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# AMERICAN RIVER Messenger

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

VOLUME 14 • ISSUE 04      Serving Fair Oaks, Orangevale & Sacramento County      FEBRUARY 22, 2019

**SEE  
INSIDE**

**VOA OPENS  
TRANSITIONAL  
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**SAC LIFE CENTER  
BABY BASKET  
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**POOCHES**  
By Mary Jane Popp



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**WE  
SUPPORT  
OUR  
MILITARY**

## Fresh Start's Role is to Support and Encourage



Charlotte Stott and Melinda Avey display a starter kit from one of Sacramento Assistance League's two new programs.

**Story and photos  
by Trina L. Drotar**

**SACRAMENTO REGION, CA (MPG)** - In 2018, Assistance League Sacramento, an all-volunteer organization of over 285 members, celebrated 50 years of service to the local community through a variety of philanthropic programs that are funded in large part by its resale thrift shop, Fabulous Finds on Fulton. Programs, which are completely local, date back to 1967 when Eyes Right was established. At least one new program has been launched in each decade since. The organization's newest programs, Fresh Start and Reaching Out, were

established in 2017. Charlotte Stott chairs the Fresh Start committee of 50 volunteers. After reviewing several studies on community needs, which included support for victims of sex trafficking and foster youth aging out of residential care, the group chose to partner with Community Against Sexual Harm (CASH) and its RESET diversion program. The program supports training and offers peer mentoring through its eight week, no fee program. Stott explained that Fresh Start's role is to support and encourage the women participating in the program. At four weeks, the midway point, women receive a "way to go gift" of lip balm, hand sanitizer, and a note. Upon graduation, women receive a bag with earrings, lipstick, and acknowledgement of their effort. The gifts, Stott said, tell the women that they matter. Fresh Start also assists by providing hygiene products and a change of clothing including sweat pants, bra, and a top. Three apartment starter kits are provided each quarter, and this month, the volunteers began providing bags with various items including tissues. "We provide small birthday gifts and cards hand signed by committee

*Continued on page 10*

## Recipients of Rachel Anne Gray Memorial Scholarships Named

**Story by Shaunna Boyd  
Photos provided by Fair Oaks  
Recreation and Park District.**

**FAIR OAKS, CA (MPG)** - Each year, the Fair Oaks Recreation and Park District (FORPD) selects deserving high school juniors or seniors to receive the Rachel Anne Gray Memorial Scholarship. Recipients of the scholarship are selected based on service to the community and personal achievement, and the 2019 recipients are Kobe Huynh, Nicole Hensley, Cerys McLean, Riley Day, and Macey McAdams. The Rachel Anne Gray Memorial Scholarship was established to honor the memory of Rachel Anne Gray, who passed away at the age of 21 on September 2, 2012. Gray made a significant impact on young leaders as a member of the Fair Oaks Youth Advisory Board (FOYAB) from 2006 through 2008, and she was a valued member of the Fair Oaks community. She graduated from Bella Vista High School in 2008 and went on to study at California State University Sacramento, earning a degree in International Business. This is the sixth year of the Rachel Anne Gray Memorial Scholarship program, and over \$15,000 has been awarded to youth in Fair Oaks. Mary Cattolica, FORPD senior recreation leader, explained the selection process: "The scholarship focuses heavily on community involvement and service. The students who apply give a speech to the selection committee comprised of our

*Continued on page 3*



**Kobe Huynh, a senior at  
Bella Vista High School,  
was awarded \$1,500.**

**Nicole Hensley,  
a senior at  
Bella Vista  
High School,  
was awarded  
\$1,000.**



## Sac Area Beer Guild to Launch Craft Brewers Cup



**By Thomas Todd,  
Executive  
Administrator**

**SACRAMENTO, CA (MPG)** - The Sacramento Area Brewers Guild has announced it will be organizing the debut of the California Craft Brewers Cup in the fall of this year, in a partnership with the California Craft Brewers Association and five California-based Brewers Guilds. Based on a projected 2,000 entries, the CCBC will be the third-largest craft beer competition in the world, and will highlight the best beer from independently owned and operated craft breweries in California. The judging will take place in August, with awards given out at the Annual California Craft Beer Summit in Long Beach on September 12th. "The California Craft Brewers Association is thrilled to be involved in the first competition of this kind - hosted by the entire craft brewing industry to celebrate the innovation and creativity of the beer culture that was born here in the Golden State," said Tom McCormick, executive director of the CCBA. "Hosting the California Brewers Cup ceremony at the annual and statewide gathering of the craft brewing family, the California Craft Beer Summit, adds a wonderful community element to this event. The Summit also gives beer lovers a chance to taste award winning beers from the competition at the Summit Beer Festival." With over a decade of competition management under its belt, the Sacramento Area Brewers Guild is collaborating with four other Craft Beer Guilds in California - Bay Area, Los Angeles, Orange County, San Diego - to field entries. Awards will be given out in over 60 categories, all of which will be evaluated by a field of 140 judges. The California Craft Beer Summit is an annual event that provides two full days of education, networking and exposure for brewers, retailers, distributors, craft beer lovers, and homebrewers. ★



# Recipients of Rachel Anne Gray Memorial Scholarships Named

Cerys McLean, an early graduate from Del Campo High School and a current Sierra College student, was awarded \$500.



