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# AMERICAN RIVER Messenger

*"Written by the people, for the people"*

VOLUME 14 • ISSUE 05      Serving Fair Oaks, Orangevale & Sacramento County      MARCH 8, 2019

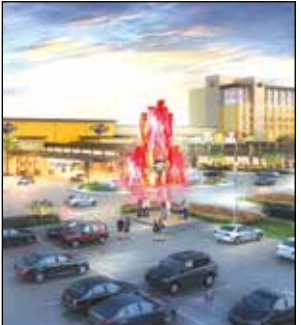
**SEE  
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**WE  
SUPPORT  
OUR  
MILITARY**

## Solar Panels Reduce Operating Costs for Local Food Bank



After flipping the switch to activate the new solar panels, the Fair Oaks and Orangevale Rotary Clubs and SMUD present giant checks to Grid Alternatives. From left to right: Fair Oaks Rotary Club President Bruce Vincent, Orangevale Rotary Club President Tommy Penno, Grid Alternatives Board Member Jonathan Marz, Orangevale-Fair Oaks Food Bank Executive Director Keith Wright, SMUD Board Member Brandon Rose, Orangevale-Fair Oaks Food Bank Founder and President Brad Squires, Sacramento County District 4 Supervisor Sue Frost, and Fair Oaks Rotary Club Project Manager Nick Broad.

**Story and photo  
by Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - The Rotary Clubs of Fair Oaks and Orangevale, partnering with SMUD and Grid Alternatives, installed solar panels on the patio roof of the Orangevale-Fair Oaks Food Bank. The solar panels will reduce operating costs by 50%, allowing the food bank to put more money toward their mission of providing food, resources, and hope to local families in need.

"Inspiration started this project," said Nick Broad, Fair Oaks Rotary Club member and project manager for the solar installation. Broad first came up with the idea after hearing that the Orangevale-Fair Oaks Food Bank, a local non-profit, was looking for a way to reduce their energy

costs. Broad had recently visited Grid Alternatives and was "inspired and impressed" by their work installing solar panels for low-income families. Broad suggested that the Rotary Clubs of Fair Oaks and Orangevale collaborate to provide \$16,000 of funding for solar panels for the food bank.

The total cost of the solar panels was \$26,000, so the Rotary donation would get the project started. SMUD then stepped up and offered to close the funding gap by donating the additional \$10,000 needed to complete the project.

Under the direction of licensed solar contractors from Grid Alternatives, Rotary volunteers from Fair Oaks and Orangevale installed the solar panels in two days. At a closing ceremony on February 23, Broad thanked everyone who volunteered their time, saying he had

witnessed "a great deal of competence and sheer volunteerism and love of your community."

Keith Wright, executive director of the Orangevale-Fair Oaks Food Bank, said, "It takes a lot of community involvement to make something like this come together...It's amazing to see the groups that have stepped up, to see the community involvement, the volunteerism, and I am proud to be a small part of what has happened here."

Grid Alternatives board member Jonathan Marz described the organization as "a triple-threat non-profit." He explained that they focus on bringing solar panels to low-income families to provide "a degree of economic security they might not otherwise have." They also have an important work-training component,

*Continued on page 3*

## CA Has Some of the Worst Drivers

**By Emily Lamb**

If you're constantly frustrated with the drivers you share the streets with, you're not alone. And there may be some truth to your road rage. Car crashes are a leading cause of death in the US and were expected to cause around 40,000 deaths by the end of 2018.

To put it plainly, America's roads are dangerous. Texting behind the wheel is a major reason for many traffic fatalities, and it's only getting worse. In 2016, 3,450 people were killed by distracted driving. Plus, cheap gas and a strong economy means America's 222 million licensed drivers are driving more than ever. More people on the road leads to more accidents and citations.

Every state has their share of bad drivers, but some are worse than others. We ranked all states from worst to best based on the methodology outlined at the end of the article. These states have the worst drivers, in order; Maine, South Carolina, Nebraska, California, and North Dakota.

The US has been politically polarized for a long time. But after the 2016 presidential elections and the 2018 midterms, there's a rising divide between Democrats and Republicans. We took it upon ourselves to settle the score by determining which political party is better behind the wheel.

So, which is it- red or blue? The final score is a bit of a tossup. Considering two-thirds of the best driving states are historically red, and the worst driving state is blue, it looks like red takes the lead. But, the second and third worst driving states are conservative strongholds. So, we're calling it a tie.

Whether you live among the best or the worst drivers in the country, you still need a strong auto insurance policy. Especially if you live in Maine, South Carolina, Nebraska, California, North Dakota, or one of America's worst driving states.

Your rates depend in part on how well the people around you can drive. Why? Because the more bad drivers there are on the road, the higher the chance of a collision. Even if you're a fantastic driver, living in a state full of speed demons or reckless traffic weavers can cause your rates to skyrocket. Car insurance companies look at your zip code to determine your prices. And if your zip code has a propensity for poor driving, you'll pay more for coverage.

The rankings are a sum of weighted means calculated from these incidents: Accidents; Speeding tickets; DUIs; Citations; Fatalities.

*Source: quotewizardblog.com*



## Theatre Under the Stars Fair Oaks Theatre Festival to Kick Off 37th Season

**Story by Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - Veterans Memorial Amphitheater, located at 7991 California Ave. in Fair Oaks, has been the home of the Fair Oaks Theatre Festival (FOTF) since 1983. The outdoor amphitheater has been the scene of many theatrical and musical experiences throughout the years, and FOTF is now kicking off their 37th season of providing affordable community theatre to the Fair Oaks community and the Sacramento region.

Gilligan's Island, a family-friendly musical comedy based on the classic 1960s television show, opens on June 14 at 8:00 PM. Before the show opens, ice cream and champagne will be served in the Garden Entry to celebrate opening night. The show runs Fridays,



FOTF is now kicking off their 37th season of providing affordable community theatre to the Fair Oaks community and the Sacramento region. Above photo Mary Poppins one of last years productions. MPG file photo.

