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AMERICAN RIVER Messenger

“Written by the people, for the people”

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APRIL 5, 2019

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Be the Inspiration

Youth Compete in the Annual Rotary Speech Contest



Local students competed in the Fair Oaks Rotary’s annual speech contest: (left to right) Jane Liaghat, a junior at Bella Vista; Marissa Postlethwaite, a freshman at Sacramento Waldorf; Briana Le, a freshman at Bella Vista; Owen Kurth, a senior at Bella Vista; and Charlie Bingaman, a senior at Sacramento Waldorf. Photo by Shaunna Boyd

By Shaunna Boyd

FAIR OAKS, CA (MPG) - On March 11, the Rotary Club of Fair Oaks hosted an annual speech contest for local high school students. This year’s topic was “Be the Inspiration.”

Charlie Bingaman, a senior at Sacramento Waldorf, took first place. Owen Kurth, a senior at Bella Vista

High School, took second place. Briana Le, a freshman at Bella Vista, placed third. Bella Vista junior Jane Liaghat and Sacramento Waldorf freshman Marissa Postlethwaite tied for fourth place.

Postlethwaite explained that today’s teens can sometimes feel an intense fear of failure.

They believe they need to maintain perfect grades and an active social life — all while excelling at various sports and extra-curricular activities. But Postlethwaite suggested that the teen years should be spent exploring new things to discover their own passions, not measuring themselves against the successes of others.

She shared a quote from Ghandi: “If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him...We need not wait to see what others do.” She said that instead of waiting on the actions of others we should begin inspiring others by inspiring

ourselves.

Liaghat began her speech by speaking in her native tongue to give the audience an idea of

how she felt when she first came to the United States two years ago and couldn’t yet speak or understand English. She was very close with her extended family in Iran, so it was difficult for her to leave them behind when her family moved here. When she began attending school here, her grades suffered because she couldn’t understand what the teachers were saying.

She also felt very lonely and had a hard time making friends since she couldn’t communicate with anyone.

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Annual Creek Week Has Volunteer Opportunities

By Matt Robinson

SACRAMENTO COUNTY, CA (MPG) - Creek Week 2019 is around the corner. Join other Sacramento County residents to clean-up and beautify our creeks, Apr. 4 to 14. Creek Week offers all ages the opportunity to appreciate, explore and learn how to protect our local creeks and aquatic life. There will be plenty of fun and educational activities for the whole family to enjoy!

The Sacramento Area Creeks Council kicks off activities with the Creek Week Splash-Off on Thursday, Apr. 4, starting at 11 a.m. This year’s Splash Off will be at Camp Pollock, 1501 Northgate Blvd. Dr. Roland Brady will be awarded the 2019 Creek Steward Award for his extraordinary efforts to organize and carry out the clean-up of Steelhead Creek.

There will be educational events and activities all week throughout Sacramento County with the big finale on Saturday, Apr. 13, starting at 9 a.m. All involved are then invited to celebrate their efforts at Carmichael Park (5750 Grant Avenue) from noon to 2 p.m.

Volunteers are responsible for making the Creek Week experience work. Last year, more than 2,000 volunteers removed more than 19 tons of trash from neighborhood creeks and the Delta.

You can be part of an area-wide volunteer effort to improve and enhance our urban waterways by removing trash and invasive plants to help support a healthy creek system by volunteering for this annual spring cleaning of our waterways.

For more information on Creek Week activities and to find out how you can volunteer, go to the Creek Week website. ★

Healthy Foods, Healthy Pets

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Last November the Citrus Town Center welcomed a new locally owned and operated health food store for dogs and cats. Ben’s Marketplace, located at 7935 Greenback Lane in Citrus Heights, strives to improve the health and well-being of dogs and cats by improving their nutrition through species-appropriate diet.

Steve Burk, one of the owners of the Citrus Heights location, explained that dogs and cats are carnivores, so in the wild their diet consists entirely of raw meat. But domesticated dogs and cats are frequently given a diet of dry food. Burk described the typical dry foods as “high in carbohydrates, low on protein. That’s what makes them cheap.”

“Dry food is a convenience for people,” said Burk. “It’s for us ... it’s not for dogs and cats. Raw is their species-appropriate diet.” Typical dry food is

inexpensive because it has very little protein and high amounts of fillers such as corn, wheat, soy, oatmeal, and rice. The dry foods sold at Ben’s Marketplace are very different. “We carry a higher quality of dry food ... with higher protein levels and lower carbohydrates,” said Burk.

To meet pets’ nutritional needs, Ben’s Marketplace also uses better carbohydrates in their dry foods

— such as legumes, which are a plant-based protein low in starches and glycemic levels. “It’s a better carbohydrate to use, but they can be more expensive to use,” said Burk. Although higher levels of protein and better quality carbohydrates increase the price, “it’s better for the overall health of your dog, and that’s why it’s health food,” Burk explained.

The excess carbohydrates

in typical dry foods turn into sugar, which younger animals are able to burn off. But as animals age, their metabolism slows and they aren’t able to burn off the extra calories. Burk said that older dogs can start gaining weight and developing allergies to excess carbohydrates. Burk described symptoms such as “itchy skin, hot yeasty paws, (and) waxy hot ears”

Continued on page 12



Steve Burk and staff strives to improve the health and well-being of dogs and cats by improving their nutrition through species-appropriate diet. Photo courtesy MPG staff

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Proceeds Fund Free Summer Program for Local At-Risk Youth



(Left to right) San Juan Unified School District Athletics Director Ron Barney, Rio Head Coach Sam Stroughter, El Camino Head Coach JP Dolliver, Playmaker Founder Greg Roeszler, and Playmaker Director Phil Dubois plan to bring rival teams together through community service.

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers Organization is a local non-profit that coaches character through leadership and provides free programs to underprivileged and at-risk youth. The Playmakers Organization is hosting their 10th annual fundraising dinner on Saturday, April 27 at Divine Savior Church, 9079 Greenback Lane in Orangevale. Playmakers founder Greg Roeszler (known as Coach Roz) said the goal of the organization is “to serve extremely at-risk kids and support them in the development of character, academics, sports and recreation — and to create a bond that the kids and their families can depend on.”

Roeszler said the upcoming fundraiser dinner “is a very inspirational evening; it’s very kid-driven.” Roeszler explained that kids who are involved in the Playmakers program speak at the event and “they will bring you to happy tears.” The dinner is an opportunity for the kids “to tell their story.” The event will honor Playmakers sponsor Harrison Phillips of the Buffalo Bills and will celebrate Playmakers civic group participants — Rotary, Optimists, and Lions. Playmakers will also be welcoming Stanford defensive linemen Michael Williams and Joe Swahn as honored guests. The keynote speaker will be Phil Oates, part-owner of the Sacramento Kings. Players from the Rio

Americano and El Camino football teams will be serving together at the dinner, helping to set up the event and serve food throughout the evening. Their service is part of an effort to reconcile the teams after a brawl last season that forced them to forfeit the final game. Food will be provided by Chicago Fire, which will be serving pizza, wings, and salads. The event includes a live auction, DJ, and no-host bar. Proceeds from the event will fund the Playmakers Summer Academy, an all-day program that is completely free for families that can’t afford childcare during the summer months. Tickets are \$40 and are available for purchase at www.theplaymakers.org/tickets. ★

Be the Inspiration

Youth Compete in the Annual Rotary Speech Contest



Local students competed in the Fair Oaks Rotary’s annual speech contest with the support of their family and invited guests.

