



**AboutKidz: Sacramento
Walmart Stores Donate
to Local Non-Profit**
PAGE 9

**Anything
is Possible**
Ainsley's Angels Inspires Hope
PAGE 2



AMERICAN RIVER Messenger

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SEPTEMBER 21, 2018

**GRANT RECEIVES
ENDORSEMENT FROM
SHERIFFS' ASSOC.**



PAGE 8

**SOCIETY FOR THE BLIND
RECEIVES \$15,000
FROM WELLS FARGO**



PAGE 9

**TV GUIDE:
CHEERS & JEERS**



PAGE 10



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Fair Oaks Welcomes New Honorary Mayor



Keith Wright (photo at right) won the honorary mayor's race with a total exceeding \$28,000. Jim Cralle, (in photo above) raised over \$23,000. For more information about the Fair Oaks Chamber of Commerce activities, visit their website at www.fairoakschamber.com or call (916) 967-2903. Photos courtesy Fair Oaks Chamber of Commerce

**Story by Janice Kelley
Photos by Ryan Griffith**

FAIR OAKS, CA (MPG) - Fair Oaks Chamber of Commerce named Keith Wright honorary mayor for 2018-19 at its 40th annual Dignitary Reception on Wednesday evening, September 13 at the North Ridge Country Club in Fair Oaks. Before a crowd of more than 100 attendees, Kimberly Pitillo, Executive Director of the Chamber, announced this year's mayor's race was the closest ever and broke all previous fundraising records.

Both candidates and their campaign team donated hundreds of volunteer hours during the six-month mayoral race. Beginning each year in April and continuing through mid-September, candidates compete to raise the most funds for their nonprofit organization of choice. Honorary mayor candidates and their

teams make phone calls, staff special events, such as the Fair Oaks Summer Concert series, and plan numerous other creative activities to win the title and the sash.

Regardless of who won the contest, everyone and their respective non-profit organizations are winners. The campaign teams enjoy their community service time and supporting their teammates. Charities receive half the funds raised during the race. The other half is donated to the Fair Oaks Chamber of Commerce to support membership, local businesses and community activities.

Wright said his team "left no stone unturned" during his campaign. His team raised a total of \$28,031.05. He received



a check for \$14,015.53 to give to the Orangevale Food Bank. Wright's team held 15 community events, activities around the community and asked individuals to make donations. "We focused right away on outreach. My team knew people I didn't know, so that expanded who we reached and what we accomplished." Jim Cralle raised

Continued on page 12

**September is Alcohol
and Drug Recovery Month**

SACRAMENTO REGION, CA (MPG) - In recognition that recovery happens and people can change their lives for the better, the Behavioral Health Services, Alcohol and Drug Services presented a resolution to the Sacramento County Board of Supervisors, who proclaimed September 2018 as Alcohol and Drug Recovery Month in Sacramento County.

And recovery does happen. Case in point: DeAnna Lopez, a Sacramento County resident, began using drugs when she was 11 years old. At 15, she was pregnant, unemployed and living in her car. DeAnna could not stop using and did not know how to get help. DeAnna's moment of clarity came when her daughter was born.

Child Protective Services was the first organization to offer DeAnna help, and she gladly accepted. Today DeAnna is 12 years sober and works as a Court Services Supervisor for WellSpace Health. She delivered a passionate speech at the Board of Supervisors meeting, recognizing her daughter and County services for helping her recover from an addiction to drugs. DeAnna is a true success story and is a living testimony that recovery does happen and people do change their lives.

"It is critical that people experiencing substance use disorders receive the support they need," said Sacramento County Alcohol and Drug Services Division Manager, Lori Miller. "The reality is that behavioral health is essential to health, prevention works, treatment is effective, and people recover."

The County recently passed the 2018-19 budget, which included \$5.9 million to implement the Drug Medi-Cal Waiver that will provide enhanced drug treatment services.

Sac County provides various alcohol and drug treatment services that range from outpatient treatment, medication assisted treatment, residential treatment, detoxification and Perinatal Services. If you or someone you know suffers from substance abuse or dependency, please call for an assessment at 916-874-9754 or reference the Alcohol and Drug Services Resource list for information.