Macey McAdams, a junior at Bella Vista High School, was awarded \$250.



Riley Day, a junior at Sacramento Waldorf, was awarded \$250.

Continued from page 1  
staff as well as members of Rachel’s family.” Although students are required to hold a minimum 3.0 GPA to be eligible for selection, the scholarship is not based on academic achievement, nor is it a need-based scholarship. Students are eligible for selection if

they are a Fair Oaks resident, a student of a Fair Oaks school, or a member of FOYAB. FOYAB, which is organized and supported by the FORPD, is a youth leadership program that serves in an advisory capacity to the District’s Board of Directors. It allows

the youth of Fair Oaks to participate in the development of District programs and provides them the opportunity to help shape the community in which they live. Members of FOYAB work to promote the Rachel Anne Gray Memorial Scholarship Foundation. ★

# Women’s Empowerment Receives Grant to Provide New Paid Training Program for Homeless Women

By Kristin Thébaud

**SACRAMENTO REGION, CA (MPG)** - Women’s Empowerment recently received a grant of \$14,700 from Sierra Health Foundation to support REstart, a paid property management training program for homeless women offered in partnership with the Institute of Real Estate Management (IREM) Sacramento. Sacramento is the second city in the United States to pilot REstart after its implementation in San Diego. Women’s Empowerment is one of the only nonprofits in Sacramento providing paid job training to formerly homeless women, allowing women to gain financial stability while getting the work experience they need to succeed.

“As Sacramento’s

housing crisis continues, Women’s Empowerment is proud to partner with IREM on this innovative solution that is providing stable employment for homeless women, as well as housing on the property being managed,” said Lisa Culp, executive director, Women’s Empowerment. “Thanks to Sierra Health Foundation’s generous funding, graduates of this paid training program will be fully prepared to reenter our workforce in the growing field of property management.” Sierra Health Foundation’s funding will support the seven-week training with IREM, which includes professional curriculum, weekly stipends, transportation assistance, job-shadowing and a certificate in property management. IREM, an

international organization, is committed to helping women and families who are escaping domestic violence – 80 percent of Women’s Empowerment graduates are survivors of domestic violence. “We commend Women’s Empowerment for their deep commitment to helping women experiencing homelessness transform their lives,” said Chet P. Hewitt, president and CEO of Sierra Health Foundation and The Center at Sierra Health Foundation. “We also salute their bold leadership and focus on economic development, which is essential to the long-term health and well-being of the program’s participants, their families and their communities.”

Source: Kristin Thébaud Communications ★



## By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

### Monitor Creek & Stream Levels

The threat of stormy weather still exists this month which means many creeks and streams could overflow their banks. Such storms remind us that rainfall doesn’t need to last for weeks to cause trouble for some locations. Intense rain in a short period can fill some creeks and streams in a matter of hours.

For residents living in flood-prone areas, keeping an eye on water levels is very important. For example, during one storm during 2017, seven different waterways approached flood stage, with Arcade Creek (Winding Way east

## FAIR OAKS COMMUNITY UPDATE

of College Oak Drive) actually flowing over its banks. Using sandbags and taking all the right precautions helps, but being prepared also means keeping an eye on how high the water is rising.

You can stay alert to rising water levels during storms with help from Sacramento County’s ALERT (Automated Local Evaluation in Real Time) System. The ALERT system provides real-time, around the clock information about water levels, and rain totals which you can check out online at [sac-flood.org](http://sac-flood.org) giving you enough time to know if there might be flooding.

### New Airlines for Sacramento International Airport

More airline carriers are coming to Sacramento International Airport offering flights to Santa Barbara and Minneapolis.

In April Contour Airlines will be offering daily nonstop flights to Santa Barbara, a popular tourist and weekend getaway destination. In May, before the Memorial Day Weekend, Sun Country will be providing from Sacramento International Airport nonstop service to Minneapolis-St. Paul International Airport four

times a week on Monday, Thursday, Friday and Sunday. Both airlines will operate out of Terminal B.

### Your Sacramento Area Parks in one Website

Spring is arriving which means time to enjoy the great outdoors. Need quick access online to find specific recreational facilities like dog parks, swimming pools (and lessons), community centers, trails, arts and culture, golf, horseback riding, tennis courts and much more?

[Yoursacparks.com](http://Yoursacparks.com) is a one stop gateway to fun and recreation where you can reserve a facility for your next family or business function, make a tee time, sign up to volunteer, or improve your health and fitness progress.

The website is a partnership of 19 recreation and park agencies in the Sacramento region, including Sacramento County’s Department of Regional Parks, with the goal to help connect you with the beautiful parks and recreational services available in our area.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net). ★

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## AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006



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# Free Recreation Opportunities

FORPD Offers Free Hiking Group and Active Adult Program



Members of the FORPD's free hiking club at the Western States Pioneer Trail. Photos provided by Fair Oaks Recreation and Park District.