Continued from page 1
Liaghat said that everyone has hard moments in life but “you can’t run away from the fight, because that is running away from life.” She said the most important thing is to keep working toward your goals to make your dreams come true. In her speech, Le defined inspirational people as those who demonstrate kindness in their everyday lives. Le shared a story of selling raffle tickets while volunteering at a Rotary dinner. She sold a man a ticket but then he told her she should give the ticket away to someone else. Le was inspired by that small act of kindness, and she said she sees now that the world is full of small moments of kindness that inspire kindness in others. She suggested that a community can become a better place if everyone practices acts of kindness every day. That community could then inspire other communities and—like drops of water can spread ripples across a pond—eventually those acts of kindness “can make the world a better place.” Le encouraged everyone to perform

acts of kindness, start the ripples, and be the inspiration. Kurth told the story of a 10-year-old boy in Wisconsin who, after his father passed away, worked three jobs to help his mother with the family finances. That boy got a full scholarship to college where he studied engineering. He then joined the Airforce and eventually began a career working at the Pentagon. That man was Kurth’s grandfather—and his inspiration. His grandfather was recently diagnosed with Parkinson’s disease, and Kurth was visibly emotional as he shared just how grateful he is to have heard his grandfather’s life story while he can still tell it. Although humility and modesty are often praised as important qualities, Kurth said he believes “they aren’t as important as inspiration.” Therefore, he believes that instead of keeping quiet about challenges and accomplishments, people should share their stories to inspire others. Bingaman explained that everyone follows in

the footsteps of those who have come before, and that the most influential people lead by example. People impact each other in many small ways every day, and he said it’s important to remember that “small acts make a difference.” He strives to act as a role model and always be kind because everyone is busy fighting their own battles. Bingaman spent time in Germany and met some refugees who were seeking asylum there. He was inspired by their determination and was glad to offer them friendship during a difficult time. Inspiration is about day-to-day progress. He asked, “Whose life will be better in the future because of your choices?” Bingaman suggested that everyone should set an example for others to follow. All five contestants were awarded monetary prizes as well as certificates honoring their inspirational speeches. As the first-place winner, Bingaman will move on to compete in one of four semifinals for Rotary District 5180 in the hope of making it to the finals at the District Conference in May. ★

Easter Eggstravaganza Saturday, April 20, 2019

By Mary Cattolica

9AM-1PM | Fair Oaks Park
Join the Fair Oaks Recreation & Park District for an “egg-citing” Easter adventure for the entire family! Enjoy plenty of free or low cost activities that are sure to put a smile on everyone’s face. Event includes: FREE children’s egg hunts, craft table, petting zoo, pictures with the bunny, and WOW Bus activities. Other low-cost activities include carnival games, inflatables, adult egg hunt, pancake breakfast, hot dog lunch, vendors and Euro Bungee. For prices and further information, please call (916) 966-1036 or visit www.forpd.org.

Schedule of Events:
8:00AM-10:30AM – Pancake Breakfast provided by Fair Oaks Host Lions Club (McMillan Center)
9:00AM-12:00PM – Wristband & Ticket Sales & Face Painting
9:00AM-1:00PM – Carnival Games, Inflatables, Train, Petting Zoo, Pictures with the Bunny, Euro Bungee, Vendor Booths, Egg Hunt 0-3 Years (until eggs are gone)
9:30AM – Egg Hunt 4-5 years (upper and lower fields)
10:30AM – Egg Hunt 6-7 years (upper and lower fields)
11:30AM – Egg Hunt 8-9 years (upper field), Egg Hunt 10-15 years (lower field)
11:30AM-1:00PM – Hot Dog Lunch provided by Fair Oaks Host Lions Club (McMillan Center)



Enjoy plenty of free or low cost activities that are sure to put a smile on everyone’s face.

12:30PM - \$3 Adult Egg Hunt (lower field) – Sponsored by the Fair Oaks Youth Advisory Board
The Easter Eggstravaganza is brought to you by the Fair Oaks Recreation & Park District. Thank you to our 2019 Sponsors: Kovar’s Satori Academy of Fair Oaks, K Love Radio, and Air 1 Radio. ★

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your FAIR OAKS HOME for Sale

According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what 5 you're looking for, and knowing what you're looking for can help you prevent little problems from growing to costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

For FREE report call toll free 1-800-679-8067 and ask for report #1003 you can call anytime 24 hours a day, 7 days a week.

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We are proud members of these newspaper associations.



United Way Announces Sacramento Foster Youth Summit in April



Stephanie Bray of United Way stands with keynote speaker September Hargrove, emcee Kitty O'Neal from KFBK and local foster youth at the annual Women United Luncheon where she called for a summit to address foster youth graduation rates.

By Kristin Thébaud

SACRAMENTO, CA (MPG)

- United Way is gathering foster youth and community leaders working on foster care issues for its inaugural Foster Youth Summit on April 5 from 9 am-3 pm at the Sacramento State Ballroom, 6000 J Street.

The summit will identify opportunities to increase the number of foster youth who graduate from high school and go on to complete post-secondary education. Summit findings will be released as a report that will determine the direction of United Way's foster youth programs. For more information and to sign up: YourLocalUnitedWay.org/FosterYouthSummit.

Stephanie Bray, president and CEO of United Way California Capital Region, announced the summit to 300 supporters at United Way's 17th Annual Women United Luncheon on March 21. More than \$78,000 was raised through the luncheon for United Way's programs that are preparing foster youth for success in college and career. Since 2002, United Way's Women United action group has raised more than \$2 million for programs for local foster youth.

"It's time to take our work to the next level," Bray said at the luncheon. "For far too

long, we have talked about the drop-out and homelessness rates for foster youth. We know that no one person or organization can do this alone. So we are convening a public forum to discuss how we move the needle on high school graduation and college or career attainment for foster youth so that fewer struggle as they transition into adulthood."

Nonprofit service providers, state and county foster youth advocates, school districts, foster youth and other supporters will come together for a deep dive into community level data, a foster youth panel on real-world implications of the data, breakout sessions and a keynote speech by Jennifer Rodriguez, JD, executive director of Youth Law Center and a former foster youth.

At the luncheon, Bray cited a 2018 Annie E. Casey Foundation report that noted without any support, California foster youth drop out of high school at a rate of 24 percent, 30 percent do not have stable housing and 51 percent are unemployed.