Source: SacCounty News ★

Locals Flock to the Chicken Festival

**Story and photos
by Shaunna Boyd**

FAIR OAKS, CA (MPG) - On Saturday, September 15, Fair Oaks Recreation and Park District hosted the 13th annual Chicken Festival in Fair Oaks Village. The festival celebrates the free-range fowl that are a frequent sight in the Village and the surrounding areas. Locals have learned to embrace these feathered neighbors as one of the unique quirks of living in Fair Oaks.

The festival featured a pancake breakfast, live music on the main stage, a beer garden offering craft brew tasting, a Kid's Park full of entertainment for the younger crowd, more than 100 vendors, a food court, and the Cluck n' Crow Contest.

The winner of this year's Cluck n' Crow Contest was 11-year-old Emily Rice. She wowed the crowd with an extremely

realistic chicken call. Emily described how she learned to accurately imitate chickens: "I have a lot of chickens at home. I always listen to them and learned their sounds... And I always watch the clucking contest at the festival every year!" Emily's family raises chickens for eggs, so she and her siblings are very comfortable around chickens.

Major sponsors of this year's festival were SMUD, Oak Leaf Dental, 99.5 K-LOVE Radio, Raley's, Imagine Real Estate, Scooter's Coffee, SactoMoFo, and Central Valley Community Bank. The festival is always well attended, but Fair Oaks Recreation and Park District administrator Mike Aho said that there were definitely

Continued on page 3

The winner of this year's Cluck n' Crow contest, Emily Rice (11), poses with her chicken Butterscotch, sister Annabelle (9), and brother Hudson (6).



Anything is Possible

Ainsley's Angels Inspires Hope

Story by Michael Cella

SACRAMENTO REGION, CA (MPG)

Ainsley's Angels is a national nonprofit organization aimed at servicing the special needs community through their race series, consisting of athlete riders and runners who participate in races across 30 states and over 60 cities.

The inspiration for all this is Ainsley, the daughter of Marine Corps Major Kim and Lori Rossiter. Before turning four, Ainsley was diagnosed with Infantile Neuroaxonal Dystrophy (INAD), an extremely rare terminal illness that slowly causes global paralysis. Most children diagnosed with INAD pass on before reaching ten years of age, as there is no cure or treatment to help slow down this very progressive and terminal disease. Ainsley passed away in 2016 at the age of 13, but not before she completed over 100 races, including nearly 20 half-marathons.

Sacramento's chapter of Ainsley's Angels is in its third year, founded and directed by Russ Howell – the organization uses the title “ambassador” rather than chapter president.



Sacramento's Angels are set to run their first ultra-marathon in November, the 200-mile Napa RAGNAR relay that runs from SF up the coast and back down to finish in Napa. Six athletes and two riders will participate. Photo courtesy Ainsley's Angels

Howell identifies as a life-long endurance athlete. He

undertook his first 100 mile bike ride at 12, ran track in high school, and stayed in shape in his adult life through a stint in the Army where he was a member of a COLT team deployed to Kosovo. In 2010, Howell and his wife had a son born with serious medical complications and he stopped participating in endurance activities. When his son passed away shortly before his second birthday, Howell got back into running as form of escape and therapy. Running helped him keep centered and deal with grief.

A year later, Howell's second child was born. As a baby shower gift, his family pitched in and got him a very nice running stroller. From then on,

Howell, now an accountant, put in twenty to thirty miles a week with his son. Time passed, and eventually his son grew too big to fit in strollers, but Howell was eager to keep up with his running. One day, Howell came across an article on Ainsley's Angels in Running World, and sent an email to the president of the organization. Sacramento has a vibrant running vibe, with many races in the area, he told her. It would be a great area for the organization to expand and a perfect way for him to take his running to the next level and give something back.

Howell started the new Sacramento chapter from ground zero and began fundraising, recruiting members, reaching



For more information visit www.Ainsley'sAngels.org. Photo courtesy Ainsley's Angels

out to race directors, and getting the Ainsley's Angels name out to local hospitals and care centers. Thanks to Howell's connections within the racing community and the people he met while caring for his first son's health complications, the group was immediately accepted and progress quickly snowballed. Today there are close to 200 members, ranging from as young as five years old to two adult riders who are in their thirties. The group has also raised enough money to purchase eleven racing chairs for its riders to keep and use with their families.