Story by Shaunna Boyd

**FAIR OAKS, CA (MPG)** - If you are looking to explore the natural beauty of the Sacramento Region and surrounding areas, con-

El Dorado County. On Saturday, March 30, stroll along an easy 2.8-mile hike at Deer Creek Hill Preserve near Sloughhouse. On Wednesday, April

more information about the upcoming hikes, and to be added to contact list for future hikes, contact Ian Roberts at (916) 966-1036 or iroberts@forpd.org.

The FORPD is also offering a free Active Adult Program for Fair Oaks residents over the age of 55. The program offers recreation, educational, and wellness opportunities while providing a wonderful opportunity for social engagement with other Fair Oaks residents.

The program is held each Tuesday, Wednesday, and Thursday from 10:00 AM to 2:00 PM at Village Hall, 7997 California Ave. in the Fair Oaks Village. Attendees can play games, listen to music, and enjoy light refreshments. They even offer help with technological questions and can demonstrate proper use of cell phones and tablets. Call (916) 966-1036 for more information about the Active Adult Program. ★



Attendees enjoy a game of monopoly at the FORPD's Active Adult Program.

sider joining the Fair Oaks Recreation and Park District's (FORPD) free Hiking Group. For each of the upcoming hikes, the group will meet at the trailhead at 9:00 AM.

On Wednesday, February 27, complete a moderate 4.2-mile hike at Acorn Creek Trail in

24, enjoy a moderate 3.5-mile hike Mormon Island Browns Ravine in El Dorado County.

When hiking, it is important to dress in weather-appropriate clothing and have comfortable walking shoes. And be sure to bring a water bottle so you can stay hydrated. For

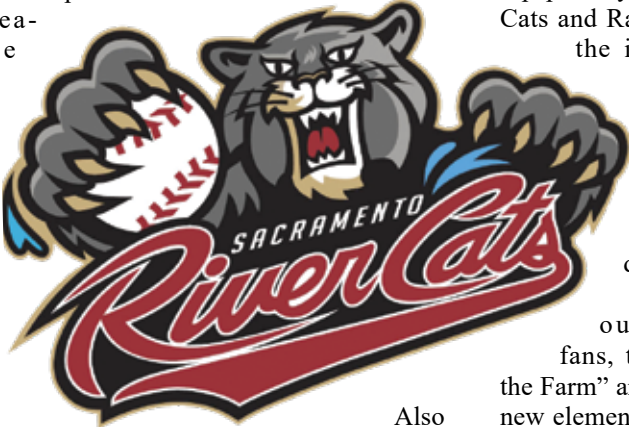
# River Cats' 20th Season Brings Exciting Updates

By Daniel Emmons, Sacramento River Cats

**WEST SACRAMENTO, CA (MPG)** - The Sacramento River Cats will kick off their 20th season in California's capital boasting a lineup of improved stadium features. The ballpark updates are sure to enhance fan experience, fun, and safety all season long.

The most prominent addition to Raley Field is the replacement of the center field videoboard. The River Cats worked with Rancho Cordova-based D3 LED to design a larger and sharper video entertainment hub for the ballpark. The next-generation display is more than twice the size of the previous board, and at 1296 pixels high and 1,116 pixels wide, it will have a resolution comparable to a high-definition TV. The ballpark is also adding two similarly high definition banner displays on the suite fascia that are each 50 feet wide. The new video elements will help to create a 360-degree experience for fans. "The River Cats always aim to provide fans with the best entertainment

value in the region", said River Cats General Manager Chip Maxson. "We are thrilled to bring an immersive experience to Raley Field that will bring smiles to faces from gates open to gates close."



Also new this season, the River Cats will be sporting completely redesigned uniforms, with new home, away, alternate, and Dorados jerseys. The club will continue to wear Orange Friday knits for each Friday home game.

Fans will find a more spacious On Deck Shop when in search for the newest River Cats gear this season, as the team store has pushed registers to the east wall in order to create a more open feel for shoppers.

The River Cats, in line with actions taken by many other major and minor league teams, will extend the protective netting roughly 60 feet down both the first and third base lines. The ballpark will

also raise the height of the backstop netting by 16 feet, providing additional protection to those fans sitting behind home plate, on the suite level, and walking the concourse. Maxson explains, "Fan safety is a top priority for the River Cats and Raley Field, and the installation of

this additional netting allows us to protect our guests to an even higher degree."

Finally, for our youngest fans, the "Down on the Farm" area will feature new elements for the 2019 season. Kids will enjoy a series of kid-sized "stores" to play in during River Cats home games. There will be a Raley's grocery store, Sutter Health hospital, bank, and cinema for kids to enjoy in the area beyond Toyota Home Run Hill in right field.

For more information on new promotions and giveaways, please visit rivercats.com/promotions. Season ticket memberships and packages are available now by calling the River Cats ticket hotline at (916) 371-HITS (4487) or visiting rivercats.com. Single game tickets for the 2019 season will go on sale beginning Sunday, March 3 at the annual Preseason Party at Raley Field. ★

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# Sacramento Life Center Baby Basket Drive Raises \$10K To Help New Moms



The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy.

