



AMERICAN RIVER CONTRICT CONTRICT

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Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 5, **2018**

CAR CRASHES INTO HISTORICAL SOCIETY



PAGE 3

TV GUIDE: CHEERS & JEERS



PAGE 10

MEASURE U TAX INCREASE IS A SLUSH FUND FOR GREEDY POLITICIANS



Sacrificing the Parkway

Appeals Case Impacts Illegal Camping Ordinance



court decision has ruled that illegal camping ordinances are unconstitutional and that local governments cannot cite or arrest anyone sleeping on public property.

On September 4, 2018, the Ninth Circuit Court of Appeals ruled on the case Robert Martin v. City of Boise, stating that enforcing anti-camping ordinances when adequate shelter beds are unavailable is unconstitutional.

Because of that ruling, the Sacramento County Department of Parks stopped enforcing the City of Sacramento's anticamping ordinance and the County ordinance prohibiting camping without a permit.

Since January 2018, Sacramento County rangers have issued 1,834 citations for

unlawful camping under the County ordinance, and 224 citations for unlawful camping under the City of Sacramento ordinance.

The County is currently evaluating enforcement options under existing laws and regulations and will provide information to the Board on next steps.

Sacramento County Rangers will continue to enforce ordinances including but not limited to campfires, littering, dogs off leash, possession of a shopping cart and environmental degradation.

"As soon as I found out about the ruling, I suggested our board meet to discuss its implications, especially for my constituents who rightfully demand a clean and safe Parkway," said First District Supervisor Phil Serna, who represents the lower reach of the American River Parkway.

"I have many questions, including why County Counsel advised that park rangers not enforce the illegal camping ordinance without notifying or coordinating with board members," he continued.

Investing in Parks to Improve Fair Oaks' Future

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - In November, Fair Oaks residents will be asked to vote on Measure J, a \$26.9 million general obligation bond program, which, if approved, would give the Fair Oaks Recreation and Park District the funds needed to upgrade and renovate the grounds and facilities of existing parks and acquire and develop land for new parks.

The District's current budget only covers the cost of ongoing maintenance and small repairs. They are proposing the bond because many of Fair Oaks' parks and recreation facilities are outdated and declining at a rapid rate. The majority of the parks and facilities were built in the 1920s through 1950s. Although the District has worked hard to maintain them, general maintenance and upkeep is no longer enough for some of the oldest parks.

The general obligation bond will be repaid to investors over the course of 30 years from a tax increase on all taxable property within the boundaries of the District. The cost of Measure J for Fair Oaks residents will be based on property owners' annual assessed valuation. The District estimates that the tax rate per property owner would be \$19 per \$100,000 of annual assessed valuation, based on the County's value assessment. The market value of the property would not be relevant; the tax rate would be based on only the assessed valuation, which is generally lower than market value. So if your property tax statement lists your current assessed valuation at \$300,000, then your annual share of the bond repayment would be \$57.

Funds from Measure J can only be spent within the District on physical improvements to the parks. None of the money will go to increase District salaries. A local independent citizens' oversight committee will be established to oversee the expenditure of the funds, which the District will use to renovate and modernize aging recreation facilities. The District would repair or replace outdated restrooms, upgrade electrical systems that are no longer up to standards, and improve safety and security measures. Funds would also be used on new projects to accommodate growth in the Fair Oaks community. The improvements would increase the aesthetic value of the parks and would provide new recreational opportunities local families.

The District has prepared a Facilities Needs Analysis, which specifies some of the major renovation projects they plan to undertake with Measure J funds: provide additional sports fields for youth recreation at Phoenix Park; update the recreational facilities at Village Park, Plaza Park, and the Community Clubhouse; and create additional recreation space for senior citizen, teen, and youth programs by replacing the McMillan Center in Fair Oaks Park.

For Justin Drake, Campaign Chairman for Measure J, replacing the McMillan Center is a top priority. Because the center is a rental Continued on page 3

Del Campo Junior Cougars: The Meaning of "Team"

Parents Pulling Together to Teach Youngsters Hard Work, Teamwork, Community and Family

Story and photo by Andrea Hatch

FAIR OAKS, CA (MPG) - Who are the Del Campo Junior Cougars (DCJC)? They are a team, a community, and a family. They direct link to our online edition! are a nonprofit supported by businesses throughout the community and have been around **GOT MORE** since 2006. The Del Campo Junior Cougars are made up of 8U, 10U, 12U, and 14U teams for football and cheer and each team consists of approximately 160 football players and 40 cheerleaders. In 2017 all four football teams made it to the playoffs and three of the four made it to the championships. The 10U Del Campo cheer team took first place at the USA cheer nationals, which is outstanding.

DCJC has an executive board of six, additional committee board of 10, 50 coaches, and the parent volunteers that make the dream work for these kids. The team enforces academic and behavioral contracts to ensure that the kids are taking their school seriously and representing themselves in a respectful manner, on and off of the field. The executive board does not



The Del Campo Junior Cougars are made up of 8U, 10U, 12U, and 14U teams for football and cheer.

just work during the season, they work year round to be sure there are sponsors to make each season successful. There are several teams throughout the Sacramento area, but as you can see from the numbers of players in this organization, many people choose this team due to the feeling of family and community that is present in this organization.

present in this organization.

As you may have recently seen, this team made a boy's dream come true by bringing him onto

the field and having him score their touchdown. For that boy, that was one of the best moments, and a lifelong memory, that may not have been possible without the love, support, and dedication of the Del Campo Junior Cougars.

not have been possible without the love, support, and dedication of the Del Campo Junior Cougars. Recently, Avante Washington, one of the DCJC players, was in a car accident that caused serious injuries. Avante and his mom

were both injured, and Avante had

to learn how to walk, again, due to

a spinal injury that has caused the

community that DCJC is made of.
Several team members, the DCJC
President, and other members of
the DCJC family rallied around
Avante physically and spiritually.
Avante is now home and was
able to be there for the most recent

loss of movement to his right side.

This incident showed the true

Avante is now nome and was able to be there for the most recent game and DCJC will continue to provide support and help in any way they can because Avante, and all DCJC players are not just football players, they are DCJC family. No player is left behind.

On Saturday, September 29, Del Campo Junior Cougars played Placer. 8U won their game 36-0 and went into a controlled scrimmage, 10U won 38-0 and went into a controlled scrimmage, 12U won 18-16, and 14U had their first loss of the season with a final score of 10-8. Even with 14U's loss they remain in first place in their division.

The Junior Cougars, win or lose, maintain a positive attitude and continue to build their players up. DCJC know the importance of showing good sportsmanship, no matter the situation. The season is not quite over, so all we can say is "Go Cougars!"

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Superheroes Descend Upon Sacramento

DC Wonder Woman Run Series Brings Out the Hero in Everyone

Story and photos by Shaunna Boyd

SACRAMENTO REGION, CA (MPG)

- Sacramento was overrun by superheroes on Saturday, September 22 when the DC Wonder Woman Run Series 5K and 10K run through Capitol Mall. Sacramento was the first city in the United States to participate in this race.

The event was produced by SON Events in conjunction with Warner Bros. and DC Entertainment. Sarah Ratzlaff, director of marketing for SON Events, said, "The race has a strong overall theme of women's

empowerment. Wonder Woman embodies strength, bravery, and power. The goal of the event is to show that there's a Wonder Woman in all of us. That's why we're using the hashtag #IAmWonderWoman."

The festival area was decohosted its inaugural event with a rated with giant balloons and lined with an array of fluttering Wonder Woman flags. Area streets were blocked off by police cars, flashing their red and blue lights. Approximately 1,300 people participated in the 5K and 10K runs. The first-place finishers were Sandra Khounvichai with a time of 20:26 in the 5K of 48:43 in the 10K.