Saturdays, and Sundays through July 14.

Mamma Mia, a musical comedy about a woman's quest to discover the identity of her father before she gets married, opens on August 9 at 8:00 PM and runs Fridays, Saturdays, and Sundays through September 8.

Doors open for each performance at 7:30 PM, and tickets are \$18.

Auditions for both

Gilligan's Island and Mamma Mia will be held at the theatre on Sunday, April 28 from 2:00 PM to 6:00 PM and on Monday, April 29 from 7:00 PM to 10:00 PM. Rehearsals start May 1 for Gilligan's Island and June 24 for Mamma Mia.

Each July, FOTF hosts an interactive children's theatre experience produced by American River College. This season the show is Aladdin, which will run

every Saturday in July at 11:00 AM. Admission is \$5.

Comedy Under the Stars, co-produced by Fair Oaks Recreation and Park District and FOTF, will be held on June 7, August 2, and October 4. Doors open for each performance at 7:00 PM, and the first comedian will begin their act at 8:00 PM. Tickets are \$20 at the door, or are available for pre-sale from the Park District ([www.fairoakspark.com](http://www.fairoakspark.com)).

American folk music group The New Christy Minstrels will perform at the Fair Oaks Theatre Festival again this summer on Sunday, July 28 at 7:30 PM. Tickets are \$20 and are tax deductible. Tickets sell out quickly for this popular show.

Partnering with the Fair Oaks Brew Pub, FOTF presents an exciting

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[illegible]



# Solar Panels Reduce Operating Costs for Local Food Bank

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which provides youth with on-the-job training in the construction and electrical trades. “And finally,” said Marz, “it’s about reducing carbon emissions, helping out the environment, [and] becoming more reliant on alternative energy as opposed to traditional energy.” Marz said that this project was a milestone for Grid Alternatives because it is the organization’s first solar panel installation for another non-profit in this region.

SMUD board member Brandon Rose said, “This is an exciting day for the food bank and for SMUD. I’m really honored and proud to be here. I went to Orangevale Open, which is just a mile up the road, so this really is my home. This really is coming full circle to be able to bring a project like this to Orangevale.”

Rose said that one of the greatest benefits of the project is “everyone in the community collaborating and working together for

the greater good.” Rose thanked all the local grocery stores (Raley’s, Safeway, Trader Joe’s, Sprouts, Walmart, Grocery Outlet, and WinCo) that enable to day-to-day operations of the food bank, as well as all those who donated their time to complete the installation. “Ultimately we’re all working together for that common goal.”

SMUD estimates that the solar panels will “reduce energy use by 50% and save the food bank more than \$56,000 over the next 20 years, while preventing the emission of 150 tons of carbon—or the equivalent of 3,500 trees,” said Rose. SMUD has also suggested energy-efficient lighting and chilling systems to help further reduce operating costs for the food bank.

“So it really will make a big difference,” said Rose. “And the beauty of the whole project is that the savings go right back into the food bank operation, to provide people in our

community that extra measure of food security, which is really what it’s all about, and is the real value.”

Sacramento County District 4 Supervisor Sue Frost expressed admiration for “the leadership that just continually emerges from Orangevale and Fair Oaks.” Supervisor Frost expects other local rotary clubs to follow this example and undertake similar projects: “All the things you guys are doing is igniting the local community and the economy, and it’s the beginning of big things to come... Congratulations of the out-of-the-box thinking and the amazing partnership, and all the good you’ve brought to our world.”

Wright said he hopes this project will “be a model for how local organizations can work together to make a project like this happen... We couldn’t do it without all the community support. I would love to see this type of thing replicated throughout the county.” ★

Story and photo by  
Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - There’s more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in an expert docent; garnish with breakfast fit for a kingfisher. You then have the Effie Yeaw Nature Center’s popular spring fundraiser.

“Bird and Breakfast,” will this year be staged on Saturdays March 16 and March 23, at the center’s Ancil Hoffman Park facility. Reservations are required; the two-event fundraiser sells out every year. Participants will likely see 40 or more species and no bird gets left behind; Sacramento Audubon guides get as excited about tiny finches as rock-star herons, snowy egrets and – yes, it’s possible – a bald eagle fly-by.

Equally fascinating are home-building habits during the most industrious time of the avian year. Because Audubon scouts locate nests in advance, visitors will likely see wren, hawk, woodpecker and titmouse abodes. Higher and harder to spot,



Great egrets are among avian species likely to be observed during two Bird and Breakfast events at Effie Yeaw Nature Center.

some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes.

A 28-year spring tradition, the \$45 (\$40 for American River Natural History Association or Audubon members) safari is followed on March 16 by gourmet breakfast. The March 23 foray is for ages six and up. This family-friendly program invites adults for \$12 and children for \$7. Discounts apply for ARNHA or Audubon members. Groups are welcome. Carmichael Kiwanis will serve a pancake breakfast on this date.

Silent auctions of bird-related goodies accompany breakfast. Proceeds assist

the Nature Center. Neither weekend excursion is recommended for very young children. Participants should wear stout shoes and bring binoculars. Bird and Breakfast begins at 8 a.m., both days. Learn more at [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

Effie Yeaw Nature Center’s Bird and Breakfast event offers guided walks on Saturday March 16 and Saturday, March 23. The first program includes gourmet buffet for \$45 a person. The second event includes pancake breakfast: adults \$12; children \$7. Walks start at 8 am. The Nature Center is in Ancil Hoffman park, Carmichael. More information at [www.sacnaturecenter.net](http://www.sacnaturecenter.net). ★

# Theatre Under the Stars

## Fair Oaks Theatre Festival to Kick Off 37th Season

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summer concert series. Steelin’ Dan, a Steely Dan tribute band, performs on June 1. High Tide, a tribute to surf music and the Beach Boys, performs on July 20. Caravanserai, a Santana tribute band, performs on July 27. Night Moves, a tribute to Bob Seger and Creedence Clearwater Revival, performs on September 14. Paperback Writer, a Beatles experience, performs on October 5. Tickets for each show are \$20 in advance or \$25 at the door. Shows start at 7:30 pm.