"Ainsley's Angels taught me that you don't need to run, or even walk, to be an athlete," says adult rider Emily Crosgrove. "What's more important is having the will to get out there."

The organization provides a 100% free service to the disabled community, which is no easy feat – racing chairs can coast nearly \$5,000. There are three levels of chairs which vary depending on the age, size, and disability of

the rider. Every chair has three wheels and a fixed front wheel, which provides stability and keeps the chairs from going off course.

"The smiles, the celebration, the joy, that's what it's all about," says Howell. "To see that level of excitement for people that would never be able to experience a race, showing up to the something like the California International marathon (one of Ainsley's partners) surrounded by 10,000 amazing athletes. It takes them out of their world."

Sacramento's Angels are set to run their first ultra-marathon in November, the 200-mile Napa RAGNAR relay that runs from SF up the coast and back down to finish in Napa. Six athletes and two riders will participate.

"There's no better feeling than the wind in my hair as I glide through a sea of fast moving bodies, encouraging stagers to never give up," Crosgrove added. "If myself and my team could be out there on the road, then *anything* is possible." ★



Sacramento's chapter of Ainsley's Angels is in its third year, founded and directed by Russ Howell. Photo courtesy Ainsley's Angels

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Locals Flock to the Chicken Festival



The festival featured a pancake breakfast, live music on the main stage, a beer garden offering craft brew tasting, a Kid's Park full of entertainment for the younger crowd, more than 100 vendors, a food court, and the Cluck n' Crow Contest.

Continued from Page 1

more people in attendance this year than before. Aho's favorite aspect of the festival is the entertainment, especially on the Kid's Stage. As a local resident of Fair Oaks Village, Aho explained what makes the area so unique: "If you look at the variety of new communities, that village atmosphere is what they're trying to build. It's what they're all trying to be. That's what makes Fair Oaks so unique."

For many local residents, attending the Chicken Festival is a yearly tradition. The Piper family has lived in Fair Oaks for six years. When asked what she likes most about the area, Erika Piper said, "We love the river, the Village, the friendly people, and—of course—the chickens! We attend the chicken festival every year, and we love the activities available for kids and adults. We always have a blast!"

During the festival, an array of signs around the park presented some interesting facts about chickens: Chickens cannot see in the dark. While most breeds of chickens have four toes, some actually have five. To produce a dozen eggs, a hen has to consume



Local individuals and groups competed in a chicken decorating contest.

approximately four pounds of feed. Chickens can cross-breed with turkeys, and the result is called a "Turkin." Like other birds and mammals, chickens do experience REM sleep, which is associated with dreaming. The chicken is the closest living relative to the tyrannosaurus-rex.

Alektorophobia is the fear of chickens. For the locals who look forward to attending the Chicken Festival every year, there is certainly no fear of these vocal villagers. The festival is a beloved tradition that delights all in attendance. ★

Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

Fair Oaks / Orangevale - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market. As this report uncovers, most homesellers make 7

deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar". To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-665-3596 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

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The Gasoline Tax Hike WON'T Fix Roads

Commentary Karen Juten

SACRAMENTO REGION, CA (MPG) - The Gasoline Tax hike won't fix roads. It will go into the General Fund and be spent elsewhere. Just like the last time California raised our gas taxes. The only way that we can get our roads fixed is to have a 100% Lock Box on the Existing Gas Tax. After repealing this gas tax, we can require that there be a 100% lock-box on the monies. Currently, not a

single dime is required to be spent on road repairs and maintenance. That is a giving the State a blank check to be spent on anything they want. If they wanted to fix the roads, they would have designated a special fund to put our money into that could ONLY be spent on road repair. We want to see potholes filled, roads built, and bridges fixed. We want accountability. The state auditor discovered that more than 3,500 CalTrans employees

had no project to work on. CalTrans wasted \$500 million dollars a year from this fact alone. California has a \$16 BILLION surplus right now. Why should we be paying more than \$700 a year in gas taxes when the state has 16,000 million dollars in SURPLUS? If we continue at this rate, California will have the highest gas tax in the nation. Today we pay more that \$1 more per gallon than most other states (and those states have beautiful roads,