"That is so much lost potential," Bray said. "We at United Way believe that every child, including each foster youth, has the opportunity to achieve. Imagine the impact if we don't invest in our foster youth's potential."

Bray referred to luncheon keynote speaker September Hargrove as an example of how foster youth achieve success, not only for themselves but for communities across the country. Hargrove, a former Sacramento foster youth who volunteered with United Way a decade ago, is now VP of global philanthropy at JPMorgan Chase & Co., leading the company's \$150 million commitment to Detroit through neighborhood revitalization, small business, financial capability and workforce development.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond.

United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org. ★

Terminally-Ill Man Receives NASCAR Dream



Winston Cain with the partners, volunteers, and friends from Genentech (one of Dream Foundation's Mission Partners) and Snowline Hospice, as well as, his wife.

EL DORADO HILLS, CA (MPG)

- Despite being diagnosed with ALS, which has left him paralyzed from the neck down apart from the use of one arm and hand, 71-year-old El Dorado Hills resident, Winston Cain, hasn't stopped dreaming.

Winston has always loved NASCAR and car racing, having attended many races throughout his life. Now bed bound, Winston watches NASCAR intently every Sunday. He loves to imagine himself as the announcer, "Start your engines!" and dreams of attending one final race with his family.

With support from Autoclub Speedway and Homewood Suites, Dream Foundation fulfilled Winston's final Dream. This past month, Winston, his wife, daughter, and son-in-law enjoyed VIP treatment and a special meet and greet with his favorite driver, Chase Elliot at the Fontana NASCAR race of March 16th. The foundation will also provide

accommodations, a wheelchair accessible van rental and extra travel funds for the trip.

Glory Ariche from Genentech, one of Dream Foundation's Mission Partners, served "Dream Host" at the intimate gathering of Thursday, March 14th delivering everything that Winston needed for his Dream journey. Also in attendance were Snowline Hospice's Rene Hamlin, Jeremy Lansing, and Janice Curtin who referred Winston to the organization's dream-granting program. Their commitment to Winston was instrumental in bringing his final Dream to life.

Dream Foundation, the only national dream-granting organization for terminally-ill adults, fulfills final Dreams that provide inspiration, comfort and closure at the end of life. With the support of a nationwide network of volunteers, hospices, health care organizations and committed donors, Dream

Foundation has given life to more than 30,000 final Dreams over the last twenty-five years.

The Foundation is proud to maintain Charity Navigator's four-star rating—its highest—for sound fiscal management, ensuring its donors and partners that their investment will be used wisely. Dream Foundation receives no state or federal funding—we rely solely on private donations. To support our mission please visit: DreamFoundation.org/donate.

Snowline Hospice serves the Sacramento, El Dorado, and Placer Counties, delivering end of life care and support to patients and their families. Since 1979, Snowline has been dedicated to meeting the unique physical, emotional and spiritual needs of those who are nearing the end of life's journey. Our goal is to enhance living, comfort the dying and support the grieving with compassion and dignity. ★



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Richard Pan Breaks The Butterfly Effect Another Promise

By Christina Hildebrand, A Voice for Choice

SACRAMENTO, CA (MPG) - State Senator Richard Pan, the author of SB 277, a law that requires kindergartners to get twenty-seven different doses of medication and fifteen different shots or forego a public education, has introduced SB 276, a bill that would require government permission for a doctor to opine that certain vaccines could harm a patient. This is an unprecedented and dangerous intrusion into the doctor-patient relationship, likely violates doctor's free-speech rights, and contradicts Pan's own public promises from just a few years ago.

Pan has claimed there is a problem with "medical exemptions" – i.e., official opinions by a doctor that if a child is vaccinated, that child could suffer harm. Medical exemptions are extremely rare, and doctors grant them only if a child or a family member suffers from things like a debilitating disease (such as leukemia), or if a child or a family member had a well-documented negative reaction to a vaccine or one of its ingredients. Just 0.7% of students obtain such an exemption, up from 0.2% before the passage of SB 277, a change that is not statistically significant. The total number of children exempt from the state's vaccine requirements (i.e., including those 1.1%

exempt due to disabilities) has actually dropped since the passage of SB 277, going from 2.6% to 1.9%, indicating that Pan's plan is a solution in search of a problem.

Pan's legislation would require doctors to get permission from a government department -- the state Department of Public Health, before issuing an opinion for a patient on this issue. Such interference in the doctor-patient relationship is unprecedented, and the only analogous laws have been in state's requiring state approval of abortions -- something that has been universally deemed improper.

Pan's planned attempt to crack down on doctors would almost certainly get in the way of a doctor making an evaluation based on empirical, scientific evidence. "Imagine being the parents of a child who the federal government concluded was injured because of a condition that made them susceptible to vaccines, and then your family doctor tells you she is too terrified to exempt your younger child from those same vaccines, because the thought police might take her license," said Christina Hildebrand, President and Founder of A Voice for Choice Advocacy, a non-profit that advocates for medical freedom. "I can't imagine what good would come from the government regulating a doctor's free will to diagnose as he sees fit – it starts to

resemble regulation of free speech," Hildebrand concluded.

Pan, a politician representing the Sacramento region, is a regular beneficiary of campaign contributions from the pharmaceutical industry, averaging just shy of \$100,000 from it every legislative session. He is the top recipient of such funds in the state legislature, and the pharmaceutical industry, in turn, is his largest contributor.

"Any legislation or action on behalf of drug-makers that interferes with a doctor's individual judgment will be hotly contested," said Hildebrand. "We cannot let government determine what is in the best interests of any individual, overriding the doctor-patient relationship. Every doctor and patient in the state should be alarmed if such action is brought forward. If this can be done with vaccinations, what medical treatment will be next? Patients need to be able to trust their doctors and not worry that they are being pressured or worried that their honest, scientifically based medical judgement will be overruled by a legislatively appointed official who has never met them."

Please see (<https://www.youtube.com/watch?v=2K1B4frigFM&feature=youtu.be>)

For more information see: www.avoiceforchoiceadvocacy.org

By Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - The Western monarch butterfly population has declined, according to Xerces Society, by 99.4% in fewer than four decades. Angela Laws, Monarch and Pollinator Ecologist at Xerces Society, said that although this species' numbers have been declining since the 1980s, the "sharp drop in numbers this year is alarming."

Extinction is a possibility for this iconic brown and orange species. Environment California, Xerces Society, lawmakers, ecologists, and citizens throughout the state are working to preserve the Western monarch.

California Assemblyman Mark Stone (29th District) authored AB-2421, Wildlife Conservation Board: Monarch Butterfly and Pollinator Rescue Program, which was approved by Governor Jerry Brown on September 26, 2018.

Stone said that in addition to the butterfly's iconic status, it is also "an indicator species that is helping us begin to understand the impact we are having on the habitats that monarchs, as well as native bees, beetles, and birds, depend on to survive."