By Kristin Thébaud

**SACRAMENTO, CA (MPG)** - The Sacramento Life Center's fifth annual Baby Basket Drive for new moms raised more than \$10,000 from the community in December, which will buy more than 200 baskets for Sacramento Life Center patients throughout 2019. The drive is held each December to kickstart the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more. Donations will be accepted throughout 2019 and can be made online at [www.saclife.org](http://www.saclife.org) by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but

a donation of \$50 buys one basket. "One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. These baskets give expecting mothers proof that they will always have a family here at the Sacramento Life Center and supporters out in the community rooting for their family." The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned

or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women experiencing reproductive grief. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit [www.svpclinic.com](http://www.svpclinic.com). For more information about the Sacramento Life Center or to make a donation, visit [www.saclife.org](http://www.saclife.org).

Source: Thébaud Communications ★

# Railroad Museum Debuts New Exhibit Titled "Farm-to-Fork: A Public History" Created & Designed by Sac State Students

By Traci Rockefeller Cusack

**SACRAMENTO, CA (MPG)** - The California State Railroad Museum & Foundation are proud to announce an all-new exhibit titled "Farm-to-Fork: A Public History" which is the creation of graduate students of the Capital Campus Public History Program at California State University, Sacramento. The team of dedicated history students conducted the bulk of the research, image search, and approved the design concepts under the direction of California State Railroad Museum Director and Professor, Dr. Ty O. Smith, and Interpretation & Education Manager, Kimberly Whitfield. The curriculum put into action the philosophy that the Museum's highest calling is to be a laboratory of learning. The focus of the new exhibit is to relate the multi-faceted story about the critical role the railroad played in transporting the Central Valley's agricultural bounty to the surrounding region, state and nation. In short, the railroad helped to create the very foundation for the global success known today as farm-to-fork. This new exhibit provides Railroad Museum visitors with the opportunity to gain a more

complete understanding about the production and delivery of goods, appreciate the deep history of the people and lives behind the foods we purchase, and learn how railroads played an integral role in that history. As background, not long after California's Gold Rush in the 1850s and the completion of the Transcontinental Railroad in 1869, many early Californians turned to farming the fertile Delta. The bounty of high-quality fruit and produce grown locally was loaded into ice-cooled railroad cars. Locomotives then pulled the refrigerated freight cars through the Sierra to eager buyers farther east and beyond. This agricultural success was made possible by opportunity, new technology and hard-working people coming together at the right place at the right time in history. Available now for public viewing, the "Farm-to-Fork: A Public History" exhibit is located in the Museum's Roundhouse inside and surrounding the popular "reefer" car (also known as the refrigerator car) and will remain on display permanently. Viewing the exhibit is included in Museum admission: \$12 for adults; \$6 for youths ages 6-17; free for children ages 5 and under. For

more information about the exhibit or the California State Railroad Museum or Foundation, please call 916-323-9280 or visit <https://www.californiarailroad.museum/>. Subscribe to California State Parks News online at [www.parks.ca.gov/news](http://www.parks.ca.gov/news) or email us at [newsroom@parks.ca.gov](mailto:newsroom@parks.ca.gov). California State Parks provides for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high-quality outdoor recreation. Learn more at [www.parks.ca.gov](http://www.parks.ca.gov). The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation and promotion of our railroad heritage. The Foundation provides funding for ongoing support of numerous programs, both at the museum's Old Sacramento location and at the historic park in Jamestown, Calif. For more information, please visit [www.californiarailroad.museum](http://www.californiarailroad.museum). Source: T-Rock Communications ★



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- \*Animated Isle dwellers
  - Dropped drug
  - \*Kind of editing
  - Doing nothing
  - Hoodwink
  - Support person
  - Toothy wheel
  - Distinctive flair
  - Tadpoles, eventually
  - \*\*"Bohemian Rhapsody" protagonist
  - Norse capital
  - \*Kathy Bates' Annie Wilkes, e.g.
  - Contrary conjunction
  - Withdraw, like Ukraine from Soviet Union
  - Sweet Madeira wine
  - \*\*"Green Book" nominee
  - Completely lacking
  - Clip contents
  - Like pleasant winter day
  - Charge carrier
  - Food between meals
  - Relating to ear
  - Religious split
  - \*\*"BlackKlansman" nominee
  - Sweet treat
  - \*Paths to glory
  - One or some
  - Wharton's "The House of \_\_\_\_\_"
  - Shipping hazard
  - \*T'Challa, a.k.a. Black
  - Arranges into categories
  - One with pants on fire?
  - Japanese stringed instrument
  - \*Nominations for "A Star Is Born" (2018)
  - Olivia Colman's royal character
  - Discharge
  - Fill to excess
  - Casual attire
  - \*\*The \_\_\_\_\_ Emperor," winner of 9 Oscars
- DOWN**
- "Can you \_\_\_\_\_ it, man?"
  - Schiller's address to joy
  - \*The Oscars show is filled with it, informal
  - Tranquil
  - Seductive beauties
  - Tire in the trunk
  - Say it isn't so
  - \*Ryan Gosling's role
  - \*Former American \_\_\_\_\_ and best supporting actress winner
  - Emmet Brickowski's brick
  - \*Robinson in "The Graduate"
  - King's order
  - Run \_\_\_\_\_ of the law
  - Red, as in healthy complexion
  - \*\*"The \_\_\_\_\_ and the Beautiful," winner of 5 Oscars
  - Heidi's shoe
  - Fill with optimism
  - Locomotive hair
  - Twiggy's skirt
  - Size
  - \*Kevin Hart stepped down from this role
  28. OX connectors