Jennifer Waldrop (left) and Allison Gove (right) show off their Wonder Woman medals after completing the 5K run with times of 29:42 and 29:44, respectively.



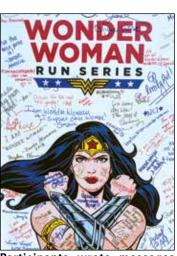
Wonder Woman poses with three-year-olds Roxy (left) and Isla (right).

The DC Wonder Woman Run Series is designed to empower the Superhero in everyone, so runners and walkers of all ability levels were encouraged to participate, regardless of their athletic abilities. Many participants had never run or walked in a 5K before this event. After completing the course, each participant was given a Wonder Woman medal. The festivities continued after the race, with a celebration featuring food trucks, a beer tent, face painting, official Wonder Woman merchandise, and a main stage with live musical entertainment.

Race participant Christie Pierce said he was persuaded to join the race just the evening before: "I decided to tag along. I said, 'Sure, I'll wear a



September 22, drawing approximately 1,300 participants.



of empowerment and support, and shared their own superhero

skirt, I'll do it.' But more importantly, I decided to do it because I support strong, independent women.'

Theresa Ivaldi, Karli Cisneros, and Christina Mundy entered the race together. They thought it would be more fun to run together in a group of friends. This was Ivaldi's first run, and she thought the Wonder Woman run was a fun way to start. Cisneros said, "I love running and love spending time with my friends, so I figured why not combine the two." Mundy said, "What better way to run a 5K with friends and family than a Wonder Woman run that represents women's power?" Mundy's kids, Isabella (10) and Jackson (8), and their friend Sophie Carr (10), all love Wonder Woman. They enjoyed the race and especially loved getting a shiny medal to commemorate their accomplishment of crossing the finish line.

The DC Wonder Woman Run Series will be hosted in Oakland, San Jose, San Diego, and Los Angeles this fall. The Los Angeles run, as the flagship run, will be the largest in the series with 7,000 - 8,000 participants expected. If you would like to participate in one of the upcoming runs, or for more information on the DC Wonder Woman Run Series, please visit the website at www. dewonderwomanrun.com.



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Car Crashes into Historical Society

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - On the morning of September 15, 2018, as community members in Fair Oaks Village were busy preparing for the annual Chicken Festival, a car crashed through one of the front walls of the Fair Oaks Historical Society. The driver of the 2013 Honda Accord was a 78-yearold woman from Sacramento. She explained that she was attempting to park and as she pulled into a space in front of the Historical Society she inadvertently hit the gas instead of the brake, causing her vehicle to crash into the building.

The Historical Society is located at 10340 Fair Oaks Blvd. Because roads in the Village were blocked off to vehicle traffic for the Chicken Festival, Fair Oaks Blvd, was the only open thoroughfare at that time. According to Ralph Carhart, Fair Oaks Historical Society newsletter editor and Fair Oaks Recreation and Park District board member, the driver was trying to find parking and made a U-turn to avoid the festival blockade.

The Historical Society is open to visitors on Saturdays and Sundays from 10 a.m. to 4 p.m., and they were planning to operate during their usual hours on the day of the festival. Due to this incident, they were not able to open to the public, but Carhart joked, "We were having an 'open house' with true indoor parking."

Jim Pearce, president of Fair Oaks Historical Society, said, "By the time I got there, about 15 or 20 minutes after it happened, the Chamber of Commerce, the Parks Department, the Water Department, the Fire Department, and the Highway Patrol were all already out front."

California Highway Patrol Public Information Officer Tommy Riggin confirmed that the crash was not alcohol related, but was simply an accident. No charges were filed, and the driver did not even receive a ticket since the incident occurred on private property.

Even though the members of the Fair Oaks Recreation and Park District were busy with the Chicken Festival, they brought over plywood to board up the damage to the Historical Society. The Fair Oaks



On September 15, 2018, a car crashed into the Fair Oaks Historical Society. The driver was pulling into a parking space in front of the Historical Society and inadvertently hit the gas instead of the brake. Photo by

Water District provided a saw, drill, and screws to put up the boards and then they disposed of the debris. Pearce said, "Everyone really responded. That's what I love about Fair Oaks; everyone really helps out."

The vehicle crashed through a front wall of the Historical Society, but luckily missed the arbor in the front, and avoided the expensive doors and window sign. Only one display case inside was destroyed. Since the car did not damage the main structure, the Historical Society remains open to visitors on Saturdays and Sundays. The damaged area is easily roped off and does not interfere with viewing the displays.

Pearce explained that there was a lot of potential danger, with possible injury to the driver, or a possible fire or gas explosion from the crash, but luckily no one was hurt and the damage is relatively minimal. He said of all the businesses in the area that the driver could have crashed into, the Historical Society was really the best spot it could have happened. He is especially thankful that the incident did not occur at the business next door, EJ's Little People Hair Salon, since there were children in that building at the time.

The Historical Society is in the process of dealing with the insurance company and scheduling the work with a contractor. Pearce expects that the repairs will be completed approximately one month from now.

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Investing in Parks to Improve Fair Oaks' Future

Continued from Page 1

facility, it provides revenue for the District. He said the center could attract a lot more revenue if it were larger and more visually appealing; "People pass over Fair Oaks for places with better amenities." Drake said, "Parks are evolving from a place you look at and sit in the grass, to places where you are active and involved," he said. With improvements to the parks, Drake hopes to see more activities to engage the community: corn-hole tournaments, painting in the park, musical entertainment, beer tast-

"When people consider moving to Fair Oaks, but they find our public facilities to be sec-Oaks Recreation and Park District parks and recreational facilities. for local residents.

board member. Improving the parks gives Fair Oaks the opportunity to compete with neighboring communities to attract new people to the area. He said, "Investing in the parks is a way to reinvest in the community."

Drake stated that although no one likes tax increases, the bond proposal has a lot of support in the community and no one has formed an opposition group. The measure has received endorsements from many community members, including Honorary Mayor of Fair Oaks Keith Wright and former California Assemblyman Roger Niello. In his support of the bond, Niello has said, "Measure J makes good sense. It will contribute to ond rate, they won't want to buy Fair Oaks' high quality of life by ple to the area, and create a deeper here," said Ralph Carhart, Fair upgrading and renovating our sense of community engagement

That, in turn will help maintain our property values."

The park improvements that would be made possible with the passage of Measure J will also have larger positive implications for Fair Oaks. The District would be able to acquire and develop additional park land, which would protect natural open spaces in the area while also giving the community expanded recreational opportunities. Improving the parks, and adding more parks, increases the likelihood that local families will spend time outdoors, which will improve the overall health of the community. Improving the parks in the district will increase property values, attract more peo-

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Re-elect Ralph Carhart

CARHART

Fair Oaks Recreation & **Park District**

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AMERICAN RIVER

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PAID FOR BY RALPH CARHART

Reid Gustafson

NorCal Rapist Arrested

Answer Found in DNA

By Rich Peters, MPG Editor

SACRAMENTO REGION, CA (MPG) -It was an eerie, familiar feeling as Sacramento District Attorney stood alongside state law enforcement agents and in front of media members, announcing the arrest of yet another notori-

ous California serial rapist. 58-year-old Roy Charles Waller of Benicia was linked through DNA to the heinous NorCal Rapist crimes committed on at least 12 victims that date back beginning 27 years ago and took place across six counties, including Sacramento, Contra Costa and Butte.

"The answer has always been in the DNA," said Schubert, coincidentally in the midst of National Forensic Science Week. She explained the partnership of tireless science and police work that led to a breakthrough over



Roy Charles Waller sketch (left photo) and mug shot.

the past 10 days, eventually leading to the arrest.

"Today we can bring some closure to the victim in Contra Costa County who was attacked on Halloween in 1996," said Contra Costa County District Attorney Diana Becton.