by the way). By 2021, we will be paying \$2 more per gallon. That adds up to 40 dollars more every time you fill up an average sized gas tank. If it cost you 40\$ now it will be 80\$ then to fill up your gas tank. This gas tax not only hit us when we fill up our gas tanks but it hit us when we buy anything at the store. Diesel fuel taxes went up 20 cents a gallon. That means that it costs much more to transport all goods- including food. The cost of living in California is

already too high. This new gas, diesel, and car tax makes it even more difficult for families struggling to get by. Prop 6 requires the voters to approve any future gas taxes, diesel taxes, or vehicle related fee increases. This is the only way to make sure that our hard-earned money pays for road repair and infrastructure. We can require a 100% lockbox on the money to make sure it is spent on asphalt, steel, and concrete workers. Vote YES on PROP 6. ★

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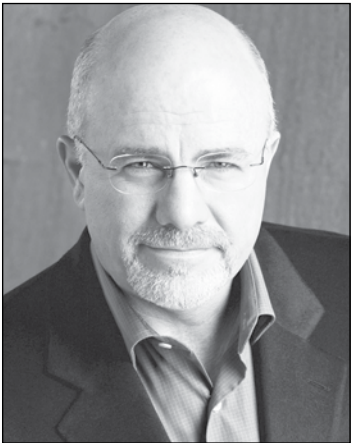
- Know the facts. Understand that marijuana negatively affects the developing teenage brain
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- Larry

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However, if you have debt, or if you don't have some money stashed away in savings, you might want to consider an inexpensive term life insurance policy. At your age, if you're healthy, you can get \$100,000 worth of coverage for just \$10 to \$15 a month.

Remember, you don't buy insurance to leave an inheritance. You buy life insurance is to make sure there's enough money to take care of your family and final expenses. You wouldn't want your parents or someone else having to foot the bill!

—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.



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Try This 21-Day Game

for 21 days remembering you've got all the time in the world to change anything you want to change. (The 21 days is just a segment of time in which a habit is established.) Don't put pressure on yourself. This is just a game you're going to play. There's no contest here. You don't need to prove your worth to anyone. You're reason to change something is so that you'll feel good because of it.

Bury the Hatchet

When it comes to getting organized, the real starting place is to make amends with you. You have to bury the psychological hatchet you've been holding over you for all your past misdemeanors. Give yourself a break! You're the only one who can do it, and all it takes is an apology. Tell yourself:

I'm sorry I've been so mean to you when things are disorganized. You are my best friend and I love you so much. I love how much I do in spite of being disorganized. Look

how beautiful the yard is! I'm a great cook and I don't waste food. I'm doing so much right and everything is fine. I want to be more organized and I'd like to start by going to bed every night for the next 21 days at 9:30 at the latest. That's all. Just a plan that will give me more rest for 21 days.

Going to bed at a regular time may not be the activity you choose to do for the 21- Day Game (it's a good one if you're not getting your rest) instead, it may be to shine your sink, make your bed, floss, walk for 30 minutes, get dressed before breakfast instead of before lunch or dinner, meditate for 20 minutes—you pick what feels right and do it. But pick something now.

Think of the habit you've picked as if it were a sunflower seed you're planting in a pretty pot. When you're actually doing the activity you picked to do for 21 days, think of that activity as watering and caring for the seed. The fertilizer for the

seed will come in the form of how kind and positive you treat yourself in those 21 days. The kinder you are to you, the sooner your seed will grow into a full blossom called a habit. If you know anything about gardening, fertilizer is a must to a beautiful garden. If you know anything about YOU, you know that you thrive on kindness.

Recently I heard a spiritual teacher say, "When you compliment someone and thank that person for something, your appreciation for him/her has an effect on you." It works no matter who you appreciate or compliment, so you may as well include you in your appreciation, along with others. Praise yourself throughout each day (fertilizer) you do the activity you've chosen for the 21-Day Game.

Please let me know how you're doing and whether I can share your thoughts with others. Just email me at pam@pamyoung.org. Blessings, Pam

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 view. Pam's books are also available on Amazon.