Crossword Puzzle Solutions on Page 7

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By Marlys Johnsen Norris, Christian Author

Think about this and meditate on it a bit. **Our personal belief, understanding and faith about who He is as God (Father, Son, and Holy Spirit) IS extremely much more than our personal understanding. He is omnipresent, omnipotent, sovereign, holy, magnificent, magnanimous, marvelous Creator of all that is, Savior of our souls and giver of genuine and everlasting love.** God is so much more than any of us can even imagine and He loves every single one of us regardless of the sinful things we have done in our lives. His Holy Spirit reaches out to us in a million different ways to help us know and understand

## God Is So Much More!

the abiding love of God for each one of us. Some learn early in life that God loves them while others may take a lifetime and often they do not yield to God until they are in their deathbed. Regardless - the love of God for each of us is the same. Every single one of us was created for the divine purpose to have a personal relationship to know and love Him in our lives. No one is exempt! The Holy Bible's words are truth to teach and guide every life. *“For God so love the world He sent His Only Beloved Son into the world, to die a cruel death on a Cross (paying the debt for our sins) that we might receive the gift of eternal life.” (John 3:16)* Until we begin our sincere search to know and love God, we never really understand what Ivri is all about. Ivri is a Hebrew word for one who has crossed over into a new life with God. They have left the old life and entered into a new life and been “born – again” with the blessing to enter the Kingdom of Heaven. It is after taking that first tiny step when we begin our walk and experience the many blessings and answers to prayer awaiting us on our journey. You might ask “how and what do you need to do?” A brand new life awaits and only begins when one decides to “SURRENDER THEIR ENTIRE FUTURE TO GOD”. . . Then, humbly on their knees pray. Just talk to Him. Tell God you are sorry for all the poor decisions you made in your life and you need His help to be healed. Then, invite His Son Jesus into your heart and life. He is the Savior or your soul. Now, tell Him that you want to make Him “Lord of your entire life” to help and guide you in everything and have His sacrificial blood wash all your sins away forever. He will do it! So be it in the precious name of Jesus, it is done.

AMEN (means So Be It!)

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By Pastor Ray Dare

Usually we think that God only uses really gifted, multi-talented people. But that's not true! God uses ordinary people. God uses imperfect people. You don't have to be perfect to help other people. If that were true, nobody would get helped! You just must be headed in the right direction. If you are just one step ahead of somebody else, guess what? You're a leader! You can help that person take their next step. If you're in recovery for one reason or another (and the truth is we all need recovery in some way), the proof of your recovery is when you begin to focus outside yourself. You're no longer self-absorbed with “my problems, my hurts, my needs,” and your focus begins to shift. “How can I help other people?” The Bible says, “God comforts us in all our troubles so that we can comfort others. When

## Pastor Ray's Encouraging Words

### Share Hope with Others

others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit... we can be an encouragement to you.” 2 Cor. 1:1,4 (NLT)

Your greatest contribution to the world will not be through your strengths. It will be through your pain, through your problems, the difficulties that you've gone through. People are helped when you're honest, when you're authentic about your weaknesses, problems and pain. When people see your strengths they think, “Well that's great for him! That's great for her! But I'll never be that! I could never do that!” But when you share about your weaknesses, when you say, “I went through this pain...I went through this difficulty...I had this problem...but this is how God brought me through it. This is how God helped me.” People can relate to that, and they begin to think, “Maybe God can help me too? Maybe God can see me through my situation too?”

Don't waste your pain. Begin to give hope to others. Everybody needs hope, because everybody is hurting in some way. People need hope to cope. That's why God wants you to share your story. Share how God has helped you. You don't have to be a Bible genius to share your story. You don't have to have all the answers. You simply say, “This is how God is changing me...this is what God is doing in my life.”

I want to encourage you to begin sharing your hope with other people, your story. People could care less about your religion. They don't want to hear about religion. What people are starving for is hope. Share your story how God has given you hope, it's that simple. As you begin to share with others you will begin to see hope rise on the inside others and God will begin helping them the same way He's helped you.

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

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# Sacramento County DA Reports



## Defendant Convicted of Murder, Attempted Murder, Gun Charges

**DATE:** February 6, 2019  
**CASE:** David Eggman  
(Case #18FE000227)  
**PROSECUTOR:** Deputy District Attorney Shelly McGill, Homicide Unit

David Eggman was convicted by a jury of the second-degree murder of Angelo Reyes, attempted murder, assault with a semi-automatic firearm, discharging a firearm at an occupied vehicle and being a felon in possession of a firearm. The jury also found true allegations that Eggman personally used a firearm causing great bodily injury or death.