Since FOTF is a non-profit organization run entirely by volunteers,

community donations can help them reach their improvement goals. FOTF has made many improvements to the theatre over the years, but there is still much that needs to be done. The stage house in particular needs upgrades in order to better accommodate the actors. Currently, there are no dressing rooms so the actors have to change backstage in the prop and scenery storage areas.

The box office roof is in need of repair, and the upstairs porticos on either side of the snack bar need to be enclosed. FOTF also hopes to construct set design and storage facilities

and renovate the outdoor amphitheater (first built in 1971). The proposed renovations would retain the outdoor stage while adding a new year-round performance space and lobby.

FOTF is hosting a St. Patrick’s Day Dinner fundraiser on March 16 at 6:00 PM. Tickets are \$25 per person or \$200 for a reserved table for eight. The dinner will include a traditional Irish dinner, no host bar, auction and raffle, and musical entertainment.

If you would like tickets to a performance, or to find out more about FOTF, visit [www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com). ★

## 27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar




Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here’s a way to help you to be as prepared as possible. To assist homesellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace. Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home. You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. Order your free report today. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-679-8067 and ask for report 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

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# AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006



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**MPG**

We are proud members of these newspaper associations.





# Game Plots

## VR Can Be Goofy Fun

By Noah Howard

**SACRAMENTO REGION, CA (MPG)** - Video games have always had a bizarre disconnect between their internal logic and the way that players interact with them. Many of my generation have fond memories of playing Halo with friends, ostensibly role-playing as far-future super-soldiers, but in reality using the game's weapons and systems as an excuse to goof off in a digital world (I recall playing a game of Halo where we turned down the game's gravity, causing enemies and vehicles to fly ridiculously off the map). But somehow, in virtual reality (VR) games, the effect is enhanced, creating a brand of goofiness that is sometimes deliberate and sometimes accidental, but is always strangely entertaining.

This frequently has to do with designers' inability to understand the new medium of virtual reality. In *Skyrim VR*, my in-game character is holding an unrealistically enormous greatsword, with movements mapped to the small plastic controller I'm holding in real life. If an enemy makes the unfortunate mistake of attacking me, they're met with a comedic flurry of blows delivered by a massive blade, wiggled around at arm's length like a huge metallic pool noodle.

Similar "glitches" can

occur with accidental interactions with the real world while inside the headset. Slow-mo fight-scene simulator *Superhot* has caused more than a few knocked over lamps and punched walls, and perhaps one of the most terrifying video game experiences occurred when my roommate grabbed my shoulder to get my attention away from my VR play session, not realizing that, inside the VR headset, I was surrounded on all sides by zombies.

In the absence of more experienced scholarship on how to design VR experiences, however, many creators have begun to embrace the inherent messiness and unique brand of humor that arises from the medium. The main menu in *Farpoint*, an otherwise serious VR shooter, takes place inside a small office with an adorable decorated desk. Sans any way to interact with the world other than the gun held in their virtual hands, players can have fun using their futuristic shotgun to knock over mugs and bobbleheads while they wait for their game to load.

*Keep Calm and Nobody Explodes* is a multiplayer game dedicated entirely to the concept of the chaos that VR produces. One player, inside the VR headset, is tasked with defusing a cartoonish, randomized, esoterically complicated



Many of my generation have fond memories of playing Halo with friends, ostensibly role-playing as far-future super-soldiers, but in reality using the game's weapons and systems as an excuse to goof off in a digital world.

bomb slowly ticking down to detonation. Other players, outside the VR headset, have the bomb-defusing manual but can't see the bomb inside the headset. The ensuing game is a frantic series of miscommunicated descriptions from both parties, as the outside players attempt to walk the VR headset player through a bizarre series of instructions as the pressure mounts towards the bomb's ensuing explosion.

Even once designers mastered the art of creating traditional non-VR games, many still took pains to preserve this type of accidental fun that arises from the player's creativity. Flexible physics systems, as in *The Legend of Zelda: Breath of the Wild*, or level editors, as in *Super Mario Odyssey*, have ingrained goofiness as a deliberate part of the game's design. We can only hope that, as VR design advances, creators will still be open to including a bit of chaos.

To respond to noah's articles email him at digitalartsnoah@yahoo.Com ★

## EVENTS CALENDAR



### 7th Annual Casa

#### Auto Car Show

**Date:** 3-16-2019

**Time:** 9:00am to 2:00pm

**Place:** Casa Roble High School 9151 Oak Avenue Orangevale, CA 95662

**Info:** 7th Annual Casa AutoCar Show to benefit the Casa Roble High School Automotive Technology Program. Saturday March 16, Rain or Shine. Hundreds of cars, food trucks, vendors, and music. Kid and dog friendly. \$20 per car, \$50 per vendor (10' x 10' space). Free admission!!!

### Date Night

#### Comedy

**Date:** 3-16-19

**Time:** 6-8pm

**Place:** Orangevale Church of Christ 5915 Main Avenue Orangevale, CA 95662

**Contact:** 916-988-2011

**Info:** You and your significant other are invited to "Date Night Comedy For Couples" Saturday March 16 from 6 to 8 pm. A multi-course dinner and prerecorded Christian comedian Ted Cunningham are included for \$25 per couple. Advanced ticket purchase only. To find out more and to get your tickets today visit <http://ovchurch.org/date-night-comedy/> For questions or more information please contact Chuck at [minister@ovchurch.org](mailto:minister@ovchurch.org) or 916-988-2011.

