2019. Lisa Louise Cooke (www.GenealogyGems.com) is a genealogy entrepreneur who has books, webinars, podcasts and many seminars to her credit. Internationally known, Lisa Louise Cooke is an In-Demand, Exciting and Knowledgeable speaker. Advance your genealogy skills.

Topics of the seminar will include; Google Search Strategies for Common Surnames; Time Travel with Google Earth or How to Excite your Non-Genealogist Relatives; Cutting Edge Strategies for Solving that Cold Case and How to Find a Family Tree Identification for DNA Matches; How to Use Evernote for Genealogy; Note Taking Strategy & Power of the Cloud; Brief bonus "How-To" feature. Due to the high interest in this seminar, early registration is highly encouraged. The seminar cost is \$30 for Root Cellar Members and

\$45 for Non-Members. No registrations will be accepted after March 23, 2019. No registrations will be sold at the door. Confirmations will be mailed and there will be no refunds. Lunches are available but must be ordered with your seminar registration. For more information contact: seminar@rootcellar.org Join Root Cellar at the Fair Oaks Presbyterian Church and be sure to get your reservations in before the March 23, 2019 deadline. See You There! For more information go to www.rootcellar.org. ★

California Senior Legislature is Working for You

Commentary by Carl Burton, CSL

The California Senior Legislature (CSL) was created by legislation by assembly member Henry Mello in 1979. CSL is an official nonpartisan “shadow” legislature that works to improve the lives of older Californians. The idea behind the legislation that created the CSL was to help seniors in providing model legislation for older citizens and advocating for the needs of older adults in California. Who is better suited than seniors to research and write legislation to help senior citizens in California? The California Senior Legislature (CSL) is the group doing that work!

California seniors know best what seniors need to live in a safe place and have a healthy lifestyle. CSL member’s research issues around housing, transportation, health, social services, recreation, education, and identifying and stopping elder abuse and then submitting their proposed legislation to members of the regular California State legislature so they can propose legislation that address identified senior needs. Since its establishment, the 40 CSL volunteer senior senators and 80 CSL volunteer senior assembly members, elected by their peers to represent all of California, have submitted over 300 proposals to the California State Legislature and over

200 bills have become law. CSL success proves its usefulness in providing model legislation to help our aging population which will grow to more than double by 2030. Now I urge all California taxpayers to support our work on behalf of our senior citizen population by making a tax-deductible contribution on their state income tax return, under Contribution Code 438 - the California Senior Citizen Advocacy Voluntary Contribution Tax Fund. Thanks for your support, Carl Burton, Assemblyman California Senior Legislature carl@carlburton.com ★

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By Marlys Johnsen Norris, Christian Author

Everyone, regardless of their present age needs to recognize and find their purpose and mission in life. As well as regardless of whatever sins and bad conduct occurred in their past, one needs to seriously recognize once they seek Almighty God our Creator that life they now are living, was designed by God. The past was to teach things needed to know to bring them to a perfect point in life where they are able to recognize their divine call and purpose He has planned for them. Once one seeks His plan to be “IN HIS PERFECT WILL FOR THEIR LIFE” miracles begin to happen.

God’s Holy Spirit gently speaks to their heart and they invite Jesus into their heart and life as Lord

New Life In Christ

and Savior of their soul. God hears their prayers like never before and answers arrive! New decisions are made to learn, know and love God who created them. The words of the Holy Bible become important and speak to their heart.

“We are assured and know that (God being a partner in labor). All things work together and are (fitting into a plan) for good to those who love God and are called according to (His) design and purpose.” (Romans 8:28 Amplified)

God clearly tells us we have a “victory” over our past as He has granted us new life when we accepted the sacrificial blood of His Beloved Son, Jesus Christ. The blood of Jesus washed us clean forever.

Healing, deliverance, transformation take place once we realize the loving and powerful hand of God that has molded us into the persons we are today. We should not allow anyone’s perceptive of who we ought to be - change or detour us from the will of our Lord and Savior. Our focus now is on God’s prospective of who we

ought to become. We now view troubles and problems as vehicles into our destiny God planned for us!

Pray . . . and Open your heart today and experience the love God has just for you! You will never be sorry as you learn His will for your life.