On December 16, 2017, Angelo Reyes went to a convenience store and ran into people he knew. A verbal confrontation ensued and the other party called David Eggman and others to the scene for reinforcement. Eggman punched Reyes, who then left and later went to a house where Eggman had gone. After another verbal confrontation, Eggman produced a gun and started shooting. Reyes was shot and killed. Reyes' brother was struck, but he survived.

An allegation that Eggman suffered a prior strike conviction for voluntary manslaughter will be determined at the sentencing hearing. Eggman faces a maximum sentence of approximately 85 years to life in prison. Sentencing is set for April 5, 2019, at 1:30 p.m. in Department 62 before the Honorable Michael Savage

## Defendant Convicted for Foothill Farms Murder

**DATE:** February 5, 2019  
**CASE:** Souksavanh Phetvongkham  
(Case #17FE005490)  
**PROSECUTOR:** Deputy District Attorney Matt Chisholm, Homicide Unit

Souksavanh Phetvongkham was convicted by a jury of the first-degree murder of Mario Benitez-Gallegos. The jury also found that

Phetvongkham personally used a deadly weapon during the murder.

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

An allegation that Phetvongkham suffered a prior strike conviction for aggravated felony assault will be determined at the sentencing hearing.

Phetvongkham faces a maximum sentence of 56 years to life in prison. Sentencing is set for March 8, 2019, at 11:00 a.m. in Department 31 before the Honorable Gerrit Wood.

## Defendant Convicted of First-Degree Murder

**DATE:** February 1, 2019  
**CASE:** Joshua Childers  
(Case #17FE005883)

**PROSECUTOR:** Deputy District Attorney Satnam Rattu, Homicide Unit  
Joshua Childers was convicted by a jury 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 located Childers by pinging his phone and he was taken into custody the same day.

Childers faces a maximum sentence of 50 years to life in prison. Sentencing is set for March 22, 2019, at 10:00 a.m. in Department 34 before the Honorable Ernest Sawtelle.



## Pooches

We care about our animal companions, and we want to keep them healthy and happy. With the weather changes from wind and rain to cold and snow, we need the keep informed on how to keep them safe. Enter Dr. Carol Osborne who has some essentials to get your furry friends through any weather...anywhere. **Dr. Carol's** books tell all... **"Naturally Healthy Dogs"** and **"Naturally Healthy Cats."** Here are some tips.

**1) Recognize Your Pet's Norm.** To know what's abnormal, you must know what is normal. Be mindful of sleep patterns, play patterns, and eating patterns.

**2) Try To Feed A Natural Whole Food Diet.** Avoid dry dog food.

**3) Fresh Water 24/7.** Distilled or Reverse Osmosis is so good for pets.

**4) Avoid Obesity And Over Feeding.** This decreases your pet's life span by one-third.

**5) socialization is a must.** It reduces anxiety and promotes mental happiness. **6)**

# POPPOFF!

with Mary Jane Popp

**Daily Exercise.** 20 minutes twice daily is the minimum.

**7) Routine Vet Visits And Preventative Care.** For your dog 1-6 years, do annually...seniors seven years and up should go every six months.

**8) Avoid Unnecessary Pesticides.** Avoid flea and tick prevention in the winter.

**9) Avoid Over Vaccinating.**

**10) Routine Grooming And Bathing.** It keeps your pet's skin and hair coat in tip top shape.

Of course, there are some of you who live or travel to the mountains for some snow fun. So Dr. Osborne filled me in on the Cold Weather Woes too.

**1) When Using Ice Melting Products** Like Rock salt and De-icing chemicals, spritz your pet's feet with water when they come back inside to avoid irritation of their skin and paws. Signs of ingestion include excess drooling, depression and vomiting.

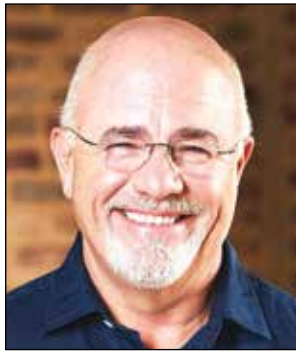
**2) Antifreeze Is Deadly For Pets.** Clean up spills/leaks immediately and make sure that it is stored in a sealed container locked in a secured cabinet. If you think your pet has consumed antifreeze, this is a life or death emergency. Go to your vet

ASAP and call ahead while you are on your way!

**3) Keep Your Pets Protected From Frigid Temperatures.** If it's too cold for you, it's too cold for your pet. Offer a little extra food during the winter months because more calories are burned trying to maintain body heat. **4) Frost Bite** include your pet's ears, nose, tip of the tail and ears. Frostbitten areas initially turn a reddish color then become gray. Treat frostbite with a warm bath and wrap your pet in warm towels. Don't rub an area that has frostbite. **5) Homemade Meals For Your Pet** are healthy and cost effective to ensure your pet is getting essential nutrients without risk of indigestion, weight gain due to overeating and the high caloric intake of processed foods. Cuisine made of equal portions of a lean protein (chicken, turkey, beef, veal, duck, fish eggs) long lasting carbohydrates (potatoes, rice, pasta, oatmeal) and fresh veggies (broccoli, spinach, green beans, lima beans, peas, carrots) are ideal.