The Wildlife Conservation Board met in Sacramento on March 7 and approved guidelines for the Monarch and Pollinator Rescue Program. Grant project applications will be announced on the board's website. Applications will be accepted year round for one of the four annual review periods. Funds may be used for restoration or enhancement of breeding habitat on private or public lands and may be used for seasonal or temporary habitats.

At a presentation at Pietro Talini's Nursery in January, Laws said that the Thanksgiving count of the Western monarch showed



Angela Laws of Xerces talks about Monarch decline - Emily Fielding holds sign. Councilmember Jeff Harris in background. Photo by Trina L. Drotar

an 86% drop since the 2017 count.

"Several factors come into play," she said, "and one is the loss of habitat and loss of food." She is currently working with City of Sacramento District 3 councilmember, Jeff Harris, to plant a butterfly garden at Niños Parkway in South Natomas and encourages others to do the same.

Since the majority of the overwintering land is located on private property, residents and land owners may be the best hope for the species, whose numbers are down to an estimated 200,000 from its high of 10 million in the 1980s.

Native milkweed is necessary for the butterfly's survival and is being lost due to land development and herbicide use. It can, however, be planted, as Laws and Harris are doing, in gardens and other locations. The milkweed is critical since it is where the butterfly lays its eggs and the caterpillar feeds on the plant so that it can grow and become a monarch.

Native nectar plants are also necessary since they provide the food for the adult monarch. Both plants need to be available in order for the monarch to thrive through its complete lifecycle and during overwintering.

According to Xerces Society, "the Sacramento Valley, Sierra Nevada

Foothills, and Coast Range are vital to the survival of the first generation of monarchs produced each spring," and the group is urging the state to work to protect the butterfly by protecting its habitats from pesticide use, better manage overwintering sites and restore breeding and overwintering habitats.

Other ways that individuals can help are to contribute to citizen science by making and logging observations of the monarch, stop using insecticides and herbicides which not only harm the butterfly, but these can also kill milkweed. Xerces Society and Environment California also encourage people to encourage others to do the same.

According to Tierra Curry, a senior scientist at the Center for Biological Diversity, increased habitat has helped the Eastern monarch butterfly numbers to rebound, but she said that a single good year is not an indicator of future years and calls for continued protection.

In June, the U.S. Fish and Wildlife Service will make a determination whether to add the monarch to the list of threatened species under the Endangered Species Act of 1973. USFWS has been reviewing data since the request was submitted in 2014.

For additional information, visit <https://xerces.org/>. ★

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Now the Innocent Can Protect Themselves

Commentary by Randy Thomasson, SaveCalifornia.com

If home invaders, hell-bent on rape and murder, kicked down your door, would you want to have more bullets than they had?

What a great victory for innocent families in California!

A federal judge in San Diego has ruled as unconstitutional a 2016 voter initiative limiting ammunition to 10 rounds in the magazines of handguns, shotguns, and rifles.

On March 29, U.S. Judge Roger Benitez, an anti-communism, Cuban-born, constitutional judge - who President George W. Bush nominated in 2003 — has ruled that the Second Amendment of the Constitution of the United States of America defeats the bad law passed three years ago by foolish or anti-family California voters.

Benitez ruled that in response to "a few mad men with guns and ammunition," California's law "turns millions of responsible, law-abiding people trying to protect themselves into criminals." Benitez wrote that "Individual liberty and freedom are not outmoded concepts."

The judge also said that Proposition 63 "hits at the center of the Second Amendment and its burden is severe."

Prop. 63's path to the ballot was led by Democrat Governor Gavin Newsom, who raised money and collected signatures statewide. His unconstitutional heart must be aching over his unexpected defeat. He must hate that this constitutional judge got here to California!

What's next? You can expect that uber-liberal California Attorney General Xavier Becerra will appeal this just and constitutional ruling to

the full Ninth Circuit federal appeals court. But win or lose, I expect this issue to ultimately go to the U.S. Supreme Court and win for family protection nationwide.

Meanwhile, you can still match bullet for bullet any home invasion attacker. He will never obey limits on guns and ammunition, and thanks to a pro-Second-Amendment judge who didn't lie about his allegiance to the United States Constitution, you can have as many bullets as a would-be killer has. Because whoever has the most rounds in his gun - wins.

Personally, I'm relieved that I can keep my 15-round magazines that go with my home-defense handgun without fearing that firing it to save innocent lives could result in me going to jail for a year under Prop. 63. What nonsensical tyranny Gavin's initiative is and was! ★

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Find and Follow Your Passion, Celebrating Women in Aerospace

Story and Photos by
Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - Aerospace Museum of California Executive Director Tom Jones invited five women from across STEM careers to share their real world experience with young people, their families, and other interested parties in a STEM Education Day event, Celebrate Women in Aerospace. The morning kicked off with activities throughout the museum for children and their families which included a scavenger hunt, photo challenge, phonetic alphabet activity, but the most popular was the paper airplane table situated between some of the indoor display aircraft.

The weather also provided opportunities to view outside exhibits and look into some of the airplanes, including the FedEx classroom plane used by Sacramento City College Aviation students. Docents were on hand to share stories and history, and Warren Searles and his crew were helping aviators in training in the museum's Flight Zone.

The event's highlight was the panel talk which kicked off with keynote speaker, Rear Admiral Bonnie Potter.

"I don't fly," said Potter, but that did not hinder her distinguished career which includes becoming the first female physician in the US Navy to be selected for flag rank.

"My parents encouraged me to do anything I wanted to do."

She wanted to be a veterinarian, a desire shared by



Capt. Carola List - Tom Jones - Rear Adm. and Bonnie Potter. Photo by Trina L. Drotar

panelist Chelsea Engberg, CEO and founder of Aviatrix LLC. Potter's road led her to the US Navy where she received a scholarship through the US Navy Health Professions Scholarship Program. She quickly learned that Title 10 prevented her from serving her residency on a ship, as a flight surgeon because she would not be permitted to land on any ship, or on a submarine.

"How you think is everything," She was determined to become the best doctor she could be. In 1990, she was assigned to the USNS Comfort, a 1000 bed floating hospital that was deployed in support of Desert Shield and Operation Desert Storm. Part of her responsibility was to set up the hospital, which meant unpacking crates, improvising when parts were not available, and developing an evacuation plan. She became certified as a Life

Raft Commander.

"You can't just wait for things to come to you. You have to go out and look for them," she said. "Take chances. Test your ability."

These words and phrases were echoed by the panelists who highlighted their careers, challenges, and successes.

"Live your life with honesty and integrity," she said, reminding them that "the wrong post can keep you from getting the job you want," referring to social media.

Following Potter's address, Jones asked the panelists questions beginning with who their greatest supporters were or still are.

Captain Carola List, US Coast Guard Commanding Officer Air Station Sacramento, credited the support of Chief Petty Officers and her lifelong interest in flying.