“For God so loved and dearly prized the world that He (even) gave up His only Beloved (unique) Son, so that whoever believes in (trusts, clings to, relies on) Him may not perish –come to destruction, be lost – but have eternal (everlasting) life. For God did not send the Son into the world in order to judge—to reject, to condemn, to pass sentence on – the world; but that the world might find salvation and be made safe and sound –though Him” (John 3:16-17 Amplified)

Marlys Johnsen Norris
Christian Author of 7 Books
Senior Gleanings –
Messages in the Dust
Marlysjn@gmail.com
PO Box 114, Orangevale, Ca 93552 ★



By Pastor Ray Dare

I don’t know what you’re going to face this week and you don’t either. But I can already tell you what God wants you to do: Let go of control. And know that God is in control. Let go and know that He cares.

Whenever we face out-of-control situations, we tend to go to one of two extremes. For some of you, the more out-of-control your life gets, the harder you try to control it and that creates stress! Some of you do the exact opposite: You just give up. You have a pity party and invite yourself to it. Both of those reactions are unhealthy. They don’t work. Instead of being a victim or trying to control the uncontrollable, you need to let go and know there is a God who loves you and who is in control. That brings peace.

Whenever you start to worry about anything in life it’s a warning sign that

Pastor Ray's Encouraging Words

Let Go of Control

you have forgotten God’s love. That’s what worry is. Doubting God’s love and trying to control the uncontrollable. “I’d better worry about this because God doesn’t care about this, I’m going to have to work this out on my own because God doesn’t care.” Wrong!

Every time you are worrying, you’re doubting that God really cares about the details of your life. “Does God care about my problems? Does God care about my hurts? The things I’m going through? The stresses I’m feeling? The worries I’m experiencing? Does God really care about what happens to me?” The answer is yes! Of course!

1 Peter 5:7: “Cast all your anxiety on him because he cares for you.” It says “cast ALL...” That means every kind of anxiety you have – financial, physical, social, spiritual, mental, relational. Why? “Because He cares for you.” Does God care about your house payments? Yes. Does God care about the grades you get at school? Yes. Does God care about your investments? Absolutely. He loves you!

What are you worrying about? God knows the details of your life. He’s going to take care of your needs. Parents, do you want your kids to worry about where their next meal is going to be? No. Do you want your kids worrying about whether they’ll have clothes to wear to school? No. If my kids came to me and said, “Dad, I’m worried. I’m worried that we’re not going to have enough to eat.” I’d consider that a personal failure. Because it’s my job as a dad to take care of my kids’ needs. I love them, I care about them, I’m committed to meeting their needs. If their needs are not being met, I blame myself.

Even so, God doesn’t want you worrying about your needs, because He’s your heavenly Father. He says, “I’m going to take care of you. I know what you’re going through. Release control and know that I love you, that I’m in control and that I’m going to provide for you.”

Pastor Ray
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Find Puzzles on Page 6

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7	6	8	1	2	4	5	3	9
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Sacramento County DA Reports



Defendant Sentenced for Foothill Farms Murder
DATE: March 19, 2019
CASE: Souksavanh Phetvongkham (Case #17FE005490)
PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit

The Honorable Gerrit Wood sentenced Souksavanh Phetvongkham to 56 years to life in prison. On February 5, 2019, a jury convicted Phetvongkham of the first-degree murder of Mario Benitez-Gallegos. The jury also found that Phetvongkham personally used a deadly weapon during the murder. An allegation that Phetvongkham suffered a prior strike conviction for aggravated felony assault was determined to be true at the sentencing hearing.

The victim and Souksavanh Phetvongkham had been friends until a recent falling-out. A mutual friend of the two gave a ride to Phetvongkham. During that ride, the two stopped and picked-up the victim. Phetvongkham and the victim agreed to fight and got out of the car. During the fight, Phetvongkham stabbed the victim multiple times, including a stab wound to the heart. The victim was taken to a hospital by his friend, but he died from blood loss.

Defendant Sentenced for Hotel Room Murder
DATE: March 15, 2019
CASE: Mario Michael Mayorga (Case #16FE022652)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Eugene Balonon sentenced Mario Michael Mayorga to 76 years to life in prison. On February 13, 2019, a jury convicted Mayorga of the first-degree murder of Tina Morales. The jury also

found true that Mayorga used a deadly weapon during the murder. Allegations that Mayorga suffered two prior strike convictions for assault with a firearm and assault with a deadly weapon were determined to be true at the sentencing hearing.