Waller was arrested in Berkeley near the U.C. Berkeley campus Berkeley employee for the past 25 years. The Sacramento Police Department and the Berkeley Police Department made the arrest.

The suspect has been charged with 12 counts of force-able sexual assault, plus enhancements. There are also allegations that he used a gun. He's been awarded no bail and his arraignment is set



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JOB OPENING

Seeking District Manager Position

The Board of Trustees of the Fair Oaks Cemetery District is accepting applications for the District Manager position. The current District Manager is retiring after serving over 26 years. The preferred candidate has college level core course work in public administration, accounting, business administration or related field, and two years of experience that would indicate possession of the above knowledge and abilities, or any combination of education and experience that provides the equivalent knowledge, skills, and abilities. Knowledge of landscape maintenance and operations, irrigation and small equipment operation is desirable. Experience in the operations of a cemetery is highly desirable. The District Manager must have strong interpersonal skills and the ability to be customer focused when dealing with families. This is an exempt position that serves at the will of the Board of Trustees and is a non-union position.

<u>District Overview:</u> The Fair Oaks Cemetery District operates one cemetery in Fair Oaks. The cemetery is fully landscaped and is irrigated using non-treated water. The district conducts 185+/- burials annually. **Salary and Benefits:** The Fair Oaks Cemetery District provides a competitive level salary (DOQ). The District is a member of SCERS (2% @ 62). Medi-

Interested candidates should submit the following:

cal, AD&D, partial dental, and vision coverage is available for the employee.

• Cover Letter • Detailed resume • Contact information for three professional, and three personal (non-family) references. References will only be contacted for top candidates and with prior acknowledgement of the candidate.

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Fair Oaks Cemetery District is looking for a part-time person to work M-W-F from 10 am - 3:30 pm. Will perform secretarial work, accounting functions, make funeral arrangements, and maintain records and maps. Please send your resume to: Terri Perrin, District Manager at terriperrin. focd@gmail.com or mail to 7780 Olive St. Fair Oaks, CA 95628. The closing date for applicants is Monday, October 1, 2018 at 3 p.m.

Further information:

Terri Perrin, District Manager Tele: (916)-966-1613 Email: terriperrin.focd@gmail.com

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Sacramento CERT Needs You



Sacramento's California Emergency Response Team's (CERT's) graduation drill took place on Saturday, September 1 from 2 p.m. - 10 p.m. at the Northern California Regional Public Safety Academy in McClellan Park.

SACRAMENTO REGION, CA (MPG)

- Sacramento's California Emergency Response Team's (CERT's) graduation drill took place on Saturday, September 1 from 2 p.m. -10 p.m. at the Northern California Regional Public Safety Academy in McClellan Park. The community participated and explored their inner actors as volunteer victims with broken arms or legs or other injuries for the day's free event.

The drills tested the program's graduates on practical skills including sizing up a building to determine if it is safe to enter; search and rescue; transport; and triage and treatment. They assessed situations simulating burning buildings and locating victims in dense smoke and at night. Graduates radioed transport crews, practiced victim transport before another group assessed injuries, bandaged, and prepared victims for transport to a medical facility said Robert Ross, Chief, Operations, Sacramento CERT, CERT 22.

"Watching, you don't get to see as much," he said, adding that the role of victim teaches more to the community who wants to understand what happens during an emergency such as a fire.

Ross explained that most

people see only the end result.

"It's a good way to see them in action and experience it without being in a collapsed building," he said.

The Basic CERT course, Level 3, is sanctioned by FEMA and was developed by Los Angeles Fire Department (LAFD) after the Mexico City and Kobe earthquakes. The course, Ross explained, is for everyday citizens with no previous training or particular skills who want to learn how to prepare for a disaster and is offered at no charge.

"Civilians will be on their own for the first 72 hours," said Ross, and will learn about disaster psychology and how to prepare bags with the necessities to assist in their immediate neighborhoods. Ross said that people don't often think about bringing items like pet toys when they need to evacuate. Trained civilians can put out small fires and even triage in their neighborhoods if the need arises, but they need to practice, and that's where the graduation drill comes in.

Graduates learn about fire behavior, which has been especially bad in California this summer, identification of hazardous materials, including those being transported, and terrorism. Upon graduation, CERT trained civilians can assist locally and can transfer their CERT training to other cities or states if they move. Since the Sacramento region is prone to flooding, this would also be covered in local training.

This level is required in order to continue with advanced courses to be certified as a Disaster Service Worker or a First Responder. Additionally, graduates may pursue training to join one of the special teams - Urban Search & Rescue, Animal Response, or Radio Communications.

"During a disaster cell phones won't work, satellite phones are few and far between," said Ross. "Ham operators during Hurricane Katrina passed messages. We can talk to Japan if we need to," he said.

One legally blind team member who used a motorized wheelchair ran the ham radio and was one of the best in Sacramento.

"There are no limitations on who can participate. There are many ways to be involved, with a job for everyone."

For additional information, visit www.sfdcert.org. Look for them at many local public events. The next academy will be held in spring of 2019.

Creativity Gone Wild

Local Nonprofits Help Young Authors' Dreams Come True

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) -

How many children do you know who have written illustrated, and published their own book? In Citrus Heights, 125 students, 1st through 5th grade, at the Mariposa Avenue Elementary School have added "author" to their resume, which will follow them through high school and beyond.

This unique program called "Creativity Gone Wild" is taught by members of the Mariposa Literary Academy in Citrus Heights and is designed to inspire students to stretch their minds and use their imaginations in new ways.

The program was the brainchild of Karen Szakacs, a kindergarten teacher at Mariposa in 2014, and Marsha Robinson, a local author of children's books. Together with Cherelyn Martello, the three women launched the first academy in 2014.

The spark that ignited the idea for the student authored books came when a kindergarten boy at Mariposa heard Robinson read her book "Rescuing Humphrey" to the class and afterwards raised his hand. He asked her to write another book about Humphrey. She answered by suggesting he write it. He replied, "I don't know how," and the Mariposa Literary Academy was born.

Since January, 2014 the Academy has taught 11 afterschool academies (two per year) with 125 young authors to-date proudly producing their own hard cover fiction books at the end of the 16-session academy. A maximum of 12 students are chosen by their teacher to participate in each

The entire book is the work of the student author. They come up with their own fictional story, with a beginning, middle and conclusion, along with illustrations. They begin with a normal life experience such as a camping trip in the woods with their family. They are told to enhance it using their imagination, such as being transported

to another planet by space aliens. The results have truly been mind-boggling.

To help teach the authors how to illustrate their own books, Peter Blueberry, alias Lance Pyle - a children's book author and illustrator, volunteers his time explaining the art of illustration and helping students with their own work.

Shutterfly, an American internet-based publishing service, prints the books for about \$15 each. Each student receives a hardcover book for themselves, a hardcover book to sign for the school library and the Academy receives a paper copy of each student's book. They have become the most popular books checked out by students.

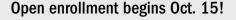
While instruction and the printed books are free to participants, actual cost per pupil averages \$50. In addition to the cost of publishing, funds are used for items such as paper and art supplies, snacks, and photography.

Financially, the Literary Academy, Creativity Gone Wild, is managing to stay solvent with the help of two philanthropic organizations and other donations.

Through word of mouth the Rotary Club of Citrus Heights and Soroptimist International of Citrus Heights immediately stepped up and have continued to provide the largest portion of the over \$6,000 needed to fund the program for the last five years. The Optimist Club of Citrus Heights and Mariposa Parent Faculty Organization have also provided funds.

Robinson stated in an email, "I would like to show my thanks to the organizations that have supported this program, to the volunteers that help us run the program, and to the school itself for allowing us to use their campus."

She would also like to invite other schools to look at the "possibilities that an academy like this can provide students" in their schools. The Mariposa Literary Academy would love to share their experiences with local elementary school teachers.