### Bunco

**Date:** 3-22-19

**Time:** Doors open at 6:30pm game starts at 7pm.

**Place:** The Orangevale Grange 5807 Walnut Avenue Orangevale, CA 95662

**Contact:** 916-849-5261

**Info:** The Orangevale Woman's Club and Orangevale Grange will be holding their bi-annual Bunco. There will be the opportunity to purchase raffle tickets for great prizes and participate in a Split Pot. Most Buncos, wins, and losses will also be rewarded. Tickets will not be sold at the door, so call Sandi at 916-849-5261 to secure your tickets.

### Community Volunteer

#### Awards

**Date:** 3-8-19

**Time:** 6pm

**Place:** Rancho Cordova City Hall 2729 Prospect Park Drive Rancho Cordova, CA 95670

**Contact:** 916-273-5704

**Info:** The Cordova Community Council Volunteer Awards is a public event celebrating and inspiring volunteerism in the community while raising the profile of outstanding volunteer efforts. The theme for 2019 is "May the VOLUNTEER FORCE be with you".

### Best in Business Awards

#### Luncheon

**Date:** 3-21-19

**Time:** Doors open at 11:30am

**Place:** River City Christian

Church 10933 Progress Court

Rancho Cordova, CA 95670

**Contact:** 916-273-5700

**Info:** Join your Rancho Cordova Chamber of Commerce as we honor businesses and individuals for their significant role in driving business and economic prosperity. We are also excited to announce the establishment of the Rancho Cordova Chamber Business Hall of Fame.

### Crab Feed

**Date:** 3-16-19

**Time:** 6pm to 8pm

**Place:** American River Grange 2710 Kilgore Road Rancho Cordova, CA 95670

**Contact:** 916-363-1629

**Info:** Join us for all you can eat crab! Benefiting The American River Grange. \$50 per ticket. Limited Quantity tickets will be sold at the door. Call 916363-1629 to purchase tickets.

### Person of the Year

#### Awards

#### Dinner

**Date:** 3-29-19

**Time:** 6pm to 9pm

**Place:** Arden Hills Spa & Resort 1220 Arden Hills Lane Sacramento, CA 95864

**Contact:** 916-208-3328

**Info:** Join the Carmichael Chamber for an evening to honor those who have given back to our community. Sit down dinner, music, live and silent auction. Tickets \$100. Reservations required, no tickets sold at door. Cocktail attire

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By Marlys Johnsen Norris, Christian Author

If you really do believe we were created in the image of God then, obviously we also recognize that we were also created with emotions just like His. There are times in our lives when we need to be serious but our action often does not reflect sincerity. Words we speak need to be balanced with a sense of sincerity but there are times we need a sense humor and enjoyment as well. Some people do not understand this and they totally miss good times when life experiences provide times for laughter. God is possibly allowing us to minister His love in a way others will receive it. His Holy Spirit is in control no matter what happens!

Positive words or comments about anything

God Has A Dynamic Sense Of Humor

will create happiness while negative words will hurt. Have you ever realized that we hurt God when we verbalizing unkind words or actions toward others? We need to be more aware of the kind of messages we are giving to others and check ourselves! Discontinue saying those kind of things to anyone. God is moving in every life or a church function. Possibly you have thought it was a humble action to put yourself down after someone gives you a compliment. Not so . . .

Those words hurt God! God however, is not always serious! The ways of God do not always make sense to us because we are on a human level of understanding. God is so much more! He does do some very funny things! Think about the various kinds of His different creations: The animals, birds, insects and bugs, flowers, earth and even we human beings are intrinsically made different. All sizes, shapes and appearances. Every single variety anyone could imagine but each designed perfectly by our Creator. Yes, perfectly!

Being super religious

about everything should and must express our personal experience with God. We must be aware that projecting a sense of “religiousness” is often offending to others. Our job is to be a loving expression of Jesus Love for all mankind. Our hope is that our life will cause others to want and seek God with their whole heart and find Him as their personal Savior and Lord of their lives.

Being a Christian for a number of years does not give us a privilege above anyone else. We have an important higher calling and responsibility to cause another to: **“Seek Him with their whole heart that they too may receive the blessings God awaiting for them” (Matt. 6:22)**

It is God’s Holy Spirit who might be speaking to your heart right now, so please listen and pray and be accountable for every single word that comes from your mouth and God will be pleased with you.

Enjoy Life with Jesus!

Marlys Johnsen Norris  
Author, Stephens  
Minister, Teacher  
Marlysjn@gmail.com  
PO Box 114, Orangevale, Ca ★



By Pastor Ray Dare

Your heart was made for God, to develop a relationship with Him. Why is this so important? Because everything else you do isn’t going to matter in eternity. Your career isn’t going to last beyond your lifetime. Your hobbies aren’t going to last beyond your lifetime. Your bank account isn’t going to last beyond your lifetime. The only thing that’s going to last beyond your lifetime is your relationship with God. So, if you missed this, you’ve just missed the most important thing in life – developing a relationship with God.

The problem is, we get distracted. We get so busy doing other things. An example of this is found in Luke chapter 10. Jesus had some friends named Mary and Martha. They were sisters. One day they invited him over for dinner. So, Jesus goes over for dinner and Mary figures out what’s most important, she

Pastor Ray's  
Encouraging Words

What’s Most Important

sits down at the feet of Jesus and starts listening. Martha on the other hand is busy. She’s busy worrying about all the details of dinner, making sure everything’s picked up and everything’s in its place. “...Martha was distracted by all the preparations what had to be made. She came to Jesus and said, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’ But Jesus said, ‘Dear Martha, you get so upset over all these details! But there’s really only one thing worth being concerned about, and Mary has discovered it.’”