Mario Michael Mayorga and the victim were in a dating relationship. On November 24, 2016, Thanksgiving Day, the victim checked into a motel near Stockton Boulevard and Mack Road. The victim had Thanksgiving dinner with Mayorga and the two then walked to a friend's house. Another friend drove the two back to the victim's motel room at 1:30 a.m. At 11:30 a.m. that day, motel employees found the victim with multiple stab and puncture wounds

Child Sexually Violent Predator to Remain in Hospital Custody
DATE: February 1, 2019
CASE: Michael Gillette (Case #96F07315)
PROSECUTOR: Deputy District Attorney Stefanie Mahaffey, Mental Health Litigation Unit

The Honorable James Arguelles found true a petition of civil commitment against Michael Gillette as a Sexually Violent Predator (SVP), and ordered Gillette committed to Coalinga State Hospital for an indeterminate term.

On April 21, 1997, Gillette was convicted of lewd acts with a child under 14 years of age. He was sentenced to three years state prison. On January 18, 2013, Gillette was again convicted of lewd acts with a child under 14 years of age. Before he was released on parole for that offense, the People filed a petition to commit Gillette as an SVP. The petition alleged that Gillette had qualifying prior convictions and a mental disorder that caused him to be a substantial danger to the safety of others and likely to engage in violent predatory sexual acts in the future. ★



Chill

Are you a workaholic? Do you pass on family events? Maybe you feel like you can't keep your job unless you outwork everyone else. What about that over-achiever or perfectionist in you? **Dr. Bryan Robinson** says "**Chill**" and give yourself permission to stop. You need balance between professional and private life. **Dr. Robinson**, a psychotherapist, says unhealthy dedication can ruin your health and life. Here are some tips to overcome from his book "**Chill**."

1) Embrace Maybe. Become comfortable with "not knowing," for in the uncertainty, unexpected solutions often emerge.

2) Remember To H-A-L-T. When your overdoing takes hold, stop, and take a deep breath to ask yourself if you are Hungry, Angry, Lonely or Tired. If you are hungry, take time to eat. If you are angry, address it in a healthy manner. If you are lonely, reach out to someone you trust. And if you are tired, rest.

3) Get Comfortable With Rejection. People pleasing

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stems from insecurities and eventually obliterates your own voice. Be clear regarding your convictions, take a stand, and learn to disagree.

4) List Your "Tallcomings." When that inner voice is lashing out at you for your shortcomings, give yourself the gift of a more balanced view of your capabilities. What are you good at? What are your skills and talents?

5) Center Yourself-Don't Be Self-Centered. An unchilled mind constricts possibilities, keeping you self-centered. When your focus is narrow, you build up negativity without realizing it. Instead, keep a broad perspective that allows for gratitude for the many joys in your life.

6) Stop "Stinkin' Your Thinkin'." Exaggerated conclusions distort thinking, leave little room for clarity, limit choices, and lead to bad decision-making. When you notice "all-or-nothing" thinking, focus on flexible possibilities such as "I don't have to be all things to all people."

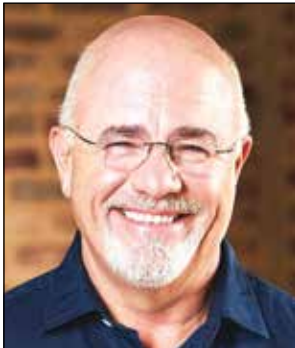
7) Don't Just Do Something-Sit There! Doing nothing gives your mind and body a chance to withdraw from doing and makes space for renewed creativity from the #CHILL experience.

8) Make A To-Be List To Compliment Your To-Do List. The compulsion for constant doing defends you from feeling unpleasant emotions and gives you safety and security even if the task itself is satisfying. When you commit to a more balanced life, you begin to notice you can just BE without having to DO.

9) Don't "Musterbate!" Remove such words as **must, should, ought, and have** to from your self-talk. These self-imposed "rules" can lead to frustration, and anger, and depression. Instead, replace those words with empowering and compassionate words such as "I can," "I choose," etc.

10) Use Wait To Act Instead Of React. When you find yourself brimming with impatience at others who seem to be dragging their feet, use **W-A-I-T** to **#CHILL**. Watch what's going on inside when you're triggered by waiting stress. Accept the stressor by saying you're choosing to wait. Invite the inner reactions to relax by offering compassionate words. Tell your inner reactions, "We've got this."

Check out www.BryanRobinson.com. Take the test and find out how chill you are. Oooops! I need to CHILL! ★



Dave Ramsey Says

situation to reflect your marriage and your financial makeover as a couple.