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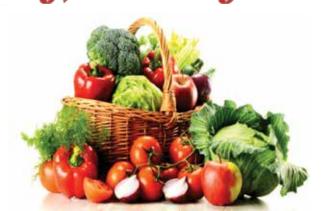


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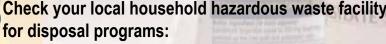
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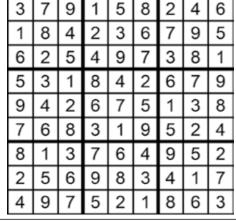
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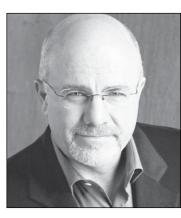
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Stick with the plan

Dear Dave,

I follow your advice and live on a budget, but it's really hard to save up for a down payment on a house because property is so expensive here in New York. My family in Indiana says I should buy a cheap property there, then fix it up and sell it to get the money I need. I'm not sure how I feel about this idea. What do you think?

- Adam

Dear Adam,

I think you'd be smart to back away from their idea. **Your fam**ily loves you and wants to help, but this is a bad plan. Fixing and flipping properties is a hands-on business. There's no way I'd try something like that from 700 miles away. It would be a nightmare!

When you take on that kind of work you need to oversee every single step of the process. You're also keeping an eye on the help you hire to make sure they're doing things right. Think about this, too. You can't just find a house and expect to get a good deal. Professionals who flip houses for a living often look at dozens of different properties to buy just one. It's not an easy way to make money, and it's not something I would advise doing from a distance.

I know it can take a while to save up cash for a down payment on a home. But don't let a case of house fever push you into making a bad financial decision. Have you considered getting a part-time job for a while to bring in some extra cash?

A house should be a blessing, not a burden. Trust me, waiting a while and saving up is a lot smarter than fixing and flipping



houses three states away! –Dave

Get a fresh start

Dear Dave,

I got laid off a couple of months ago, and I'm behind on the payments for a rental property. I found a full-time job recently, but it doesn't provide enough income to cover my other bills and the mortgage on this property. The other day, I received an offer from someone who is willing to buy it for what's owed on the property. I'm not sure that's the best thing, because I owe \$70,000 and it's worth around \$150,000. What do you think?

- Travis

Dear Travis,

You've got one thing right. You definitely need to get rid of the rental property. I'm not sure I'd jump at the offer you just received, but if I were in your shoes I'd slash the price way below value and sell the place.

Right now you're broke, and you're still trying to play real estate investor. That's not a good plan. I'd put a price tag of \$100,000 on it, so you can move it fast and still see some equity in the deal. But sell it today!

By doing this, you'll have a nice chunk of cash in your pocket, and you can get something of a financial fresh start — one that includes living on a written, monthly budget and staying out of debt!

—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 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.



Now that it's October, let it give you inspiration to declutter the way Mother Nature does when she strips her trees of the old leaves as part of a never-ending recycling plan. Remember that your kids grow quarterly (hopefully you don't) and what they wore this summer won't fit them next summer because they'll be a year bigger.

Blow in like the wind and box up all the stuff that no longer serves you and feel the relief of not having too much stuff. Here are my ten tips for de-cluttering.

1. Stop Homelessness

One of the main reasons stuff piles up on counters, dining tables, coffee tables and floors is that it's homeless. When an item has no "home," it gets added to an IPOD (Important Pile Of Decisions). That's why it's important to make sure everything in your home lives somewhere. "Homing" items in the room where they're used, helps ensure that they get put away when you're finished. For example, I keep a sewing kit in a drawer of an end table in my living room, because I like to mend garments in that room and not in my sewing room in the basement.

2. Stop Clutter at the Cash Register

Use that, waiting-to-buy time when you're standing in line at the cash register, to re-think what's in your hands or cart. Imagine it as clutter. What you buy today can turn into clutter tomorrow. The better you are about keeping things out of your home, the less likely you'll be to create IPODs when you get

3. Baby Step your Way to Clutter-free

Start with the room that's

Make It Fun and It Will Get Done! The Secret to Being Organized **Pam Young's Corner**

Mother Nature Declutters in October and You Can Too!

bothering you the most. (In my twins here. Getting rid of dupli-41-year career helping moms get organized, the kitchen is the room most picked.) Marla Cilley, the Flylady says, "Start by shining your kitchen sink." That's so brilliant! In order to keep your thing new, get rid of something sink shiny, you have to keep it empty. In order to keep it empty, you and your family have to put dirty dishes in the dishwasher. In order to put dirty dishes in the dishwasher, it has to be empty!

4. CSI

Do some crime scene investigation by periodically scanning your home for clutter hot spots, and spend some time figuring out why stuff accumulates there. Often, it's not what you think. Take that pile of magazines under the end table. Behind that pile is optimism. You think, 'tomorrow I'll read those back issues of Parent Magazine, but right now I just don't have time.' The truth is, if you did have some free time tomorrow, you're NOT going to want to read the August, 2009 Parent's Magazine. My rule for magazines is, keep only the current one and dump and Google.

5. Keep Away from Organizing Containers

Victims of clutter often think the solution is to run right out, first thing, and stock up on organizing bins, baskets and pretty boxes to organize the clutter. Stop! You can't organize clutter! You can certainly try, but I warn you, if you did organize your clutter, you'd probably end up with a home that looks and smells like a Goodwill Store. Once you have a home for the stuff you love, use and need, then it's time to consider pretty containers. (See # 9)

6.Dump Duplicates.

Now I'm not talking about

cates, triplicates and quintuplicates is one of the easiest ways to get rid of clutter. One is enough! Why have five hairbrushes or six pairs of scissors? When you buy somelike it that's old.

7. Stay Out of the Museum Business

Unless you are a curator and know how to run a museum, quit adding to your nostalgia stash in the attic or basement. There's nothing sentimental about boxes and boxes of your kids' school keepsakes and souvenirs lining a wall in the basement, garage or attic. Take it from me, when you get to be my age, you'll have learned that your kids don't even want the stuff you saved for them. I can also tell you that the real enjoyers of your boxed up memories are mice.

Once I saved some mementos for my son (the first to go away to college). It was a stuffed animal he loved when he was a baby and a tee pee made out of real leather. A mouse family, gutted the bunny and put the stuffing into the tee pee along with seeds they collected from our stash of birdseed. So much for a sentimental moment.

8. Stop the Search

Often, there's an easy solution to even stubborn clutter problems. In my book, The Joy of Being Disorganized, I wrote about installing a hook for your keys right inside the door, so they always get hung there. If you have very young, key-loving children, you know they can do some very creative things with your keys. It takes 21 days to establish a habit of hanging your keys on the hook and once it's yours, you'll save so much search and rescue time.

9. Keep it Together

I have two friends who are not professional organizers, but they are what I call organically organized. Both are named Marci. (For those of you who struggle with being disorganized, I wish I could tell you to just change your name to Marci and voila, you'll be organized.) Both of these BOs (Born Organized) women have kits throughout their homes. One Marci has a clear plastic shoebox-sized container on the shelf inside her coat closet for gloves and one for hats. Under her sink in the guest bathroom (okay I snooped) she has a clear plastic container for cleaning supplies. The other Marci told me she has all her hand-care items in a clear plastic box. I know I warned you not to head to Target (tip # 5), but it can really help you organize activities when everything you need is in one place.

10. Have a Plan

Some spaces, like kitchen counters, and dining tables need daily de-cluttering. But cupboards and drawers can be decluttered monthly or even semi-annually. Whatever the frequency you decide upon, when you declutter a drawer, dump the whole thing out on the counter; wipe the drawer out with a soapy rag. Then, considering each item and put back only what you want to have in the drawer. With what's left, put away what you want to keep in other drawers and put what you no longer want or use in a box for Goodwill.