Jesus says Mary has figured out the one thing that’s worth being concerned about; making time in your life for God. Listening to God. Developing a relationship. The fact is, we all need to do a lot less not more. You can fill your life with really good things, and still not have any time for God. You can go to church six days a week. You can be involved in ministry and you’re so busy working for God that God doesn’t have any time to work in you. That’s why the Bible says, *“Be still and know that*

*I am God.”* Translation: sit down and be quiet! Chill out and relax. Stop trying to do so much. Let God do more in you and for you. It’s much more relaxing and much more fulfilling.

What I’ve discovered is that Satan can’t make you bad; he’ll just make you busy. He doesn’t care what distracts you. It doesn’t have to be evil that distracts you as long as you pay no attention to God in your life. My prayer is that we would remember the one thing that matters most. And it isn’t getting more money. It isn’t becoming famous. It isn’t even having fun. It’s getting to know the Creator who made you and it’s building a relationship with Him, so you can go and be with Him forever in Eternity when this life is over.

I invite you to be my quest at New Beginnings Church this Sunday at 10 am. For more information visit [www.NBC4U.org](http://www.NBC4U.org) or call 916-992-1997.

**Pastor Ray**  
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**Find Puzzles on Page 6**

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1	4	9	8	5	2	3	7	6
3	1	6	2	7	5	8	4	9
7	8	5	4	9	1	2	6	3
4	9	2	6	8	3	7	1	5
9	6	1	7	4	8	5	3	2
2	5	7	1	3	9	6	8	4
8	3	4	5	2	6	1	9	7

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# Sacramento County DA Reports



## Defendants Sentenced for Multiple Armed Robberies

**DATE:** February 22, 2019  
**CASE:** Ceariaco Cabrellis & Frank Moppins (Case #16FE002475)

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

The Honorable Allen Sumner sentenced Frank Moppins to 25 years in prison. An allegation that Moppins has a prior strike conviction for first-degree burglary was found true at the sentencing hearing. Ceariaco Cabrellis was previously sentenced to 27 years, 8 months in prison.

On September 26, 2018, a jury convicted Ceariaco Cabrellis and Frank Moppins of four counts of robbery with the allegation Cabrellis and Moppins personally used a firearm during the robberies. Cabrellis was also found to have caused great bodily injury to one of the victims.

On February 4, 2016, Ceariaco Cabrellis and Frank Moppins were at a park smoking marijuana. When they saw the four victims arrive at the park, the defendants asked them if they had any marijuana to sell or to smoke. The victims replied they did not have any marijuana and left. The defendants followed the victims, approached them and asked again if they had any marijuana. Cabrellis and Moppins then pulled out a gun and ordered the victims to get on the ground face down. When one of the victims refused, Cabrellis pistol whipped him causing a broken orbital socket and broken nose. The defendants proceeded to rob the victims of items they had in their possession before fleeing the scene.

Cabrellis had two pending felony cases against him at the time of this offense.

## Defendant Convicted of Hotel Room Murder

**DATE:** February 14, 2019  
**CASE:** Mario Michael Mayorga (Case #16FE022652)

**PROSECUTOR:** Deputy District Attorney Caroline Park, Homicide Unit  
Mario Michael Mayorga was convicted by a jury of the first-degree

murder of Tina Morales. The jury also found true that Mayorga used a deadly weapon during the murder.

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.

Allegations that Mayorga suffered two prior strike convictions for assault with a firearm and assault with a deadly weapon will be determined at the sentencing hearing.

Mayorga faces a maximum sentence of 75 years to life in prison. Sentencing is set for March 15, 2019, at 10:30 a.m. in Department 10 before the Honorable Eugene Balonon.

## Defendant Sentenced for Murder, Attempted Murder for shooting at Cinco de Mayo Party

**DATE:** February 11, 2019  
**CASE:** Kejhonne Henderson (Case #17FE008447)

**PROSECUTOR:** Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Stacy Boulware Eurie sentenced Kejhonne Henderson to 72 years to life in prison. On November 16, 2018, a jury convicted Henderson of the second-degree murder of Jordan Pannell and attempted murder. The jury also found true firearm allegations on both counts.

On May 5, 2017, Kejhonne Henderson was at a Cinco de Mayo house party in North Highlands. When Henderson got upset about the Mozy music being played, Jordan Pannell intervened. Henderson and Pannell walked outside, where Henderson shot Pannell nine times, killing him. As Henderson tried to flee, he was tackled by the second victim and the two struggled over the gun. Henderson shot that victim in the thigh. The second shooting victim survived his wounds. ★



# POPPOFF!

with Mary Jane Popp

## Happy Healthy Balanced Life

She travels the world to find what can make life better. Dr. Susan Smith-Jones shares all her expertise with meon POPPOFF regularly with information on how to be healthy and fit. She has worked with celebrities in Los Angeles and has authored some 30 books like "Choose to Thrive" and "Be the Change." She told me you can start today with these seven tips and feel enriched and empowered.

**1) Be Grateful.** Gratitude is a dynamic energy that allows you to exert a mighty influence on your world. It's like a connecting link between you and all channels of good in your life. Find one thing, however small, to be thankful for, and hold that feeling for 15 seconds. It will lower your stress hormone levels and put you in a better mood.

**2) Exercise For Life.** Exercise is the key to youthful vitality... at any age. Nothing does more to make

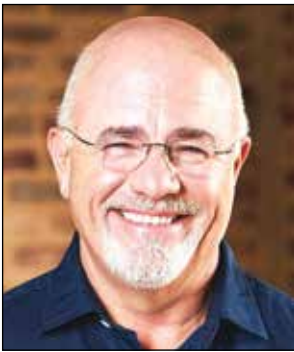
you vibrantly healthy than a regular fitness program. It unlocks brainpower, physical stamina, and mental clarity. It also gives your skin a youthful glow, and puts wings under your confidence. **3) Slow Down.** Set aside 5-10 minutes a day for you...self-care time. Enjoy silence, meditation, and prayer-time, and make sure to breathe slowly and deeply several times. It will revitalize your body and spirit. **4) Eat A Colorful Fiber-Rich Diet.** Fiber-rich produce is the most important health care your money can buy. Eating your fruits and veggies beautifies your skin, boosts metabolism, and elevates mood. When it comes to figuring out the best way to eat, "lots of plants" is a safe bet.