Make sure that "we" have an emergency fund of at least \$1,000 in the bank at that point. Then, if you're both in agreement on the issue, you can throw the rest of what you previously had in your emergency fund at the debt. Both of you can also pile up cash between now and the big day, so that when you're "official" you'll have even more cash on hand.

Congratulations, and may God bless your lives together! – Dave

Length of coverage?

Dear Dave,

My husband and I are 24, we're debt-free, and we're just a few weeks of saving away from having a fully-funded emergency fund. Each of us has a 401(k) plan at work, and right now we're concentrating on life insurance purchases. You always recommend term insurance, but how long should the coverage last??

– Jenny

Dear Jenny,

Congratulations on being super smart with your money! It sounds

like you two are starting out on the right foot.

Generally, I recommend 15- or 20-year level term policies—unless you have children. Since you didn't mention any kids, I can only assume they're not in the picture at this point. However, if you two decide to grow your family in the future, I'd advise converting those to 30-year term policies. You'll want the insurance there to protect everyone in the family, until the kids are grown and out on their own. In the years after, continued saving and wealth building will lead you to a point where you're both self-insured.

You two have done an excellent job with your finances. Keep up the good work! – 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. ★

Finances before, and after, the wedding

Dear Dave,

I'm getting married this summer, and I'm on Baby Step 4 of your plan. My fiancé is getting onboard with your advice, too, and she's currently in the process of paying down her student loan debt. Would it be a good idea to go ahead, and put most of my emergency fund savings toward helping pay off her debt now? – Aaron

Dear Aaron,

You've got a generous heart, and I know you love this lady, but I wouldn't recommend being involved in paying any of her debt until after the wedding. At that point, you two are joined together as one, and the concepts of "mine" and "hers" and "his" disappear. It all becomes "ours," and you can adjust your money



Carrie Hennessey



Trevor Scheunemann

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TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to Grey's Anatomy
for making it to puberty. Fifteen seasons ago, Meredith (Ellen Pompeo, pictured, with Giacomo Gianniotti) scrubbed in to her internship, and we are still picking, choosing and loving her as the ABC series becomes TV's longest-running primetime medical drama.

Jeers to Off-Camera chaos.
Between Clayne Crawford's firing and Damon Wayans's threatened exit, Fox's *Lethal Weapon* can't seem to hold on to its leads, while The CW's *Dynasty* has lost

Nathalie Kelley (Cristal), James Mackay (Steven) and Nicollette Sheridan (Alexis). Both shows are too fun to be undone by behind-the-scenes drama.

Jeers to MTV
for stifling their *Scream*. Round 3 of the horror adaptation – which was designed to reboot the franchise with a cast including Tyler Posey and Mary J. Blige – wrapped over a year ago and there's still no premiere date. Did Ghostface kill this too?

Cheers to John Mulaney
for bringing NBC's *Saturday Night Live* back to life. After months of uneven hosts, the stand-up comic's second stint



Ellen Pompeo, pictured, with Giacomo Gianniotti) scrubbed in to her internship, and we are still picking, choosing and loving her.

helped reset the bar with hilarious sketches, plus a top-notch musical guest in country favorite Thomas Rhett and a welcome visit from alum Bill Hader. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

When Will L&O: Hate Crimes Premiere??
Question: What's the latest with *Law & Order: Hate Crimes*? Could *L&O:HC* be the latest in a long line of potential new programs that received a lot of buzz but for whatever reason never made it to air? – Alex
Matt Roush: Recently, it was reported that the SVU spinoff has been indefinitely delayed. A "backdoor" pilot had been planned to air within an

episode of *SVU* this season to launch a spinoff about a Hate Crimes unit, but that's no longer happening during the current season.
I wouldn't count it out from happening eventually, and it may even be encouraging that they didn't rush it to air, giving more time for the development and casting process. It's a very topical but loaded subject, and I'd like to see them get it right. (But with Dick Wolf's company looking to expand the CBS *FBI*

franchise while maintaining so many other productions in New York and Chicago, they clearly have a full plate.)
Question: Why are all of the *Hawaii Five-O* episode titles in Hawaiian languages? Speaking true Hawaiian is not common. – Don S.
Matt Roush: Isn't that reason enough to do it? Looking past the two white male leads who were built into the formula, *Hawaii Five-O* has tried from the start to honor and reflect Hawaiian culture, and the episode titles are part of that. I dig it.
To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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Old Sac Launches “Gold Fever” Games

A New Season of Popular Old Sacramento Underground Tours & Interactive Games



Come out and play “Gold Fever!” Photo courtesy Sacramento History Museum. Photo attached is courtesy of the Sacramento History Museum

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) - The Sacramento History Museum is proud to announce a new season of popular, fun and interpretive tour offerings at the Old Sacramento Waterfront. The new season officially kicks off the weekend of April 6 & 7, 2019 for both the Gold Fever! games and Old Sacramento Underground tours, which is celebrating its 10th season this year.