October is a great month to get organized and declutter your home. The holidays are right around the bend and you'll thank yourself for the work you put in now.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of

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CLUES

- 1. Tulip precursors 6. "Le ____ des cygnes' 9. Education-related
- 14. Fertility clinic stock 15. A la
- 16. Curl one's lip
- 17. Cub's home 18. "The Goldbergs" sibling
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- 24. Sounds of amazement 25. Tokyo, once
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- 41. Cocoyam, pl. 43. What egoist and egotist
- have in common, pl.
- 44. Encourage 46. Madam, to a cowboy 47. Pleasant gentle accent
- 48. Intellectual
- 50. Not us 52. Lusitania's last call
- 53. Sherlock Holmes' assignment
- 55. Waikiki garland 57. *Letterman's successor 61. Do like in "A River Runs
- Through It" 65. To a bartender: "The
- 66. Argonaut's propeller 68. Empower 69. Of a particular gray
- 70. By way of
- 71. Theatrical characters 72. Displeasure display
- 73. Australian runner 74. Editor's "Let it stand"

DOWN 1. Derive pleasure

- 2. Forearm bone 3. Malicious look 4. Cabbage
- 5. Chris Hemsworth's movie "12 6. Ore deposit
- 7. Perpendicular to St. in NYC 8. Ann Patchett's novel "Bel
- 9. Hindu wrap 10. H.S. math class
- 11. Write on tombstone, e.g. 12. Animal protein
- 15. Population count 20. Gold unit
- 22. Omega of electrical resistance 24. Perform a surgery
- 25. *Talker and Oscar, Grammy and Emmy host 26. Muralist Rivera
- _ County" with Streep
- 29. Mosque V.I.P.
- 31. Cambodian money 32. *Kelly's ex 33. Convex molding



CROSSWORD

1-888-416-7103 dish \Lambda **Crossword Puzzle Solutions on Page 6** C StatePoint Media 34. Adam and Mae

36. Ragtime turkey dance

45. In a pleasant manner

57. Pointy part of a tooth

58. Nobel Peace Prize capital

me, then who?'

42. Fresh Prince:

segments are set

Show set

59. Hula feast 60. Quilter's stuffing

62. Not in use

63. Edible fat

61. German Mrs.

64. Hitler's Deputy

67. Go for the bull's eye

The support you need to find quality 38. *Jon Stewart's successor SENIOR LIVING SOLUTIONS _ ya later!" A Place for Mom has helped over one million families find senior living solutions that meet their unique needs. 49. *Where some James Corden There's no cost to you! 51. *Former "Weekend Update" host 54. *Appliance on Rachael Ray'

		5) 439-		aPlace for Mom.				
				5		2		
	8	4			6			
		5			7		8	
					2	6		9
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7		8	3					
	1		7			9		
			9			4	1	
		7		2				

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

Solutions on Page 6

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By Marlys Johnsen Norris, **Christian Author**

When one places Jesus Christ on the throne of their lives, there is power they receive from the Holy Spirit who guides and teaches them what they need to learn about living the Christian life. One is to love and care as Christ loves regardless of what happens in their lives. It is denying ones self and counting others worthy of loving care. Picture the cross that Jesus Christ died. See Him sitting on the chair/throne of your life beginning today!

A Christian now belongs to the Body of Christ. And Jesus is the head of the true church regardless of which Christian denomination! We belong together! It is a community with a "divine connection of God's love" that includes Fellowship, Bible study and Prayer. "Bible Study Fellowship" throughout the world thoroughly demonstrates this truth to all their members.

Greet everyone with a loving Spirit of Jesus. "Therefore it is of faith, that it may be by grace; to the end the promise might be sure to all the seed (all of us); not to that only which is of the law, but to that also which is of the faith of Abraham; who is the father of us all." (Romans 4:16) A glorious Invitation into

Jesus on the Throne of Your Life

May the Holy Word of God Speak to Your Heart!

the huge Family of God. "All the brethren greet you. Greet you one another with an holy kiss." (I Cor. 16:20)

When one submits to the Holy will of God we are called to "help one another grow" spiritually in the things of God. God's word states: "Submitting yourselves one to another in the fear of God." (Eph 5:21) Teach one another the things of God with love. "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord." (Colossians 3:16) While one grows in the teachings and Word of God, encourage and uplift them. "Wherefore comfort one another with the words -of faith" (I Thes 4:18)

"Wherefore receive ye one another, as Christ also received us to the glory of God."(Romans *15:7)*

Love everyone with honor an devotion regardless of their personal journey to know and love God with their heart and soul. "Be kindly affectionate to one another with brotherly love; in honor preferring one another." (Romans 12:10) Again: Picture the cross that Jesus Christ died on and now sitting on the chair/ throne of your life beginning today! Be in harmony as you teach them. "Be of the same mind one toward another. Mind not high things but condescend to men of low estate. Be not wise in your own conceits." (Romans 12:16)

God, just love them. "Bless them which persecute you; bless and curse not. Rejoice with them that do rejoice and weep with them that weep." (Romans 12:14-15) "And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another." (Romans 15:14)

Accept one another wherever they are in their journey to know and love Jesus. Love them in God's infinite love. "Wherefore receive ye one another, as Christ also received us to the glory of **God.**"(**Romans** 15:7)

"And when there had been much disputing, Peter rose up and said unto them. Men and brothers, ye know how that a good while ago God made choice among us, that the Gentiles (unbeliever) by my mouth should hear the word of the gospel and believe!" (Acts 15:7) Therefore help them!

Daily seek the Holy voice of God and be in His perfect will for your life. Realize everyone is on the same path to know and love Him but we all are in different places in our individual journey. Be obedient to the Holy Word of God that speaks to your heart and wonderful things will happen you never dreamed possible as the abundant life promised will be yours.

In His Forever Love, Marlys Johnsen Norris Christian Author, Teacher, ARM Columnist since 2006 Marlysjn@gmail.com PO Box Admonishment comes from 114, Orangevale, Ca 95662 ★



By Pastor Ray Dare

Sometimes in life you don't know what to do, what choice to make. The apostle Paul said in 1 Corinthians 13:8, "Love never fails." It's always the right thing to do.

Without love, all that I say means nothing. "If I speak in the tongues of men and/or angels, but have not love, I am only a resounding gong or a clanging cymbal." He says words without love are nothing, ineffective. The Corinthians were real caught up in this. They were proud of their spiritual gifts. They said, "We can speak in the tongues of man and angels!" God says, "You're majoring on the minors.'

Without love, all that I know means nothing. "If I have the gift of prophecy, and can fathom all mysteries and all knowledge... but have not love I am nothing.' You could be a walking Bible

Encouraging Words

How to Be Always Right

encyclopedia, memorize and quote the whole New Testament, split a theological hair sixteen different ways, but God says, "It doesn't matter without love." "Knowledge puffs up, but loves builds up." The world is exploding with information. Yet are any of man's basic problems being solved? No. The world is not looking for more knowledge; the world is looking for more love.

Without love, all that I believe means nothing. "If I have faith that can move mountains, but have not love I am nothing." Someone says, "I'm a Christian...I believe in Jesus." Big deal! So does the devil. The question is, "Do you love Jesus? Do you love other people? Christianity is a lifestyle and the lifestyle is love.

Without love, all I accomplish means nothing. "If I were burned alive for preaching the Gospel, but I didn't love others, it would be of no value whatever." You could rack up a list of impressive achievements and accomplishments -- but without love it won't matter - zip! It's wasted effort.

One day, God is going to do an audit on your life and when

He evaluates your life He is not going to focus on what your fame, success, accomplishments or bank balance was. He's going to look at one thing. How you treated people. Did you love?