"If you don't know your passion, try many things," she said. "Don't be afraid

to fail."

Chelsea Engberg said that the film, Top Gun, was a huge inspiration.

"I wanted to be a fighter pilot." She wrote many unanswered letters to President Reagan asking why she could not be a fighter pilot.

"I fell deeply in love with physics."

She also fell in love with flying and earned a master's degree in aeronautical science. Her parents purchased her one hour of flight time with Sean Tucker, and that was the start of a lifelong career, leading to her becoming the school's COO.

"Don't give up. It's all about the journey."

She is a tough woman, even by military standards, having spent fifteen hours in centrifuges. She is a flight instructor, aviation safety expert, movie and television consultant, and aerobatic pilot.

She also credits the strong women in her life and a flight to Europe as a child when she was invited to sit in the cockpit with the pilot.

"The journey will take you where it's going to take you. Don't close the door on finding your passion."

She dreams of solo hiking the John Muir Trail.

Sarah O'Meara is currently a Ph.D. student at UC Davis and intern at the Johnson Space Center focusing on human-robotics integration and physiology, and she is a Link Foundation Fellow who uses all aspects of STEM in her research.

"Math is an everyday thing," said the quiet young woman who dreams of someday ice diving in Antarctica.

She created, with several classmates, SOAR (STEM Outreach for Academic Reinforcement) Mentorship program.

"I guess our parents all

went to the same camp," she said when asked about mentors. Her mother had a Ph.D. and encouraged her to follow her dream, with a twist. O'Meara was directed to pursue engineering for her undergraduate degree. After that, she was free to study whatever she wanted.

"Stop being a perfectionist," she said, adding that enjoying the process and not being afraid to share ideas are important.

Shannon Sanders Swager owns Sanders Aviation in Ione and has her master's degree in business administration.

"I've got a pacifier in my pocket," she said, a reminder that she is also a mom who, like many women, wears many hats. She also credits her grandmother as a role model and many of the men she encountered on the journey which took her from possible history teacher to working at Disney and returning to college.

"Don't let people tear you down," she said. "Look to people who build you up."

She advised students to enjoy life because they never know where it will lead.

"Don't be afraid to try. If you don't try, you may never find your passion," she said.

Upcoming events include Rocket Appreciation Day on Saturday, March 30 and ACE Career Expo 2019 on Saturday, April 6 where interested students and others can learn about STEM career pathways and meet professionals in all of the STEM areas.

For additional information on Aerospace Museum of California, visit: <https://aerospacemuseum.org>. ★

STATEPOINT CROSSWORD • COUNTRY MUSIC AWARDS

- CLUES**
- ACROSS**
- Obama to Harvard Law School, e.g.
 - Structure named for 31st President
 - "Academy of Country Music Awards broadcaster
 - Mike Myers' 2008 role
 - Dumpy establishment
 - Go "Boo!"
 - Somebody ____
 - Black tropical cuckoo birds
 - Spasm of pain or passion
 - "Grand Garden Arena location
 - Unagi, pl.
 - Liz of "30 Rock"
 - As opposed to B.S., pl.
 - Caesar's Palace, e.g.
 - Takes and hopes for a ransom
 - Any mountain peak
 - Major airline
 - Bibliographical abbr.
 - Part of a ticket, pl.
 - Drench
 - Israel's neighbor
 - Millimeter of mercury
 - Like #40 Down
 - Octopus' defense
 - Regards highly
 - Mr. Miyagi's forte
 - *Used to crank up the volume
 - Novelist Zola
 - Sushi restaurant offering
 - *Host of awards show
 - Madagascar primate
 - Enthusiasm
 - Adopted son of Claudius
 - 12 for AA attendee
 - Pluribus
 - U2 guitarist
 - *Shay's other half
 - Giant Hall-of-Famer
 - Don't let it hit you on your way out?
- DOWN**
- Wrinkles are a sign of this
 - Quiet time
 - Major in the sky
 - European breakfast staple
 - Australian canid
 - Type of deadly flu
 - *M*A*S*H ____ hall
 - "Hall-of-Famer Smith, June Carter's ex
 - *The Osbornes, colloquially
 - "Monkey ____ monkey do"
 - Animal in Phillip Pullman's "His Dark Materials"
 - Lieu
 - *Entertainer of the Year contender
 - Cupid's mom
 - Auction action
 - Social class among Hindus
 - Certain saxes
 - Sudden growth
 - Yachting cap
 - Skyline lobbies
 - House coat
 - Quench
 - Schools of thought
 - Spinning toy
 - * ____ in the End"
 - Biblical shall
 - Tinkerbell, e.g.
 - Inside info
 - Eastern V.I.P.s
 - Harnessed
 - Audience's approval
 - *Bebe Rexha's ____ to Be"
 - Bristle
 - End of grace
 - Office communique
 - Do over
 - Cogito, ____ sum
 - Dropped drug
 - Poetic over

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

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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

God “Must Be First” In Our Lives

earth and 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

I heard a story about a group of young men that decided to play a practical joke on a young bachelor executive that worked with them in Dallas. Each Thanksgiving it was the custom of their company to give free turkeys to the employees. However, the young bachelor made it known to his friends that he really didn’t want a turkey, it would have been too much food for him alone and he had no desire to cook it. So, his friends decided to play a little trick. They confiscated his turkey and replaced it with one made from paper mache.

The young bachelor, unaware of the switch, tucked his bogus bird under his arm and caught the street-car home. As he was sitting there, a man sat down next to him. Since the turkey was an obvious conversation piece they were soon engaged talking about Thanksgiving and the turkey. In the course of

Pastor Ray's Encouraging Words

When You Don't Know all the Facts

time, the young man learned his companion was without a job and had been down on his luck for some time. He was on his way home with a few pounds of hamburger meat to be the entire Thanksgiving meal for his family. Our friend had a brilliant idea. Why not swap? The man, of course, was delighted. The generosity was overwhelming. With a great sense of gratitude, they made the exchange.

Of course, you can imagine the outcome and the man's thoughts when he removed the wrappings from the turkey with his children crowded around wide-eyed with anticipation. I’m sure he had nothing but contempt for that young bachelor, “How could he do such a thing!?” The young bachelor, when he learned what his friends had done, searched for days for that man who he had unwittingly cheated. Unfortunately, he could never find him.

The point is obvious. The poor, defrauded man, from his vantage point, would never understand the young man’s actions. How could he? He didn’t know all the facts. He didn’t have the

full story. But to this day, I’m sure from his limited knowledge, he has nothing but contempt for the young bachelor’s actions. Yet from the young man’s point of view, his actions were pure.

Question, who’s actions are you questioning without knowing all the facts? Who are you judging? The Bible says, “Does our law condemn a man without first hearing him...” John 7:51a That’s a rhetorical question. The obvious answer is “no”. It’s wrong to judge when you condemn somebody without all the facts.