And you can call with questions to 866-DRCAROL (372-2765) or you can check out www.drcarol.com. LOVE those critters! ★

## Dave Ramsey Says



### A teachable moment

Dear Dave,  
My mom is single, and she co-signed on my student loans for college. Would it affect her credit if I couldn't or didn't make the payments?  
—Terri

Dear Terri,  
Yes, it would. The truth is, your mom shouldn't have co-signed for you in the first place. There's only one reason lenders want a co-signer, and that's because they're afraid the person taking out the loan won't be able to pay back what's owed.

You'll be trashing your and your mom's credit if you don't pay the bills on time. If she co-signed for you, and you don't do the right thing and pay back

the loans, she'll start getting phone calls looking for the money, too. I don't think you want to subject your mom to the stress and hassle of collector calls or bad marks on her credit, do you?

Believe me, I understand what happened. Your mom loves you, and she wants the best for you. She's willing to do whatever it takes to help her daughter succeed. What I want you both to understand going forward is that the idea you have to borrow money to attend college - or do anything else, really - is a myth. There are many ways to get a great education, and find excellent career opportunities, without borrowing a dime. Scholarships and grants are everywhere these days.

There's absolutely nothing wrong with working before and during college to help cash-flow an education, or you can begin your studies at a community college where the costs are much less.

In addition to four-year schools and community colleges, anyone looking

to further their education shouldn't ignore the possibility of trade or technical schools. At these institutions, you can get valuable training that's highly marketable. Not to mention completing a trade or technical school program usually takes less time and is cheaper than a bachelor's degree.

My goal here isn't to fuss at you or beat you up, Terri. It's just very important you understand what's at stake - now and in the future. My hope is to give you and your mom some good information that will help each of you make smarter, more informed financial decisions down the road!

— 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. ★

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*Serenade in E Minor* | Edward Elgar  
*Five Mystical Songs* | Ralph Vaughan Williams

Requiem for the Masses—with its German text and emphasis on consoling the living, Brahms' decidedly non-Latin Requiem was unlike anything that had come before it.

Elgar's most favorite *Serenade* is a prelude to Vaughan Williams' astonishing settings of poems of love and Resurrection.

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Trevor Scheunemann, Baritone

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**7:00 pm – Pre-concert talk**  
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CHEERS & JEERS

by Damian Holbrook

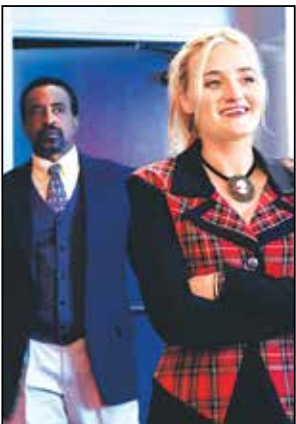
**Cheers to The Passage**  
for tapping a new vein of vampire drama. In Fox’s creepy adaptation of Justin Cronin’s epic trilogy of books, bloodsuckers suffer from a virus that has gotten so out of hand, even Mark-Paul Gosselaar (as federal agent Brad Wolgast, pictured, with Saniyya Sidney) may not be able to stop it. But we love watching him try!

**Jeers to CBS**  
for not living its best Life in Pieces. This unsung gem, starring Betsy Brandt, Thomas Sadoski and Colin Hanks as beleaguered suburban siblings, is easily the best broadcast sitcom

about a modern family, but we haven’t seen a new episode since last May!

**Cheers to Schooled**  
for being a lesson in spinning off with class. The Goldbergs’ ’90s-set spawn featuring Lainey (AJ Michalka, pictured) as a William Penn Academy teacher not only retains the heart and hilarity of its mother ship, but the ABC comedy has held its own in the ratings too. Surely that warrants a shrimp parm from Beverly?

**Jeers to Not Believing**  
us about You. We called Lifetime’s take on Caroline Kepnes’s best-seller a juicy stalker soap months ago and nobody listened. The ratings sank



AJ Michalka as a William Penn Academy teacher not only retains the heart and hilarity of its mother ship.

lower than creepy Joe (Penn Badgley, pictured), the show moved to Netflix for the upcoming Season 2...and now Season 1 is a massive hit on the streaming service. Huh. ★

for even one more episode—see the recent Timeless finale—that it would be unfeasible to expect most canceled series to get that one last shot, even if there was a service devoted to such a thing. Miracles do happen, of course (again: see Timeless), and streamers have given series as diverse as Longmire and The Mindy Project a robust afterlife after the networks dropped them. But the reality is that TV on nearly every platform (even including streamers) is a high-risk business, and some shows just aren’t going to make it.

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



ASK MATT

BY MATT ROUSH TV Guide Senior Critic

**Is There a Good Place For Canceled Shows?**  
**Question:** Do you think a streaming network could be successful whose only mission was rescuing and continuing to broadcast (or bring proper closure to) canceled series (quality only)? — Maurice  
**Matt Roush:** As pipe dreams go, this is a noble one, but with so many impractical pitfalls I don’t even know where to start. What would you call it? The Endgame Channel? I was

especially intrigued by the “quality only” qualifier, because I can testify through my mailbag that almost every show, no matter how short-lived or critically derided, has some sort of fan base. (I’m expecting a complaint about CBS axing the mediocre Happy Together any day now.) The real issue, of course, is economic. All of the moving parts, from writers and producers to cast to crew, have to align to keep a show continuing



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# Fresh Start’s Role is to Support and Encourage



Melinda Avey, Charlotte Stott, and Ann Billington packing a starter kit.