**5) Keep Your Body Hydrated.** Drink ample water every day. Proper fluid balance is essential to release waste and toxins from the body, achieve a healthy glow, beautify your skin, support kidney, liver, and brain function, and create vibrant health. Next time you think you are hungry, enjoy a glass of water first and wait 10 minutes. Chances are you were probably thirsty and not really hungry. **6) Take**

**Yime Out And Tune In To God.** Turn off the television, iphone, ipod, computer, gaming system etc. and spend quality time talking as a family or with friends. Perhaps one day a week or 1-3 hours daily, turn off all tech devices and the TV too. Most people are totally addicted to their tech devices and studies show that in-person communication skills are suffering as a result.

**7) Clean Out Closets And Simplify.** Simplify your living environment. Keep only those things in your home that you love...that have value...that make you happy, and that touch your heart in a meaningful way. Every day you make progress, you will feel lighter, more motivated to continue the process, and more empowered. It's a very enlightening process to de-clutter your entire living space.

I think my favorite part of this whole interview was when Dr. Jones quoted Ralph Waldo Emerson: "Write it on your heart that every day is the best day of the year." Check out her website [www.susan-smithjones.com](http://www.susan-smithjones.com) for her free newsletter. WHEN I SHARE WITH YOU IS BEST! ★



## Dave Ramsey Says

high. If not that, companies offering this kind of financing have very accurate and highly researched data that tells them the vast majority of people who take out zero-percent loans don't pay off the loans in the specified period of time. Do you know what happens if you don't live up to the terms of those contracts? It becomes a regular loan, and they back charge you for the interest.

So, on average you're paying for it all. I don't know why you'd want to play with snakes, Detrick. Snakes bite, and some of them can kill you. Avoid debt like the plague. It destroys your most powerful wealth-building tool—your income. —Dave

## Explaining the Envelopes

Dear Dave, I've listened to you for a little while, but I was wondering about the envelope system you recommend. How does it work?

—Danielle  
Dear Danielle, Don't let the word "system" intimidate you. It's just grandma's old-fashioned,

common sense way of budgeting money.

Back in the day, many people were paid in cash at their jobs. Then, they would take the money home and divide it up into different envelopes. The envelopes held cash for different categories in their budgets—food, clothes, rent, and other bills and such. When a particular envelope was empty they stopped buying that item, because the money budgeted for that category was gone. If you wanted a dress, but the clothing envelope was empty, you didn't buy a dress that month.

It's just a simple cash system that, combined with doing a written monthly budget, will help keep you from overspending!

—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](http://daveramsey.com) and on Twitter at @DaveRamsey. ★

## Zero Percent Interest?

Dear Dave, I know you're against financing purchases. However, is it okay to finance things like furniture at zero percent interest?

—Detrick  
Dear Detrick, We just finished an extensive study of more than 10,000 millionaires. Not a single one of these folks said they became rich by borrowing money to buy things at zero percent interest. Since none of those millionaires gave credit for their wealth to zero percent interest financing, and since we know banks charge interest on loans, how is it you think these people are loaning money at "zero percent interest?"

Is it possible the pricing of the item has the interest rate built into it? I think the chances of that are pretty

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TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

**Cheers to Celebrity Big Brother** for keeping it short and sweet. The latest in CBS's round of famous roomies aired for a tight three weeks of wild eliminations and unexpected alliances. One gripe: It would have been nice to see more of Jonathan Bennett and Ryan Lochte's (pictured) bromance!

**Jeers to ABC** for taking a step backward. As much as we love love love Tracee Ellis Ross's Rainbow, the network needs to pass on its potential *black-ish* prequel about Bow's youth and focus its energy on creating more original characters of color. Besides, there's already the Freeform spinoff,

grown-ish. Get some new material!

**Jeers to The Good Doctor** for admitting a new bad guy. As cool as it is to see TGD's executive producer and *Lost* favorite Daniel Dae Kim (pictured) join the hit ABC drama as the hospital's latest chief of surgery, we're kind of sick about how the guy seems to have it out for Shaun (Freddie Highmore). Doctor, heal thyself!

**Cheers to How to Get Away With Murder** for killing it with the guest moms. Cicely Tyson is always epic as Annalise's lovingly deteriorating mama, but we also applaud Cynthia Stevenson's turn as Connor's mother, Pam



Lost favorite Daniel Dae Kim (pictured) join the hit ABC drama as the hospital's latest chief of surgery.

Walsh, on the ABC drama. Her tender scenes with her on-screen son (Jack Falahee) are reason enough to believe that Asher (Matt McGorry) would fall for her. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will A Streamer Pick Up COUNTERPART?

**Question:** Do you think there's a chance a streaming platform will pick up the now canceled *Counterpart*? — Cynthia

**Matt Roush:** I was startled to see *Counterpart* axed so abruptly on the eve of its second-season finale. It may have been a cult hit at best, but a network like Starz could use a few more of those. But as with many outlets in this turbulent

industry, Starz is undergoing some corporate and executive changes, and marginal series tend to become casualties. It's always possible that the producing studio could shop it to a new home—and streaming a show this addictive and dense makes the most sense—but even with J.K. Simmons' marvelous dual performance at the core, this may be a tough sell.