Slim Randles' HOME COUNTRY

But That's Like Shooting Flies With a Thirty Ought-Six

If I hit it right there...?"

Arthur looked up from his end of the woodpile and wagged his tail. The old guy's talking to me again. Sure is cold out here. When are we going back in the cabin? Isn't it almost time for supper? Oops, gotta scratch an itch...

"Always good to have your opinion, old timer," Jasper Blankenship said.

He picked up the double-bit cruiser ax, made sure the splitting edge of the ax was in the downward position, and swung. Half a century and more of splitting firewood took that ax blade

to that crack in the block, and there was a welcoming ka-chunk as part of the block was surgically cloven from the rest.

Well done, Dr. Blankenship, Jasper thought. Now for this remaining chunk. One more split and it'll fit the firebox quite nicely.

He sized it up. This second swing wasn't as difficult to figure out as that first one. There is less wood to cut through, for one thing.

Ka-chunk. Three pieces of firewood in two swings of the ax. Not bad for an old guy.

Jasper could've bought a splitting maul, of course. Only Arthur

would know. But that's like shooting flies with a thirty ought-six. Overkill. This way a guy has to know what he's doing to hit the schism on the first swing.

Just take this next block here. Just to the left of that knot, I think.

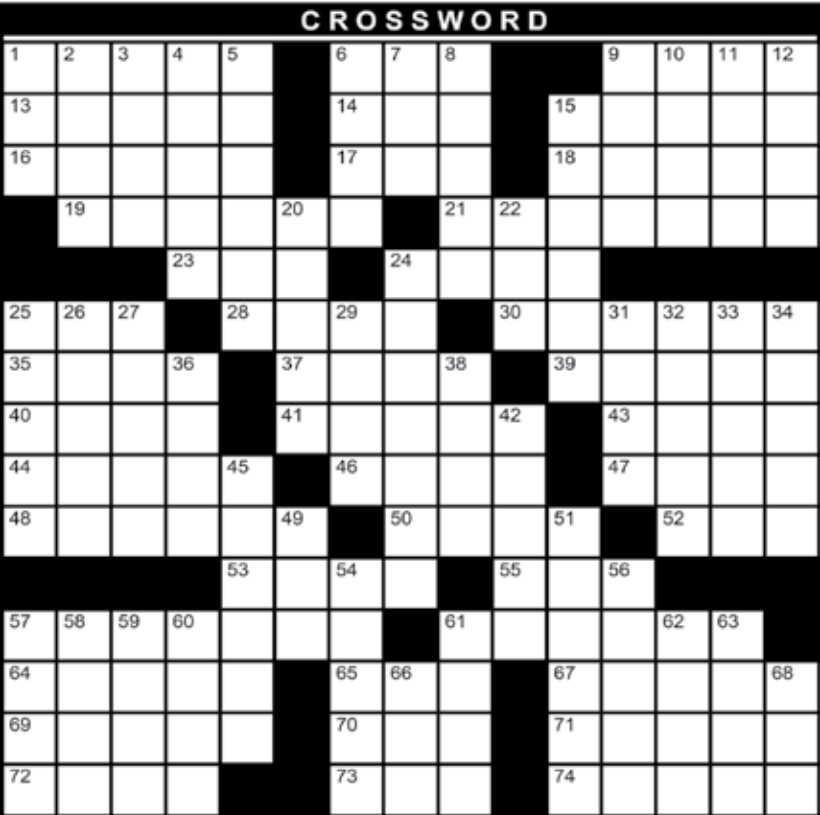
"Arthur, we should have been diamond cutters, you know?"

I think it's time to feed the dog, Boss.