I have this ritual I go through every day, a little prayer that goes like, "God, if I don't get anything else done today, help me to love You more and love other people more." Because if I don't get anything else done, if I love God more and love people more; it will be a successful day. I encourage you to begin praying this little prayer, "Lord, help me to love you more and love other people more...".

Today is the day to treat people with love. You don't know how long you're going to have the opportunity. You're not guaranteed a tomorrow, circumstances change... people die... children grow up and leave home, you're not guaranteed tomorrow, so if you're going to express love you need to begin today.

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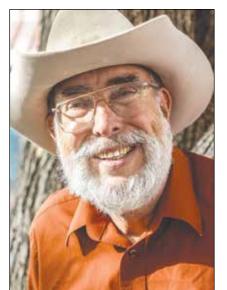
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Slim Randles' HOME COUNTRY

He Makes Pyramids in the Back Yard

around down at the livestock auction barn each Saturday morning is being able to take your dog along.

Why do we go to the sales barn? We love agriculture, and it's part of living here to see who buys what and rejoice in their good fortune, even if our own grass is stressed to the limit by whatever varmint we're currently feeding. Or, it could be that we figure we've already lived too long, and if the right horse or cow comes through there, and we buy

suffer in agony for untold years.

This weekly auction is a treasure house for our dogs. It's a dog's day out, a chance to scrounge under the bleachers for dropped hot dog portions and the occasional sweet bun crust. It's a chance for them to get reacquainted with dog buddies and to check out any new pickups in the parking lot whose tires have not yet been properly baptized.

My coonhound loves it. She had done

One of the great pleasures of hanging it, our wives will see to it that we don't her munching, scrounging and socializing and was curled up under my truck, waiting for me, as we were getting ready to leave. Dud's blue heeler was flitting around in the bed of his pickup truck, guarding against anything that might deign to trespass. And Doc had a new dog, of non-obvious parentage, on a leash, which meant he was not yet broken in to sales barn etiquette. Once he got used to it, and had been introduced to the other dogs, he'd fit right in and the leash would be history.

"What kind of dog is that, Doc?" we asked.

"Why, he's an Egyptian shepherd." "I never heard of an Egyptian shepherd. Does he work cattle?"

"Nope."

"What's he do?"

Doc grinned, "He makes pyramids in the back yard.

Brought to you by Dogsled: A True Tale of the North. Available on Amazon.com.

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Nov

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<u>լիկլիկի</u> Oct

Some Vote Centers open

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CHEERS JEERS

by Damian Holbrook

Cheers to Glenn Weiss

for dropping the mic by popping the question. As if earning a trophy for directing the Oscars wasn't enough, Weiss blew the crowd's mind when he proposed to his girlfriend, Jan Svendsen, onstage! Thankfully, the orchestra didn't play him off before she said yes.

Cheers to The Americans

for getting a salute. After six seasons of awesome, FX's nowwrapped Russian spy drama was awarded an outstanding writing win for executive producers Joe Weisberg and Joel Fields, while Matthew Rhys snagged lead actor. But who colluded to ice out lead actress nominee Keri Russell (pictured, with Rhys)?

Jeers to The Hosts

for not being very relevant. At best, Colin Jost and Michael Che (pictured) were fine. At their awkward worst, they reminded us that Emmy producer Lorne Michaels could have showcased Saturday Night Live's more diverse (and deserving) nominees, Kate McKinnon, Aidy Bryant, Leslie Jones and Kenan Thompson.

Jeers to Game of Thrones

for playing with our heads. How did Season 7 nab outstanding drama when the series starring Emilia Clarke, hasn't aired in more than a year? We barely remember what happened. Was this the season with the muddy battle and all the sex or the one with the really muddy battle and the incest?



Matthew Rhys and Kerri Russell (pictured) of FX's Russian Spy drama, The

me not want to tune in any-

Matt Roush: Well, you'll at

To submit questions to TV



Says Who
Did you know we think 60,000 to 70,000 thoughts a day, and sadly, it's the negative ones we tend to hear the loudest? That from Ora Nadrich, a certified Life coach and certified meditation teacher. To combat this thinking, she authored "Says Who?" with this simple question that can change the way you think forever. Since thoughts create beliefs, which then create behaviors, negative thoughts can undermine us tight into a standstill. But there's a way to stop negative thoughts in their tracks. All it takes is challenging them with seven direct questions starting with"Says Who?

Here goes.

1) SAYS WHO? Whenever a negative thought pops into your head, ask it: Says who? The question exposes a negative thought for exactly what it is: a doubt that can disrupt your life and damage your sense of

POPPOFF!

with Mary Jane Popp

well-being.

2) HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE? So many voices in our head are actually echoes. They're old words we heard someone say to us, such as a parent, spouse or boss. By identifying the originator of the thought, you can find out if it really belongs to you. Many times, it doesn't.

3) DO YOU LIKE THIS THOUGHT? Go ahead and ask yourself: Is this thought desirable or appealing? If not, then ask yourself: why are you thinking it? If you don't like what you're hearing, you don't have

4) DOES THIS THOUGHT MAKE YOU FEEL **BETTER?** Negative thoughts tear us down instead build us up. They seep into our psyches, wreaking havoc. Ask yourself: Is this thought making you feel better or worse about yourself? If it doesn't enhance your selfesteem in any way, why are you thinking it?

5) DOES THIS THOUGHT WORK FOR ME? Is this thought useful or productive? With this question, you can take a look at whether or not a

thought supports your desires and goals. If not, why are you thinking it?

6) AM I IN CONTROL **OF THIS THOUGHT?** Does this thought have any kind of hold or power over you? Or, are you in control of it? If not, ask yourself why you should let a thought have power to control you. Remember, you are the commander of your own thoughts, not the other way around.

7) DO YOU WANT TO **KEEP THIS THOUGHT OR LET IT GOT?** With this question, you're finding out if you want to hold on to a thought that serves no useful purpose for your well-being. If it's not doing you any good, it's probably doing you bad. So let it go.

So next time you let those negative thoughts in like "I can't do that" or I'm not good enough" or "I don't deserve this," just ask yourself "Says Who" and get back on the positive track where you should be. If you want to check out more about how negativity tricks us into believing we're being productive when we're not, you can go to www.oranadrich.com. Cancel out that negative...posi-

BY MATT ROUSH TV Guide Senior Critic

IS TRAVEL CHANNEL'S HOTEL IMPOSSIBLE COMING BACK?

Question: Will Travel Channel's *Hotel Impossible* be on anymore? That show makes you not want to stay at hotels anymore! —Dennis

Matt Roush: I get a lot of questions like this, and it's almost impossible (no pun intended) to keep up with the comings and goings of these

reality-based cable series. Often they're just in between seasons, and there's no predicting when they come on and off the schedule, but in the case of *Hotel*, it's no longer in production. Though Travel Channel does make past episodes available on its app, for devices like Roku, Amazon Fire and Apple TV, or the phone, and on the channel's website.

Question: [SPOILER ALERT] I finally got involved in *Shooter* on USA ... and they killed off Bobby Lee's wife Julie! With all the insanity and nonsense he put her through ... she's gone? It kind of frustrated me and makes more. Ridiculous turn of events. —Louise

least be spared that problem, because there will be no more episodes of *Shooter* to tune into. This season turned out to be its last—and no, at the moment, no streaming service has stepped in to rescue it. But when I heard that this took place in the finale, I groaned even without watching. This kill-the-wife stunt is getting

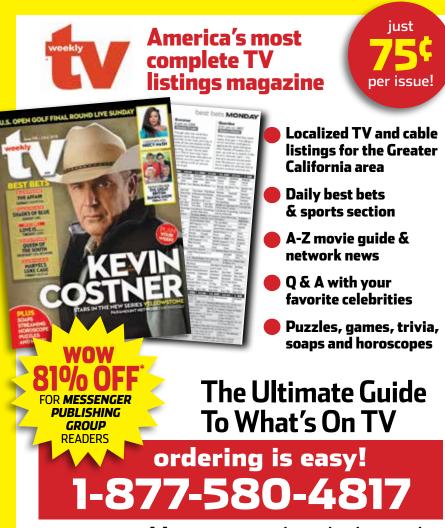
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Sacramento County DA Reports

Defendant Convicted of Sexually Assaulting Multiple Children

DATE: September 25, 2018 CASE: Steven Sommer (Case #17FE004388) **PROSECUTOR:** Deputy District Attorney Catrina Skor, Special Assault & Child Abuse Unit

Steven Sommer pled no contest to five counts of committing a lewd act upon a child, and admitted to the allegation the conduct was committed against more than one victim.