**Question:** The season finale of *Manifest* showed that Ben, Michaela and

Cal would possibly die on 6/2/2024. Tell them not to worry, the show will be canceled by then. — Lino

**Matt Roush:** Funny. Maybe even sooner, since NBC didn't give this one an early renewal. Actually, I expect NBC will give *Manifest* a second season, although I'm not sure it deserves it. Mediocre in every aspect, the squandered premise of this show is a reminder of why the broadcast networks have such trouble generating buzz anymore.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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# Sacramento Keeps On Fooling Us

# SacRT Board Approves New Bus Network

Commentary by  
Jon Coupal, HJTA

“Fool me once, shame on you. Fool me twice, shame on me,” so the saying goes. Unfortunately, California voters have been fooled (aka lied to) so many times by our political leaders that perhaps they have come to expect it. For a politician to actually keep his or her word is now the exception, not the rule.

And it’s not just voters who get fooled. Interest groups and other officials are often snookered by those with more political power. Several recent displays of this political behavior show beyond any doubt that promises made in Sacramento have an extraordinarily short shelf life.

The first example deals with California’s one-of-a-kind “cap and trade” law, a market-based regulatory system for incentivizing reductions in greenhouse gas emissions. Under this program, impacted industries must pay for emitting greenhouse gases by purchasing credits at auction. The program was set to expire in 2020, but in 2017 there was a big political push to extend “cap and trade” in a way that would impose another huge cost to refineries and utilities, which would then pass those costs to California drivers, truckers and electricity customers.

Surprisingly, many industries forced into the “cap-and-trade” auctions supported the extension. They did so because they were threatened by Gov. Jerry Brown, environmental extremists and powerful regulators that if they didn’t, they’d be hit with an alternative program run completely by the government bureaucrats at the California Air

Resources Board. Taxpayer groups, small-business interests and most Republicans opposed the extension because it would further raise California’s already sky-high cost of living. In addition to the cost, there was nothing in the political deal that guaranteed CARB wouldn’t move forward with punishing regulations anyway.

Regrettably, the “it could have been worse” argument persuaded a handful of Republican legislators to vote for the cap-and-trade extension. And, true to form, the taxpayers’ predictions have come true. CARB has adopted a regulation relating to a “price ceiling” that will increase the cost of the cap-and-trade program by an additional 60 percent. Today’s gas prices and electricity costs will seem like a bargain compared to what they will be in a few short years under this new regulation.

The next example deals with the promises made regarding Senate Bill 1 in 2017, which imposed a huge increase in the car and gas tax. An effort to repeal those taxes with Proposition 6 failed at the ballot in November when the interests which benefit financially from the tax overwhelmed the repeal advocates with tens of millions of dollars in deceptive ad campaigns as well as illegal campaign activity.

The politicians who favored the tax hikes promised that money from SB 1 would be used to fix California’s crumbling roads. But now, Gov. Newsom has said he would like to hold back those funds from local governments that fail to approve enough housing projects, typically

high-density, transit-oriented housing projects.

If local transportation funds are held hostage until local governments genuflect to state-imposed mandates on housing, that would expressly violate the promises made to voters that the state’s transportation woes would finally be addressed.

A third example of a deal about to be broken involves beverage taxes. Before the 2018 election, the American Beverage Association spent several million dollars to gather signatures for an initiative that would have required a two-thirds majority for approval of any and all new state and local taxes in California. The proposal was strongly supported by taxpayer groups and the business community at large. But the ABA made a deal with Gov. Brown to remove the initiative from the ballot in exchange for a new law that would ban state and local beverage taxes for 13 years. Although the beverage-tax ban was passed, the deal will almost surely be broken. Supporters of beverage taxes have already proposed a ballot initiative, and the law can always be changed by a new crop of legislators who never met a tax they didn’t like.

There is an object lesson here. Political deals made in Sacramento are born to be broken. In light of this, it would behoove those who still believe in free enterprise, limited government and property rights to simply advocate for that which is right and decline to sit down and negotiate away our freedoms. Because all these deals have one thing in common – taxpayers always lose.

*Jon Coupal is president of the Howard Jarvis Taxpayers Association* ★

By Devra Selenis,  
SacRT

**SACRAMENTO, CA** - The Sacramento Regional Transit District (SacRT) Board of Directors approved a new bus network proposal, which comprehensively redesigns SacRT’s bus system. “We are excited to begin the process of rolling out our new bus network in a few months,” said SacRT General Manager/CEO Henry Li. “To ensure the success of the new network, SacRT will conduct frequent monitoring of the new bus service to optimize and adjust service where it’s needed most.”

A draft plan was released for public review on December 10, 2018. Since then, major outreach efforts took place to let riders and stakeholders know about the proposed plan, called SacRT Forward.

Based on the comments received, and reviewing ridership and demographic data, staff spent the past two and half months making adjustments to the plan. A revised bus network proposal was released for public review on February 18, 2019, and approved

by the SacRT Board of Directors on February 25, 2019. The new service is expected to start in summer 2019.

“We have been actively listening to our riders and the community for the past year and a half to make changes that will best fit their lifestyle and help improve mobility options for the Sacramento region,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. “Travel patterns have changed, regional mobility options have been expanded and development has occurred on the periphery.”

The focus of the new network has been on building a solid network of core routes on major corridors that will lead to economic growth and reduce congestion. Adjustments have been made to almost every route, some minor and some much more substantial, which will provide improved schedules and better service reliability. The new network consists of: 27 regular routes; 14 peak hour only routes; All routes have 7-day service (with the exception of bus route 33); All routes have

45 minute or better service (with the exception of one rural route); Complements the new 15-minute weekend light rail service

In many areas that don’t have high demand for fixed-route bus service, or are not designed for large buses to navigate the neighborhood, SacRT will deploy SmarT Ride micro-transit service.

Annual bus ridership is forecasted to go up between 400,000 and 1,000,000 boardings a year with the new service improvements. For route by route details, visit [sacrt.com/sacrtforward](http://sacrt.com/sacrtforward).