Guests to the Old Sacramento Waterfront can experience what it was like to catch gold fever while getting actively involved in the intriguing Gold Fever! games. Participants take on personas of characters in history – or “real-life rascals” – who scratched and clawed their way to make this area the center of the Gold Rush. Never

the same experience twice, Gold Fever! games relive Sacramento’s early days when gold fever ruled amid horrible disasters that threatened fates and fortunes. To spice things up even more, elements of chance are introduced that could change the fate of tour guests. Through the course of the lively tours that meander through the historic district, visitors discover if they successfully escaped the many floods, if they managed to keep their gold dust (or lost it all at the gambling tables) and if they survived the fires, disease and occasional steamboat explosion. Gold Fever! games last approximately one hour, are great fun for all ages, and cost \$12 for adults and \$8 for children 6 to 17 (children ages five and under are free).

Celebrating its 10th season, Old Sacramento Underground tours give

guests the unique opportunity to explore what has been hidden beneath the city for more than 150 years, while uncovering the facts and legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations, enclosed pathways and interesting archaeology exhibits while hearing sounds of 1860 street life. Entertaining and knowledgeable tour guides lead the way while recounting tales of the devastation, perseverance, and determination that led to California’s only successful street-raising project. Tours of the underground last approximately one hour and cost \$18 for adults, \$12 for youths (ages 6-17) and are free for children five and under.

All tour tickets include complimentary admission to the Sacramento History Museum. Guests who

book an Old Sacramento Underground tour and Gold Fever! game at the same time (even if the tours take place on different days) receive special combo pricing as follows: \$25 for adults and \$15 for youths. Old Sacramento Underground tour guests check-in at the Sacramento History Museum (101 Second Street) whereas Gold Fever! game participants check in at the Sacramento Visitors Center (1002 Second Street). Tour dates and times fluctuate with the seasons and during holiday weekends; please visit the website for the most updated schedule. For more information or to purchase advance tickets for Gold Fever! games and Old Sacramento Underground tours, please visit www.sachistorymuseum.org.

Source: T-Rock Communications ★

State Pays for Pregnancy Centers’ Win

Press Release from Liberty Counsel

LOS ANGELES, CA - A California federal district court has ordered the state of California to pay Liberty Counsel \$399,000 for attorneys’ fees and costs regarding the victory in *Mountain Right to Life v. Becerra*, which now prohibits the state from enforcing the California Reproductive FACT Act, a law which compelled pro-life crisis pregnancy centers to promote abortion.

After the Supreme Court ruled in *National Institute of Family and Life Advocates (NIFLA) v. Becerra* that crisis pregnancy centers cannot be forced to promote abortions, the state agreed the law was unconstitutional and a permanent injunction was entered blocking the law. Now California is required to pay \$399,000 to Liberty Counsel for attorney’s fees and costs.

Liberty Counsel represents three pro-life crisis pregnancy centers in Southern California: Mountain Right to Life, known as the Pregnancy and Family Resource Center (San Bernardino), His Nesting Place (Long Beach) and Birth Choice of the Desert (La Quinta).

The three pro-life crisis pregnancy centers are faith-based and offer women pregnancy resources, counseling, advice and alternatives to

abortion. The California Reproductive FACT Act directly opposed their mission and forced them to endorse the government language promoting the abortion message on their front door, in their waiting room, online and in every advertisement for the crisis pregnancy center. The message had to be printed in 48-point font and in up to 13 languages or the centers could be fined \$500 for the first violation and \$1,000 for each additional violation.

“This is a great victory for children, mothers, and families,” said Mat Staver, Founder and Chairman of Liberty Counsel. “Pro-life pregnancy centers will no longer be compelled to speak a message that goes against their mission to save the lives of babies and women. The law violated freedom of speech. The First Amendment protects the right to speak and the right not to speak. Faith-based pro-life pregnancy centers cannot be forced to promote human genocide,” said Staver. The announcement was made February 12, 2019.

Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989, by providing pro bono assistance and representation on these and related topics. ★

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Fair Oaks Preschool Open Enrollment

Fair Oaks Parks and Recreation

Open Enrollment for Fair Oaks Preschool 2019-2020 school year begins April 11, 2019 at 8am in the Fair Oaks Recreation & Park District Office!

All required information and forms for registration can be found on the District Website, www.forpd.org/ preschool or by contacting Chelsey Adams, Preschool Director, at (916) 966-1036.

Fair Oaks Preschool's Recreation-Based Parent Participation program focuses on the social development of children ages three through five years old. Children will benefit by developing their social skills through play, art, projects, stories, songs, games, and outside play. Children will also have the opportunity to develop their

independence, self-help, socialization, and sharing skills all while learning to follow classroom directions.

The free-flow structure and developmentally-appropriate curriculum provides an environment where each unique child can learn and grow, and where parents can learn more about their children.

The program is broken up into three class sessions. The four and five year old classes on Monday/Wednesday/Friday are based upon a nine-month curriculum designed to prepare a child for elementary school. Cooperation and sharing are emphasized in games, music and movement, arts and crafts, academics, and supervised free play throughout the year. Parent Participation is required 3 times per session for this class.

The three and four year old class on Tuesday/

Thursday is a recreation-oriented program and is a good introduction to group activities. Children will experience simple arts and crafts, show and tell, circle time, organized games and supervised free play. Parent participation is required 2 times per session for this class.

Free Hiking Group

The Fair Oaks Recreation & Park District's FREE Hiking Group is meeting Saturday, March 30, 2019 at the Deer Creek Hill Preserve. This hike will be an easy, open-for-all skill levels, 2.8 mile hike. The group will meet at the trailhead at 9AM.

Please be sure to wear weather-appropriate clothing, bring water and proper hiking shoes. Contact Ian Roberts at (916) 966-1036 for trail location and to be added to the contact list. ★



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.

As you are undoubtedly aware, California voters went to the polls last November and voted not to repeal the “gas tax”, which is the largest tax increase in the history of California. The gas tax is here to stay, and local roads in Sacramento County will start getting repaved later this fall. But strangely enough, even though this tax has only been in place for a little over a year, there are local governmental entities currently having discussions about how to raise even more money. I want to take this opportunity to explain to you why this is happening, and where I think we should go from here.

Sacramento County does not have enough money to pay for our roads, and even with the gas tax, we are still dreadfully short of what is needed just to maintain the current awful condition our roads are in. The gas tax was advertised as “fixing our roads”, but in actuality it was just a small drop in the bucket. Right now, even with the gas tax the County would need an additional \$15-20 million

Orangevale Community Update

A Bumpy Road to Fully Funding Road Repairs

yearly just to maintain the roads at their current level. To improve the roads to a standard that people would deem as “good”, we would need an additional \$50 million yearly.

What many people do not understand is that local roads in California used to be primarily funded by the State and Federal government, but over the past several years they have heavily cut back on local funding. Not only that, but much of the funding that does come in comes in the form of competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening that recently happened along Hazel Avenue.

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as even with the gas tax, our state has around \$85 billion in road maintenance that has been postponed due largely to the State and Federal government diverting funds away from local municipalities. This enormous bill would feel more understandable if California were broke, but that is not the case.

Not only did Governor Newsom just announce a nearly \$15 billion surplus, but after backtracking on some of his comments, he announced that we are still moving forward with California High-Speed Rail (CAHSR). In my opinion, CASHR is not even

a fraction as important as having reliable roads. CAHSR will be used exclusively on passengers, with a focus on commuters. Roads meanwhile are used by everyone, including passengers, freight, fire service, police service, etc.

When voters approved CAHSR, it was supposed to cost \$40 billion and connect San Francisco to Los Angeles. Experts are now expecting that it could cost over \$98 billion, but I suspect given how this has been run so far that it would run far higher than that. Governor Newsom made comments recently that he wants to focus on completing the first section, a 188-mile segment between Merced and Bakersfield estimated to cost \$10.6 billion, before moving forward with the full project.

Instead, I suggest we cut our losses, end CAHSR, and finally make real investments to our crumbling infrastructure. Sacramento County cannot afford to let California prioritize a handful of central valley commuters over the needs of virtually every Californian in the State.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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

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