To avoid condemning others we must remember our role. God did not send Jesus to judge people, but to save them, John 3:17. Judging wasn’t the mission of Jesus, why do we feel it’s ours? It’s not. It’s not our role, it’s not our mission. There’s only one judge and that is God. He will judge everyone one day and He will judge rightly and fairly because He knows all the facts. Let’s leave the judging to Him.

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Sacramento County DA Reports



Defendant Sentenced for First-Degree Murder of Wife
DATE: March 26, 2019
CASE: Joshua Childers (Case #17FE005883)

PROSECUTOR: Deputy District Attorney Scott Schweibish, Career Criminal Prosecution Unit

The Honorable Ernest Sawtelle sentenced Joshua Childers to 50 years to life in prison. On January 31, 2019, a jury convicted Childers of the first-degree murder of Victoria Vasquez. The jury also found true a use of firearm enhancement.

On March 28, 2017, a Placer County 911 dispatch received a call from a man reporting he had shot his wife and she could be found in a mobile home park in South Sacramento. A record check of the phone number used to call 911 located an address associated with the phone number. Officers responded to the residence and found a deceased woman in a bedroom. Law enforcement then located Childers by pinging his phone and he was taken into custody the same day.

Early Prison Releases:
March 2019 Update
Since 2015, 374 inmates sentenced from Sacramento County have been granted early prison release by the Board of Parole Hearings (BPH) as of March 29, 2019.

Many of the offenders who are granted early prison release have violent and lengthy criminal histories. District Attorney Anne Marie Schubert feels it is important for the public to be aware of the so-called “nonviolent” offenders being released early from prison into our neighborhoods. Press releases are issued to provide the public with a sampling of recent noteworthy offenders, including:

Inmate Convicted of Shooting, Paralyzing Victim & 25+ Year Criminal History (Julio Luna – Case #15F01091) – Julio Luna has a prior 1993 strike conviction for assault with a deadly weapon. In that case, Luna and his friends got into an argument with the victim. Luna ended up shooting the victim at close range. The bullet lodged in the victim’s spinal cord resulting in

paralysis. This level of violence and the seriousness of the resulting injury makes this a highly aggravated crime. Since this strike conviction, Luna has been paroled nine times and has returned to custody on nine separate occasions due to violations and new offenses. He continued committing crimes including assault with a firearm, making criminal threats, felony evasion from police, various kinds of theft and larceny, illegal gun and ammunition possession and domestic violence. In his current commitment offense, Luna and a friend went into a store and tried to buy six Best Buy gift cards with a fraudulent credit card. When employees attempted to detain Luna, he pulled out a knife. The employees let Luna leave, but reported his license plate number to law enforcement. When officers located Luna in his vehicle, he fled. In the process of the evasion he ran three red lights, several stop signs and ran into a curb. He continued his evasion after his vehicle got a flat tire, and officers had to use a PIT maneuver multiple times before they could eventually detain him. Luna endangered the store employees, other drivers and the pursuing officers. He was convicted of identity theft and evading officers. The Board of Parole Hearings found this inmate to be a nonviolent offender who does not pose an unreasonable risk of violence to the community and granted release on March 13, 2019.

The Sacramento County District Attorney’s Office takes an active role in evaluating NVSS and NVPR cases. For inmates who appear to pose a danger to the public, the office writes opposition letters to BPH with an overview of the inmate’s criminal history and current commitment offense, and an opinion on the public safety risk if an inmate is granted early release. NVPR cases are especially concerning since prosecutors are denied access to records of the inmate’s behavior behind bars, which is critical to rehabilitation, and do not have a right to appeal an early parole decision.

Information about more of these inmates can be found on the Early Prison Releases webpage at www.sacda.org/early-prison-releases. ★



Shake It Up!

Are you living an adventure-starved life? Have you fallen into a routine of drudgery? Are you just going through the motions? Got some lessons from **Vella Mbenna** who told me on POPPOFF that she wants to share her life so you can recharge yours in “**Muddy Roads Blue Skies**” My journey to the Foreign Service, from the Rural South to Tanzania and Beyond. Let me count the ways.

1) Commit Yourself To A Self-Imposed Tv Or Social Media Ban. Before you can start your adventures, you need to stop doing the stuff that sucks up all your free time and keeps you in a state of lethargy. **2) Force Yourself To Do Something That Scares (Yet Excites) You.** You’ll never reach your full potential by living small. So take a risk and challenge yourself to step outside your comfort zone and do some things that intimidate you.

POPPOFF!

with **Mary Jane Popp**

3) Take A Class Or Learn A New Skill. Learning shouldn’t end once you’ve left school. Exploring interests is what keeps us alive. How about a coding class, learn to speak Russian or learn how to scuba dive. **4) Plan Frequent Mini Adventures.** When you need to shake things up a bit, choose a destination you’ve never visited within 100 miles of where you live, and take a day-long trip with your friends or family. It quenches wanderlust without breaking the bank. **5) Budget For A Great Trip.** If you dream of traveling to the exotic locales you’ve only seen in photographs, you can absolutely make it a reality someday. Start and “adventure fund” by putting a small amount of money aside each month. **6) Expand Your Circle.** It’s fine to socialize with a core group of friends, but don’t close yourself from meeting new people. You never know how a new friendship or relationship could transform your life. **7) Say Yes To Every Invitation That You Possibly Can.** As you start meeting new people, they’ll invite you to do things.. Maybe they’ll ask you to be on a committee

or join them in a fundraising event. It can lead you to meet new people. **8) Don’t Waste The Weekends.** Yes, you are exhausted after the work week, but if you’re not careful, you’ll go into crash mode and squander the weekend recuperating. Napping all weekend isn’t rejuvenating anyway. **9) Get Outdoors Every Chance You Get.** There’s a reason we associate “adventure” with the great outdoors. That’s where the mountains and oceans and rivers are. It’s where you get to camp under the stars or hike or see the sunrise. **10) Find Novel Ways To Celebrate Your Milestones.** Big achievements like promotions, anniversaries, graduations, even birthdays deserve thoughtful commemorations. Celebrate them by doing something you’ve never done before. **11) Instill Curiosity And Wonder In Your Kids.** You can teach your kids to enjoy an adventurous life by exposing them to the world at an early age.

Check out “**Muddy Roads, Blue Skies**” to get your adventure mind searching for new ways to shake up your life. **Vella Mbenna** did and so can you! ★



Preparing for the Real World

Dear Dave,
I’m getting married this summer and about to become a stepfather, but my fiancé’s daughter from a previous marriage seems very irresponsible. She’s 20 and lives at home, has trouble holding a job, and she doesn’t really want to work. When she doesn’t have money to make her car payment, she seems to expect her mom to pay it for her. My fiancé and I both agree that she’s been too lenient with her in the past, but she doesn’t want to suddenly pull the rug out from under her. How do you think we should approach this situation?