SacRT operates approximately 70 bus routes (fixed-route, dial-a-ride and microtransit) and 43 miles of light rail all within a 400-square mile service area throughout Sacramento County, which includes service in the cities of Citrus Heights, Folsom, Rancho Cordova and Elk Grove. Sacramento buses and light rail trains operate 365 days a year. SacRT’s entire bus and light rail system is accessible to the disabled community. ADA services are provided under contract with Paratransit, Inc. ★

## First 5 Sac Recognized for 20 Years of Service



By Kim Nava,  
Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - At its Feb. 5 meeting, the Sacramento County Board of Supervisors recognized the First 5 Sacramento Children and Families Commission on its 20th anniversary.

First 5 Sacramento was established by the Board of Supervisors in 1999 as the result of the “California and

Families Act of 1998.”

Since its inception, First 5 Sacramento has recognized that 90 percent of a child’s brain is developed by the age five and is committed to the vision that Sacramento County will have strong communities where children are safe, healthy and reach their full potential.

Over the past 20 years, First 5 Sacramento has been at the forefront of providing early childhood services,

advocating for policy change and supporting the capacity of providers.

By partnering with community leaders, First 5 Sacramento supports a county-wide prevention and early intervention system that is culturally competent, promotes optimal health and development, narrows disparities and improves the lives of children and their families.

First 5 Sacramento has invested over \$318 million to serve nearly one million children, families and providers in Sacramento County.

*Source: Sacramento County Media* ★



## Trash Your Trash

### Clean Rivers Start With Clean Streets.

Sacramento is beautiful, and so are our rivers! But water on our streets drain to our rivers. Properly dispose of your trash in a garbage can to keep our rivers clean—Protect our water. Protect every drop.



### Fair Oaks EcoHousing

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For more information, visit [FairOaksEcoHousing.org](http://FairOaksEcoHousing.org)

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**We are looking for families who want to deliver the Messenger in their neighborhoods.**

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**MPG**

Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required.

\*Delivery must be completed by an adult.



# In Harmony With Nature

## Soil Born Farms Promotes Healthy Living



Visitors can watch draft horse demonstrations at Soil Born Farms’ Day on the Farm in May. Photo By John Swain, Soil Born Farms

Story by Shaunna Boyd

**SACRAMENTO REGION, CA (MPG)** - Rancho Cordova, CA (MPG) - Soil Born Farms started as a small one-acre urban farm in Sacramento in 2000. Almost 20 years later, the non-profit farm is producing

local organic food along the American River Parkway on the historic 55-acre American River Ranch, located at 2140 Chase Drive in Rancho Cordova. The mission of Soil Born Farms is to empower people to participate in the local food system while connecting to

the environment and creating deeper roots in the community. Terese Hollander Esperas, Soil Born Farms project manager, explained that the urban agriculture and education project strives to promote healthy living and engage the community to

“get back to the roots” through a variety of programs, classes, workshops, and events.

Some of Soil Born Farms’ upcoming classes include Winter One-Pot Meals, The Wonders of Fungi and Mushrooms, Cooking with Citrus, Growing Medicinal and Culinary Herbs, Raising Backyard Chickens, and Intermediate Urban Backyard Beekeeping. They also offer Bird Walks and a Spring Gardening Clinic. You can even attend a free Composting Workshop and a free Make Your Own Solar Cooker class. (For the dates and prices of classes, visit [www.SoilBorn.org](http://www.SoilBorn.org).)

Starting last month,

the American River Ranch Farmstand, open Saturdays through December 14. Visitors can meet the farmers who grow the food and enjoy the beautiful rural setting of the American River Ranch while listening to live music and purchasing produce fresh from the field. Magpie Café offers fair-trade coffee and pastries, and other hand-crafted items are also available for purchase. Soil Born Farms’ biggest event is the Day on the Farm, a festival. ★



Soil Born Farms offers nutrient-rich organically grown produce fresh from the field. Photo By Joan Cusick, Soil Born Farms



Each year almost 3,000 students visit Soil Born Farms on field trips. Students tour the farm and explore the Youth Garden. Photo By Guy Galante, Soil Born Farms



Soil Born Farms’ Day on the Farm is a wonderful opportunity for local families to experience all the farm has to offer. More than a thousand people attend the festival each year in May. Photo By John Swain, Soil Born Farms

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## Senate District 1 Special Primary Election

Tuesday, March 26, 2019

State Senate District 1 encompasses:

- Orangevale
- Gold River
- Folsom
- Most of Fair Oaks (Anyone east of San Juan Ave is in Senate District 1)

Ballots will begin being mailed to all registered voters in Senate District 1 the week of **February 25, 2019**.

**MAIL IT** - Return your voted ballot in your signed pink return envelope. No postage is necessary.

**DROP OFF YOUR BALLOT AT ANY BALLOT DROP BOX** - Return your voted ballot in your signed pink return envelope to any Ballot Drop Box in Sacramento County, Senate District 1. A 24-hour Ballot Drop Box is available outside the Elections Office until 8:00 p.m. on Election Night. All Ballot Drop Boxes will be open beginning **February 26, 2019**.

**VISIT A VOTE CENTER** - Return your voted ballot in your signed pink return envelope to any Vote Center in Sacramento County, Senate District 1. Still want to vote in person? You can vote at any Vote Center. You can also request a replacement ballot, register to vote or update your registration, vote using an accessible ballot marking device, and receive voting assistance in multiple languages. One Vote Center will be open **March 16, 2019** through Election Day. Two additional Vote Centers will be open on Election Day, **March 26, 2019**.

A list of Ballot Drop Box and Vote Center locations will be available in your County Voter Information Guide, in your mail ballot packet, and at [www.Elections.SacCounty.net](http://www.Elections.SacCounty.net).

**SACRAMENTO COUNTY**  
1st State Senate District

**Sacramento County Voter Registration and Elections**  
7000 65th Street, Suite A  
Sacramento, CA 95823

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