Between 1993 and 2002, Sommer sexually assaulted five children whose ages ranged from 4 to 11 years old at the time of the assaults. Sommer would lure the victims to his house, where he showed them pornography and had them engage in sexual activity. The first victim reported the sexual abuse in 2013, which launched a larger investigation. The investigation led to four other victims, who reported Sommer abused them for years. When the Sacramento Valley Hi-Tech Crimes Task Force searched Sommer's computer, it revealed dozens of images of child pornography and searches related to child pornography.

Sommer faces a maximum sentence of 33 years to life in prison. Sentencing is set for October 15, 2018, at 9:00 a.m. in Department 30 before the Honorable James McFetridge.

Jury Determines Sexually Violent Predator Will Stay in Hospital

DATE: September 26, 2018 CASE: Robert Sims (Case #93F03509 & 04F05695)

PROSECUTOR: Deputy District Attorney

Denise Halstead, Mental Health Litigation Unit A jury found true a petition of civil commitment against Robert Sims as a Sexually Violent Predator (SVP).

In 1993, Sims was convicted of rape by force or fear. In that case, the 16-year-old victim was walking to school when Sims got her into his car, used a knife to threaten her and then raped her. He received 3 years in state prison. While incarcerated on a parole violation in 2004, Sims used force to sodomize his cellmate and was convicted of sodomy. He received a 32-month sentence. Sims violated parole in 2007 when he failed to register as a sex offender. As a result, the District Attorney's Office filed a petition to civilly commit Sims as an SVP.

While in the hospital, Sims assaulted a staff member in a sexual manner and displayed sexual behavior during an interview by an expert called to evaluate him. Doctors from the Department of State Hospitals had the opinion that Sims represents a danger to the health and safety of others, in that he is likely to engage in sexually violent predatory criminal behavior.

Deputy District Attorney Denise Halstead states, "Sims has shown he will sexually offend in the community, in jail and in the state hospital. The jury determined that Sims continues to present a substantial danger and a serious risk to commit such crimes if free, and our community is safer with this finding."

Second Defendant Sentenced for Murder, **Attempted Murders**

DATE: September 28, 2018 CASE: Dashawn Tinsley & RV Watson Jr. (Case #16FE016082)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

The Honorable Curtis Fiorini sentenced RV Watson Jr. to 207 years to life in prison. Dashawn Tinsley was previously sentenced to 141 years to life in prison.

On June 5, 2018, Dashawn Tinsley and RV Watson Jr. were convicted by a jury for the firstdegree murder of Andrew VanHunnik and three counts of premeditated attempted murder. The jury also found true that both defendants fired firearms causing great bodily injury or death to three separate victims.

On December 24, 2015, one victim drove to his mother's Citrus Heights home. As he exited his car, he was shot three times and suffered a broken left arm from one of the bullets. On December 28, 2015, law enforcement responded to a shooting in Citrus Heights and found a car riddled with bullets. Inside the car was Mr. VanHunnik, who was deceased from multiple gun shots. Two other victims who were also in the car survived. One victim escaped the car after being shot five times, and the second victim escaped without being shot. Detectives from the Citrus Heights Police Department were able to locate witnesses and physical evidence which established both Tinsley and Watson as the shooters in the murder and the earlier attempted murder.

Defendant Sentenced for Sexually Assaulting Woman on Train

DATE: September 28, 2018

CASE: Jerron Rolen (Case #17FE020552)

PROSECUTOR: Deputy District Attorney Bret Wasley, Adult Sexual Assault Prosecution Unit

The Honorable Eugene Balonon sentenced Jerron Rolen to 25 years to life in prison. On August 6, 2018, a jury convicted Rolen of sexual assault by foreign object while the victim is unconscious and assault with intent to commit mayhem, rape, sodomy, oral copulation.

On October 31, 2017, Rolen boarded an Amtrak train. The 20-year-old victim boarded the same train and was assigned a seat next to Rolen. The two chatted for a few hours until the victim decided to go to sleep. The victim woke up to Rolen sexually assaulting her. The terrified victim told Rolen she needed to use the restroom and sat next to someone else. When the train arrived in Sacramento, the victim told a train attendant about the assault. Rolen was arrested on the train.

Rolen's two prior 2012 strike convictions in the state of Washington for child sexual assault were also found true at sentencing.

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Effective 10/3/18 - 10/9/18

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3 Oz Limit 2 Cases Per Family Effective 10/3/18 - 10/9/18

Market Fresh

Salmon & Chicken Lb, 4 Lb, 10 Lb bag

BLUE BUFFALO WILDERNESS DRY DOG FOOD

Chicken (\$9 Off Reg Price) • Duck • Salmon •Large Breed Adult •Healthy Weight 24 Lb Bag Grain Free Limit 2 Bags Bags Our Regular Low Prices!
Effective 10/3/18 - 10/9/18

JONNY CAT PREMIUM CAT LITTER 20 Lb Bag
•Regular •Multiple Cat Formula

Limit 2 Bags Per Family

Effective 10/3/18 - 10/9/18

Limit 1 Case

FRISKIES DRY CAT FOOD 16 Lb Bag

•Seafood •Indoor •Surfing & Turfing

Limit 2 Baas per Family

Effective 10/3/18 - 10/9/18

FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag

Limit 2 Bags Per Family

Effective 10/3/18 - 10/9/18

NUTRO

30-35 Lb Bag Limit 2 Bags Per Family Super • Chicken & Rice • Lamb & Rice • Beef & Rice • Sensitive Skin & Stomach • Lite • Performance WELLNESS **CANNED CAT FOOD**

PRO-PLAN DRY DOG FOOD

• Selected Varieties • Grain Free 5.3 Oz • Signature Select • Core • Gravies FELINE PINE HEALTHY CAT LITTER

> **CAREFRESH** PET BEDDING

PETMATE

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD (Ultra Small Breed Adult \$27.99)

•Chicken Meal & Rice
•Adult •Senior

•Chicken Meal & Rice
•Adult •Senior

•Chicken Meal & Rice
•Adult •Senior (Regular & Small Bites) Small Breed

NUTRO CANNED DOG FOOD •Kitchen Classics •Hearty Stews •Puppy 12.5 Oz Can Limit 2 Cases (Limited Ingredients Grain Free \$1.89)

 Lite • Active Maturity • Perfect Weight Sensitive Stomach

SCIENCE DIET 28 lb-33 lb Bag DRY DOG FOOD \$4

As Marked

35 Lb Bag Limit 2 Bags

CANNED CAT FOOD Max 55[¢] Natural Choice (Perfect Portions Grain Free 75¢) NUTRO MAX MAX CAT DRY CAT FOOD

•Adult •Indoor Chicken •Salmon 16 Lb Bag Limit 2 Bags Per Family PRECIOUS CAT CLUMPING CAT LITTER

Cat Attract **GRAVY TRAIN** DRY DOG FOOD

60 Liter (Ultra Not Included) 12 Oz GREENIES TREATS Value Pack •Chewy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct) •Regular •Grain Free \$13.99 •Petite (20 Ct) •Large (8 Ct) Limit 2 Packs Per Family