– Kendall

Dear Kendall,
Marriage counselors say you have a good chance of having a successful marriage if you’re in agreement on four things—religion, money, children, and in-laws. So, first things first. I’d strongly suggest you and your fiancé go

Dave Ramsey Says

through pre-marital counseling to make sure you’re on the same page when it comes to handling this and other issues.

If you and her mom really want to show her you love her, you’ll make sure she starts learning some character and discipline. And it’s very important that both of you are on the same page and in agreement every step of the way. You might also want to read a book together by Dr. Henry Cloud called “Boundaries.” This is a great book, and it will give you both several ideas for creating a reasonable timeline aimed at teaching her more responsibility.

I would advise letting her mom present any changes to her initially. Neither of you wants to create a scenario where you’re viewed as the bad guy. Let her mom start the process by explaining that she made a few mistakes in terms of teaching her more about personal responsibility and self-reliance when she was younger. Then, she can begin to lay out the first few rules and expectations.

In my mind, there’s nothing wrong with requiring her to get a job within 30 days if she doesn’t already have one. If she needs to go job hunting, make sure

she’s out of bed and on the road no later than 8:00 a.m. every morning. During this first phase, looking for work every day should be her job. It wouldn’t be a bad idea to start teaching her about budgeting, saving, and everything else that goes into handling money responsibly during this time, too.

Next, phase two might consist of requiring her to help around the house doing chores on her days off, or whenever mom needs a hand. Then, after a month or two of this, phase three might consist of her paying a small amount in rent.


Do you see what I’m doing? By stepping up the expectations gradually you’re building a foundation so she’ll have the tools and knowledge to where, in the sixth or seventh month, she’s moving out and taking care of her own responsibilities.

Like an adult!

– 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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Orangevale Letter Carrier Joins ‘Million Mile Drivers’

By **Meiko S. Patton**

ORANGEVALE, CA (MPG) - An Orangevale letter carrier, Pawitter Nahal, has joined an elite group of Postal Service employees who have individually driven more than a million, accident-free miles. He was recognized during a ceremony on April 2, 2019 at the Orangevale Post Office, 6261 Hazel Ave., Orangevale, CA 95662.

How did Pawitter achieve such a feat? He did so by: driving defensively

— expecting the unexpected; maintaining a safe distance of one car length for every 10 mph between them and the car in front of them; being courteous; using turn signals and obeying all laws; Keeping their options open — have a “what to do if I’m cut off” strategy; not driving distracted, turning off mobile devices when driving — no cell phones or texting.

“Safe driving is no accident,” said Orangevale Postmaster Mark Campbell. “It is an honor to recognize these dedicated employees

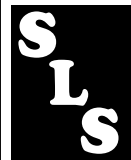
for the safe way in which they care not only for the sanctity of the mail, but in the way they drive.”

The National Safety Council’s Million Mile Club is an honor reserved for employees driving one million miles — or 30 years — without an at-fault accident.

Postal Service drivers are among the safest in the world. The achievement of driving, in this case over two million miles, for a total of 32 years, all accident-free is truly remarkable. ★

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TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to NBC
for rebuilding its comedy brand. Between *Superstore*, *Brooklyn Nine-Nine*, *Will & Grace* (pictured), *The Good Place* and *A.P. Bio*, it's safe to say that Thursday nights are a Must-See buffet the Peacock Network can be proud of.

Jeers to Aunt Becky with the Bad Rap
After being busted in the college - admissions scam (along with Felicity Huffman), TV-movie queen Lori Loughlin was fired from her Hallmark shows, including the *Garage Sale Mysteries* series, and the final season

of Netflix's *Fuller House*.

Jeers to Shameless
for giving Fiona a bum's rush. Yes, Emmy Rossum's decision to exit the Showtime dramedy left the writers in the lurch, but surely they could have come up with more than a forced twist that saw Fi leaving Chicago to basically find herself.

Cheers to Colton Underwood
for sticking to his guns. *The Bachelor* took ABC's long-running franchise into real virgin territory by foregoing the usual finale to preemptively end things with Tayshia and Hannah G. before winning back Cassie (pictured, with



It's safe to say that Thursday nights are a Must-See with *Will & Grace*.

Colton), the woman he really loved. Glad to see he was here for the right reasons. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

What's The Best Role For Nathan Fillion?

Question: I haven't seen any talk about Nathan Fillion's talent for comedy. Anyway, I cringe to watch him as *The Rookie* when he was so perfect in the role of *Castle*.
I know that actors don't want to be typecast, but I feel he's not showing his potential in this *Rookie* role. Your opinion?
-Granny
Matt Roush: I get where you're coming from, and

there's no question that the lighter touch required on *Castle* suited his considerable comedy chops better than this more earnest procedural. But I also feel that there's an innate likability and vulnerability to the way Nathan Fillion plays *Rookie's* John Nolan, as he tries to start over at middle age with the cards stacked against him. Shows end and an actor's career goes on, and it's understandable that you'd prefer one role to another, especially

if the aspects of his talent you enjoy most aren't fully on display here. When the time comes for him to put his badge away, maybe he'll go back to comedy and you'll be more satisfied.

Question: On the March 11 episode of *Magnum P.I.*, was the barber played by the original T.C.? -William
Matt Roush: Yes, good catch. That was Roger E. Mosley playing John Booky, a Vietnam vet who offers advice along with his cuts. Don't know if we'll see him again, but that was a nice callback to the show's origins.

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

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Come take a picture with me from April 18 thru April 21 in the Food Court between 10:00am to 8:00pm and receive a

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DOVIA Presents Annual Awards

By Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - On March 14, volunteers were recognized by Directors of Volunteers in Agencies (DOVIA) at Shriner's Hospital for Children – Northern California. Nearly 100 people attended the annual awards ceremony which recognized three categories of volunteers – Youth Volunteer of the Year, Individual Volunteer of the Year and Outstanding Achievement in Volunteer Engagement.

Rachele Doty, CVA is the board's chair and presented the welcome to all nominees, their friends and families, judges, and Brian Ricks from Assemblyman Ken Cooley's office. Doty said that each of the nearly twenty-five nominees present received certificates from DOVIA and from Cooley's office. He was unable to attend this year but is very supportive of the awards.

The Youth Volunteer of the Year award was presented to Abby Schumacher, who



Darlene Cullivan, CVA (Outstanding Achievement in Volunteer Engagement winner) with Rachele Doty. Photo by Mika Guevarra, courtesy DOVIA Sacramento

currently be students. They are also required to have donated a minimum of 25 hours of service during the year and are nominated by their organizations.

Schumacher was nominated by Fairytale Town's

more. We are so proud of her, and she is truly a wonderful volunteer."

Doris Henke, a decades-long volunteer with Snowline Hospice received the Individual Volunteer of the Year award. She received a certificate and a \$100 honorarium gift for Snowline Hospice. Henke has spent a lifetime giving back to the community in El Dorado County where she has lived since the 1960s.