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 - Tree in Latin
 - Exec's degree
 - Full of emotion, in slang
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 - Sun in Mexico
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 - *It was split during the Civil War
 - _____book
 - Be in the right place
 - Botticelli's Venus, e.g.
 - Soccer _____, pl.
 - Excessive sternness
 - Orthodox artwork
 - Homeless cat's home
 - Presented at customs
 - Galactic path
 - Desperate
 - Like never-losing Steven
 - Vital
 - Grannies
 - "C" _____la viel"
 - "At _____, soldier"
 - Casual attire
 - *Spielberg's 2012 movie
 - *American Nightingale"
 - Remote in manner
 - Between Fla. and Miss.
 - IRS' threat
 - Middle Eastern rice dish
 - Hi-_____graphics
 - Part of a whole
 - _____ Mall, in London
 - Cry of horror in comics
 - Ruhr's industrial center
- DOWN**
- Repeated Cuban dance step
 - Flavor-giving plant
 - "Fantastic Four" star
 - Land chunks
 - Somewhat
 - Fleshy fruit
 - *Johnny's other nickname
 - Clear the chalkboard
 - Chicken _____
 - Initial stake
 - Displeasure on one's face
 - Grammy of sports
 - Melville's "Pequod," e.g.
 - "Is Your Mama a _____?"
 - Dr. Frankenstein's workplace
 - Bottom of a dress
 - *Divided, it cannot stand
 - Sugar in Paris
 - PDF reader
 - *"_____ Mountain," Charles Frazier's novel
 - Like SNL
 - Nose of a missile
 - Olfactory organs
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 - Start a hole



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Crossword Puzzle Solutions on Page 6

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Solutions on Page 6

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By Marlys Johnsen Norris,
Christian Author

The significance of those three words demonstrates a powerful and meaningful expression of healthy emotion when it is expressed to someone. Spoken aloud or written those three words represent “action” and most always gives life to the one receiving them.

Love originated in the magnificent heart of God and the Holy Bible is full of stories to teach mankind just how precious love is to Him. Also the Holy Bible has hundreds of personal stories and promises for every kind of situation a person may need to claim in their life. Promises lovingly written and given by God lifting the soul to bring blessings and perseverance..

When God proved His love for

Three Little Words - “I Love You”
every soul born to save us from the sins we committed
He put His love into “action” through His Beloved Son. Scripture states: *“For God so loved the world, that he gave His only begotten Son, that whosoever believes in him should not perish but have everlasting life.”* (John 3:16) This is how the “Lord sets us apart for Himself” and when we call on Him, He will hear. Another place in Scripture He speaks of His love for us. No one can ever love you as much as God does!

Speaking to the families of Israel. *“The Lord appeared of old unto me, saying, Yea, I have loved thee with an everlasting love; therefore with loving kindness have I drawn thee.”* (Jeremiah 31:3) *“The eternal God is my refuge and underneath are the His everlasting arms.”* (Deuteronomy 33:27)

There are times in every life when the struggles and/or pain seem too much to bear. He knew about them from the beginning and has promises for those times. *“Fear thou not, for I AM with thee: be not dismayed, for I AM thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right and*

of my righteousness.” (Isaiah 41:19) *The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy’ he will rest in his love, he will joy over thee with singing.”* (Zephaniah 1:17)*As one whom his mother comforted, so will I comfort you; and you shall be comforted. (Isaiah 66:13)*

It is very important to study the Holy Word of God and live by Jesus words. *“He that has my commandments and keeps them, he it is that loves Me and he that loves me shall be loved by my Father and I will love him and will manifest thyself to him.”* (John 14:21)*But God commended his love toward us, in that, while we were yet sinners, Christ died for us.”* (Romans 5:8)

“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come. Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” (Romans 8: 38, 39) *The experience of His love in my life has been an exciting adventure!*

Marlys Johnsen Norris
Christian Author of 7 Books ★



Dare to Live Without Limits

by Bryan Golden

The Pitfalls of Pride

You should lead a life you can be proud of. This includes how you treat others and how you treat yourself, along with the examples you set. You can also be proud of accomplishments, proud of solving problems, or of overcoming obstacles. Other aspects worthy of pride include self-reliance and a standard of excellence.

Pride is an internal state of contentment. Pride is a feeling you have. It’s not something you show off to impress others. Pride is not something you laud over others. True pride is not advertised. You don’t need to show off to others what you have done or how much you have.

The pitfalls of pride begin with arrogance. When pride leads to being full of yourself, it becomes a negative. Pride does not make you better than someone else. Pride does not confer more privilege or status. All people are equal.