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BONUS COUPON FRISKIES BUFFET **CANNED CAT FOOD**

Selected Varieties - 3 Oz

TEMPTATIONS CAT TREATS

JONNY CAT **CAT LINERS**

BONUS COUPON

BONUS COUPON

WHISKAS

Limit One Coupon Per Family
Price Valid Only With Coupon Effective 10/3/18 - 10/9/18
PLU 449

Limit 1 Case With Coupon Limit One Coupon Per Family

Price Valid Only With Coupon Effective 10/3/18 - 10/9/18 PLU 367

Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/3/18 - 10/9/18

Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon

Sacramento's Measure U Tax Increase is a Slush Fund for Greedy Politicians



Commentary by Katy Grimes, Investigative Journalist

SACRAMENTO REGION, CA (MPG)

- Sacramento voters are once again faced with tax increases on the November ballot because Mayor Darrell Steinberg and most of the members of City Council can't or won't be honest about their gross spending and particular taste for other people's

So here we are again, solving Sacramento's latest budget/ spending crisis with hefty tax

Sacramento city revenues are more than \$120 million up from 2010, and up 16 percent in just the past two years. This is not counting the \$50 million Measure U brings in every year. Measure U was a half-cent sales tax sold to voters as necessary to restore the city services cut during the recession. Okay, we're

But we're not. Measure U is a slush fund for greedy politicians; more is never enough.

Voters are faced with yet another Measure U on the ballot, and this one doubles the half-cent sales tax and makes it permanent, raising Sacramento's sales tax to 8.75 percent.

California is already ranked at the number 1 top sales tax state in the country with the highest state-level sales tax at

7.25 percent, and a combined voters. Measure U is set to rate of 8.54 percent, according to the Tax Foundation. And Sacramento is knocking on the door of even higher sales taxes. Yet, high tax rates cause lower real tax revenue collection, and serve to punish lower income families far more.

What Happened?

In 2012 when Jerry Brown was getting his statewide Proposition 30 sales and income tax increase on the top 1 percent wealthiest Californians, Sacramento city voters also passed Measure U, a "temporary tax" to allow the City to enact a half-cent sales tax for six years with all revenue going to the City's General Fund.

Proponents claimed the "temporary measure" was needed to stop the loss of city services and jobs blamed on the recession. The City of Sacramento said Measure U was needed to restore and protect City services. "The intent was to restore police and fire services, park maintenance and other essential services that were cut between 2008 and 2013." The city made it appear unthinkable that voters would deny police, fire and parks their rightful budgets.

Most city residents already noticed the loss of city services along with skyrocketing city utility/services bills, in addition to increasing taxes.

"Budget officials initially projected the tax would generate \$31.8 million in the current fiscal year," sacbee.com reported in 2015. "Instead, Measure U dollars are now expected to reach \$41.5 million this year and remain nearly \$10 million above original projections for the next four years."

There's no such thing as a temporary tax – this lie is used by politicians to get their tax increases passed by gullible

expire in March 2019. So what does Mayor Darrell Steinberg and the City Council do? They put Measure U back on the ballot for November, to double the size of the tax and make it permanent, saying "inclusive economic growth" makes it necessary. "I'm confident when people see what we can do with a full penny, they will respond favorably," Steinberg said.

Yah, it's just another penny...

If you aren't familiar with "inclusive economic growth," you may want to pour a stiff whiskey when you read, "Inclusive growth is economic growth that is distributed fairly across society and creates opportunities for all," according to many "Sustainable growth" organizations. It's largely used in third-world countries, so I'm curious why Sacramento Mayor Darrell Steinberg chose this feel-good wording... unless perhaps he agrees that Sacramento is turning into a third world city.

In 2017, a city report found a 30 percent spike in homelessness over the past two years, which many in the region felt underestimated the problem.

All Tax Increases Are 'Pension Taxes'

At the root of the financial problem in nearly every California city, as well as at the state, is swelling pension obligations, — though no one in Sacramento City Hall wants to admit this is what the Measure U tax increase is really about. "As the costs of pensions and employee salaries increase, the city of Sacramento is forecasting budget deficits beginning next year," sacbee.com reported. "Those gaps are expected to reach \$25 million by 2022."

The biggest problem with the old Measure U and the new Measure U is that it is a general tax, which goes directly into the General Fund, without any specific earmarks, as the Mayor would have voters believe. It doesn't go to pay down the Calpers obligation for unfunded city pensions, nor is it specifically designated to repair and maintain city parks, or to address the exploding homeless population.

Measure U is another blank check for the Mayor and City Council in their quest to turn Sacramento into a "World Class City." They think they need the money to attract more professional sports teams, build more five star hotels and \$4 million condos.

With taxes maxed out on the rich, the Mayor and City Council are now targeting the poor and middle class to keep funding the city government employee pension black hole. There's no talk among council members of spending cutbacks or real reforms.

Last month, Mayor Steinberg showed his true colors when he forced a collective bargaining agreement with trade unions, without any input from the public. He even shut down two council members who questioned the cost and accountability to taxpayers. Under the agreement, any public construction job in the city costing more than \$1 must use union labor. This is another gift to his union thug friends. No one at the city knows what this will cost taxpayers, and Steinberg doesn't

Mayor Darrell Steinberg doesn't deserve more of taxpayers' hard-earned money. He's incapable of fiscal prudence, is tied at the hip to labor unions, and feels nothing about taxing middle-class and low income families more to feed his greed.

Vote NO on Measure U this November.

FAIR OAKS COMMUNITY UPDATE



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 Carmichael.

October Community Meetings

This October I will host two evening community meetings in nearby Arden Arcade and Carmichael focusing on road projects underway and being planned for the unincorporated area as a result of funding provided through SB1, which increased the gas tax. The guest speakers for both meetings will be Mike Penrose, Deputy County Executive for Infrastructure and Public Works, and the County's Transportation Director Ron Vicari.

The Arden Arcade meeting will at the Swanston Park Community Center (2350 Northrop Avenue) on Thursday, October 11. The Carmichael meeting will be at the Mission Oaks Community Center in Gibbons Park (4701 Gibbon Drive) on Thursday, October 25. Both meetings will start at 6 pm.

Court Ruling Jeopardizes Parkway

Due to a recent ruling by the 9th Circuit U.S. Court of Appeals, our work to combat illegal camping and destruction of natural habitat in the American River Parkway is now at risk because the court determined enforcement against homeless people for camping in public is unconstitutional and a

As a result of this judicial ruling, County Park Rangers had to stop enforcing the County Ordinance prohibiting camping on the parkway without a permit. While at this time our Rangers are continuing to enforce ordinances related to campfires, littering, dogs off leash, and possession of a shopping cart, this legal ruling puts everything in jeopardy.

The case is Martin v. City of Boise and it's been reported the City of Boise is asking the Ninth Circuit to reconsider the ruling. Because of the County's commitment to the American River Parkway, we are carefully studying the court decision and what options are available.

Sacramento County Wants You!

Interested in a public service career? Sacramento County's Department of Personnel Services is hosting a free evening workshop on Tuesday, October 30, 6-7 pm, in nearby Carmichael about how to apply for a future job working for the County of Sacramento. The workshop will be at the Carmichael Library, 5605 Marconi Avenue.

As the region's second largest employer, Sacramento County has more than 11,000 employees working across 40 departments in fields such as technology, health care, finance, waste management, social services, law enforcement, parks and voter registration. The workshop will discuss how to apply for positions with the County and the applica-

The jobs County employees do and the services they provide, improve the lives of our residents and our community. Please consider joining the team and have a career with purpose. For more information, please contact the Department of Personnel Services by emailing EmployOffice@SacCounty.net or calling 916-874-5764.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@ saccounty.net.





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