Continued from page 1

volunteers,” said Stott.

To assist foster youth aging out of the system, Fresh Start provides apartment starter kits to EA Family Services and Aspiranet. According to the latter’s website, 5000 youth age out annually in California and the agency supports 1900 by collaborating with community organizations like Assistance League Sacramento. Fresh Start plans to begin providing newborn essentials to young mothers who are in foster care.

Relationships were built and established and Stott estimates that approximately 6000 people have been touched in one way or another through the efforts of Fresh Start.

Reaching Out, a smaller committee of volunteers chaired by Melinda Avey, also provides apartment starter kits, along with a host of other assistance through its collaboration with Sacramento Steps Forward, an organization committed to ending homelessness in the region through partnerships with agencies such as Assistance League.

“We buy work boots,” said Avey. “We pay deposit and application fees. We identify small needs.”

Sacramento Steps Forward, through partnerships with other organizations, may be able to secure housing for a currently homeless individual or family, but there are additional needs that they cannot provide. These, Avey explained, are the items that Reaching Out can assist with on short notice, such as the need for an application fee for a currently available apartment. When a request comes in, the committee votes to grant the request and Avey said, “makes it happen.”

“That is the benefit of being a non-profit, we can act immediately.”

Like Fresh Start,

Reaching Out also provides apartment starter kits. Kits, Avey said contain sheets, towels, pots and pans, shower curtain and rings, and other items that most folks might take for granted.

“We give a welcome mat,” she said, and the committee provides a clock. People living on the street lose track of time, she said.

Feedback, said Avey, always includes mention of the welcome mat. Items are not random choices. The committee is guided by suggestions regarding sheet size and table settings that are requested to be for one or two, not four.

The committee has also paid for a ticket to reunite a homeless individual and her father.

For additional information, visit Assistance League Center’s Fabulous Find s on Fulton shop at 2751 Fulton Avenue or <https://www.assistanceleague.org/Sacramento>. ★



By County Supervisor Sue Frost

Through the generosity of the *American River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.

Exactly a year ago, I wrote an article in the *American River Messenger* outlining why I thought Sacramento County was in need of a work program for people who are homeless. Since then, I worked to help craft a plan that would not only employ people who are homeless, but also work to beautify Sacramento County at the same time. I am thrilled to announce to you that the plan was formally adopted at the end of January, and will begin to be implemented in March. I want to take this opportunity to explain the program to you, and share with you why I believe it will work.

Ten homeless people will be identified who are both willing to work and get clean. They will meet four days a week at a central location, and then be driven to the American River Parkway to get paid minimum wage to do cleanup work. The American River Parkway has been completely trashed in many sections due chiefly homeless encampments and negligent teenagers, so this work is much needed.

In the afternoon, they will then be driven downtown

## Orangevale Community Update

### From Theory to Reality: Getting Homeless into Jobs

to go through a job training program. This job program is aimed to get them various certifications in the construction industry. With the surge in construction in this region, there is a lack of construction workers, and this is the perfect field for them to get entry level work in.

After ten weeks of working and going through the classes, they will have graduated out, and a new group of ten will start the program. After leaving the program they will then get help in finding employment by getting introduced to employers, receiving job interview training, getting help creating a resume, and getting help obtaining job-appropriate clothing. This is also coupled with trying to find them a permanent housing solution.

I take great issue with new government programs that are started and turn out to be ineffective, yet get funded for eternity. With that in mind, this will be a trial program that will last for 40 weeks. After those 40 weeks, we will evaluate the program to see if it’s working, whether changes need to be made, or whether we need to end the program entirely.

To get this job done, the County (with major help from Sacramento Regional Sanitation District) decided to contract with PRIDE industries, a nonprofit headquartered in Roseville. Their primary mission is to help people who have disabilities overcome employment obstacles, and empower them to lead productive, independent lives as contributing members of our community. It seemed to me to be a perfect fit to have them work with people who are homeless, as many of their challenges are similar to people who have disabilities, such as regaining a sense of self-worth and finding reliable transportation.

I’m excited about this program because I believe finding jobs for people who are homeless is an important piece to this overall problem that we are not looking close enough at. I like the idea of giving them training in a field that sorely needs jobs, and I like the idea of teaching them what it is like again to feel accomplished for earning a paycheck by putting in a hard day’s work.

I know this is a drop in the bucket in terms of solving this overall problem, but I am hopeful that we might be onto something really great here, that over time and careful development we can end up putting to work far more than just 40 people.

Before signing off, I want to invite you to my next Orangevale Community Meeting on March 13th at 6:00pm at the Orangevale Community Center (6826 Hazel Avenue). Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at [SupervisorFrost@sac-county.net](mailto:SupervisorFrost@sac-county.net).

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

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

Provide great customer service to our readers every Friday.

Make money as a family effort by working together to get the job done.

Earn money to pay those monthly bills.

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.

MPG