Thinking you know what is best for others is another pitfall. Someone with this frame of mind seeks to impose their beliefs and values. They think they have all of the answers everyone else needs.

Just because you may have discovered a strategy for success

which works for you does not mean it is appropriate for someone else. If what you are doing works well, the example you set will speak for itself. Other people will decide for themselves whether or not they want to follow your lead.

Believing that you are in a position to change others is also a pitfall of pride. You cannot change anyone. It’s up to each individual to decide whether or not they want to change. If they do, it’s up to them to decide what changes to implement.

Being proud of who you are and what you have accomplished does not put you in a position to judge others. Each person is responsible for their own life as well as the ensuing results. There is a cause and effect relationship between behavior and outcome. Each person must find their own way.

A bird experiences many benefits being able to fly. Yet, it is pointless for a bird to attempt to convince a fish that soaring has many advantages over swimming. All you can determine is what strategies work for you.

Your experience does not provide you with an obligation to provide answers for others. However, sharing your experience with others can be helpful if

you are asked for advice. One of the most potent forms of education is learning from the success and failure of others. This is why experience is not the best teacher, someone else’s experience is.

Always be willing to assist others with advice when asked. Never be condescending. Share your knowledge with the disclaimer, “this is what worked for me and this is what didn’t.” Actually, more is learned from failed attempts than when things go as planned. This is why the best sailors are those who have the most experience with adverse conditions.

Pride becomes arrogance when you believe you have all the answers. You then proceed to tell other people what action is necessary for them to solve their problems. Pride remains a positive when it is combined with humility.

It’s easy to avoid the pitfalls of pride. Have a standard of excellence. Strive to behave in a manner you are proud of. Treat others with courtesy, dignity, and respect. When asked, share your experiences in order to be of assistance. Live and let live.

NOW AVAILABLE: *“Dare to Live Without Limits,” the book.* Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2014 Bryan Golden. ★

Andrew Grant Receives Endorsement From California Sheriffs’ Association

SACRAMENTO REGION, CA (MPG) - The California State Sheriffs’ Association has endorsed Andrew Grant’s candidacy for the United States House of Representatives, California 7th District.

“On behalf of the California State Sheriffs’ Association (CSSA), we are pleased to endorse your candidacy for the United States House of Representatives, California 7th District,” writes Steve Moore, CSSA President.

“The Sheriffs appreciate your commitment to public safety and service to California.” Grant is a business leader and



Andrew Grant (R-CA)

former intelligence officer, who served in combat as a Marine,

a senior official in the U.S. State Department, and for the Chairman of the Joint Chiefs of Staff.

“I am honored to have the endorsement of the California State Sheriffs’ Association,” Grant says. “Members of law enforcement will know that they have a representative in Congress who will stand with them to enforce the law and maintain public safety.”

For more information visit www.AndrewGrantForCongress.com.

Source: Andrew Grant for Congress ★



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Society for the Blind Receives \$15,000 from Wells Fargo to Provide Education for Seniors Losing Vision

SACRAMENTO REGION, CA (MPG)

- Society for the Blind in Sacramento recently received a \$15,000 grant from Wells Fargo to provide education, training and assistive devices to Sacramento-area seniors who are blind or have low vision. The funding will support Society for the Blind's Senior IMPACT Project that empowers people age 55 and older with alternative, non-visual techniques and skills that enable them to perform daily tasks and activities so they can maintain or increase independence.

"As the senior population in Sacramento continues to expand, so does the need for services like our Senior IMPACT Project that help seniors not only cope with vision loss, but also regain their independence," said Shari Roeseler, executive director, Society for the Blind. "We are so thankful that Wells Fargo has invested in active aging and vitality of older adults in our region."

Society for the Blind's Senior IMPACT Project includes an eight-day retreat offered monthly at Society for the Blind that gives seniors an immersion experience where they learn alternative techniques and skills to travel safely, efficiently and independently. They practice techniques and use adapted tools to perform tasks of daily living including cooking, cleaning, shopping, home maintenance, organization, personal finance and more. They learn how to use the latest in assistive technology to operate computers and mobile devices for home, school and work, and they learn Braille. Participants receive individualized attention from instructors and mentors who are blind or low vision, can join discussion groups with peers on issues around vision loss, participate in community activities, attend monthly peer support groups in English and Spanish, and attend workshops



Kären Woodruff of Wells Fargo (center) presents a check for \$15,000 to Society for the Blind's Pat Duffy and Shari Roeseler. Photo courtesy Kristin Thébaud Communications

throughout the year. For those unable to attend retreats, Society for the Blind sends instructors to their homes to teach skills and offer resources.