"Doris Henke is a name to be recognized and remembered. Her name is truly synonymous with love and caring because of the profound difference she makes in the lives of others," wrote Bonnie Davis, CVA, Director of Workforce and Volunteer Services for Snowline Hospice. Davis nominated Henke for the award. "It is impossible to quantify the hundreds or thousands of lives she has touched

through the years. This loving wife, encourager, mother, caregiver, businesswoman, selfless giver, community developer, friend, ministry-builder, and mentor lives an intentional life of service to others and is a shining example of 'giving your all'."

The Individual Volunteer Award of the Year is new this year, said Doty. "We had always focused on the youth volunteer, and

The final award for Outstanding Achievement in Volunteer Engagement award was presented to Darlene Cullivan, CVA of Eskaton for her work. "I am honored to receive this special award as it demonstrates Eskaton's vibrant philanthropic culture. Eskaton is grateful for the over 2600 volunteers who invest their time, talent and compassion to enrich the lives of seniors. I am inspired

Eskaton volunteers illustrate our belief that Age is Beautiful."

Nominees were judged by Carla Lehn, CVA, Cole Forstedt, and Valeri Mihanovich and had, Doty said, a difficult time making the final decision this year because all of the nominees were "so wonderful." Volunteer service must have been performed in Sacramento, Yolo, Placer, or El Dorado counties during the 2018 calendar year.

Service includes work release time, without pay or for student course credit, and each nominating organization must provide service for the larger community, not simply for its members.

Nominees were involved with Access Leisure and Paralympic Sport, Sacramento Food Bank and Family Services, ACC Senior Services, Sacramento Sheriff's Explorer Program, Habitat for Humanity of Greater Sacramento, Breathe California Sacramento Region, yolo County 4-H, Project R.I.D.E., Inc., Sacramento Tree Foundation, First Call Hospice, Sacramento SPCA, Foothill Therapy Dogs, Sutter Hospice, Oak Park Community Center, Gardenland/Northgate Neighborhood Association, and Junior League of Sacramento, Inc., Snowline Hospice, Eskaton, and Fairytale Town.

"DOVIA exists to support the volunteer managers, to provide networking, continuing education and support," said Doty who has held several board positions. DOVIA presents at least one event each month.

For additional information, visit <http://www.doviasacramento.org/>.



Group photo of nominees. Photo by Mika Guevarra, courtesy DOVIA Sacramento

has volunteered at Fairytale Town since 2016. In addition to the certificate, she received the \$500 Margaret Einsphar Memorial Scholarship award to assist with college tuition. Youth volunteers are under 21 years of age and must

Education and Program Coordinator, Samantha Hawes who wrote, "Abby has truly made the lives of people who come to our park helping in summer camp, programs, events, marketing and so much



Doris Henke (Individual Volunteer of the Year winner). Photo by Mika Guevarra, courtesy DOVIA Sacramento

DOVIA is looking to the future."

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LETTER TO THE EDITOR

Human Trafficking

By Bianca Rodriguez

“You can order a girl faster than you can order a pizza,” said a policeman when a missing teen’s mother found her daughter for sale on a smartphone app.

Maybe in Vegas or New York City this seems likely, but not in small suburban towns where Travel Soccer and middle school plays were this young girl’s favorite activities.

Sex trafficking does not discriminate. It can happen in any U.S. town, particularly those near major cities; demographic and socioeconomic statuses offer no protection.

While the idea of human trafficking may be abhorrent, it is the secret reality in small towns. Often driven by a local drug trade, human trafficking starts innocently through a boyfriend’s involvement with drugs and slowly draws his vulnerable and unsuspecting girlfriend into contact with the drug dealer.

Soon the victim’s identification, credit cards and phone are confiscated, and with a gun held to her head she is threatened into compliance. Plied with drugs and new clothes, these girls are sold to the highest bidder again and again. Who, you might ask, is buying young girls in small towns? The answer is men in all walks of life: lawyers, construction workers, doctors, anybody.

So why don’t these victims run away? Traffickers manipulate and brainwash these girls, intending to instill fear and control over their lives. Pimps force feed a drug addiction and wipe out any remaining dignity or self-worth their victims might have.

These girls are trapped and need our help to escape. If you are being trafficked, if someone you know or suspect is being trafficked contact the National Human Trafficking Hotline (call) 888-373-7888 or (text) 233733.

Thank you for your time in this sensitive matter.

Best Regards,
Bianca Rodriguez
MSW Intern
University of Southern California

Healthy Foods, Healthy Pets



Ben’s Marketplace, a new health food store for dogs and cats, sells many unique items such as ostrich, bison, and crocodile to give pets a chance to experience a variety of flavors. Photo courtesy Shaunna Boyd

Continued from page 1

in addition to overall dehydration. At that point, Burk suggests people switch their pets onto a species-appropriate raw diet. “We try to explain that a raw diet is exactly what they need; they get the hydration and nutrition that they need from a raw diet,” said Burk.

“Some people are put off by the idea of raw food, expecting something from a butcher shop,” said Burk. Instead of bloody chunks of meat, the raw foods available at Ben’s Marketplace are kept frozen and then thawed and served.

Burk said that a raw diet can be even more important for cats because they don’t typically drink water as well as dogs. “Dry foods dehydrate them. ... Cats can get to a point of dehydration where their organs start to break down,” said Burk. Cats thrive on the moisture and protein content of raw foods.

Ben’s Marketplace also has a self-service dog wash. Burk explained that dogs often get nervous being taken to a groomer, so the dog wash allows the owners to bath their pets themselves. Bringing a dog in for a bath also gives staff members the opportunity to observe the dog to see if there are any issues they can address through a change in diet. “When you change the diet, you’ll change the dog,” said Burk.

Burk said that many pet owners address issues in their pets by taking them to a veterinarian, where the animals are typically prescribed pharmaceuticals. Although the medications might help alleviate some of the symptoms, Burk said they don’t always address the underlying issue. Burk advocates for treating the issues with a holistic approach by adjusting the diet to increase the nutrition appropriate for the animal.

Detailing numerous testimonials from customers, Burk described amazing transformations. Dogs that had lost their hair and were too weak to stand were now full of energy with soft, healthy coats after a few months on a raw diet. Burk said, “People are becoming more knowledgeable about pet nutrition” and are open-minded about raw food. “Dogs and cats are family members. Most people care about their dogs and cats a lot, so they want to try to give them the best nutrition they can,” said Burk.

In addition to the Citrus Heights location, Ben’s Marketplace also has two other locations in Roseville and Lincoln. The owners of all the Ben’s Marketplace locations are certified nutritionists in dog and cat food. “We’re educated about our products. We can speak in depth about everything that’s in our store,” said Burk. “If someone’s pet has an issue, we can find a product to match that issue and address it through nutrition.”

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