"Wells Fargo understands the importance of empowering individuals who are in need of critical community resources," said Kären Woodruff, community affairs senior consultant. "Our investment in this program builds confidence and independent living skills for these seniors and goes a long way to strengthen and reinforce the efforts of Society for the Blind's overall programming."

For more than 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training,

mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org.

Wells Fargo provides monetary support, expertise and volunteers to national and local nonprofit organizations and causes that align with their business priorities, values, business expertise and geographies. The company focuses its philanthropic activities on creating long-term strategic relationships with nonprofits and other organizations to create innovative, sustainable solutions to meet local needs. Wells Fargo supports thousands of national and community-based nonprofits annually to help revitalize and strengthen communities. The company is among the top corporate cash donors among U.S. companies, donating \$286.5 million to 14,500 nonprofits in 2017 to support critical social, economic and environmental challenges. To learn more, visit [WellsFargo.com](https://www.WellsFargo.com).

Source: Kristin Thébaud
Communications ★

AboutKidz: Sacramento Walmart Stores Donate to Local Non-Profit



AboutKidz received a \$5,900 check to support their programs and services, which will assist low-income and at-risk elementary-age children by providing backpacks filled with materials needed to successfully start the school year. Photo courtesy Walmart

ORANGEVALE, CA (MPG) - Sacramento Walmart stores today donated almost \$6000 to Fair Oaks-based AboutKidz following a job fair held last month. This morning, Walmart associates gathered at the Orangevale Supercenter for a check presentation to AboutKidz, followed by a celebration.

Last month, Walmart held a hiring event to staff ten of their greater Sacramento area stores. Prior to holding on-site interviews, local Walmart stores made a commitment to donate \$100 to AboutKidz for every applicant successfully hired at the event. 59 people were hired following the job fair.

“Walmart is proud to support AboutKidz in their efforts to help children and their families in our region live better,” said Justin Righero, store manager of the Orangevale Walmart. “The back-to-school season can

be a financial burden and some families could use a little extra help. The services and programs that AboutKidz provides to kids in our area are so essential and I am proud to speak on behalf of Walmart today as I say thank you to them."

AboutKidz received a \$5,900 check to support their programs and services, which will assist low-income and at-risk elementary-age children by providing backpacks filled with materials needed to successfully start the school year.

"We are excited to have the support of Walmart to help families that are enduring hardship when going back to school," said Jeff Pitnikoff, Executive Director, AboutKidz. "Walmart's generosity will help so many children in the area and ensure they have a fantastic start to the school year."

As a result of the job fair,

Walmart's new hires will be working in the ten Capital Region stores that committed to the donation, including Folsom, Yuba City, Roseville (two stores), Placerville, Rancho Cordova, Rocklin, Citrus Heights, Orangevale, and Marysville. Walmart associates have access to competitive wages, affordable benefits, and the chance to build a career. Walmart recently unveiled a new associate education benefit to subsidize the cost of higher education beyond financial aid, reducing associate contribution to just \$1 a day.

Walmart hourly associates were also recently given bonuses as part of Walmart's quarterly MyShare program. In the Sacramento region, hourly associates received a share of over \$700K, and for California as a whole, over \$6.7 million was distributed to hourly associates.

Source: Walmart ★

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[illegible]



CHEERS & JEERS

by Damian Holbrook

Jeers to The Conners
for repeating a fatal mistake. In a recent interview, *Roseanne* survivor John Goodman hinted that the aborted reboot's spinoff may kill off Roseanne Barr's character to explain her absence. Because that move worked so well for *Kevin Can Wait*?

Jeers to toxic fandoms
for going batty. Shortly after being cast as Batwoman for this winter's Arrowverse crossover on The CW, gender-fluid actress Ruby Rose was run off Twitter by haters screeching that she wasn't the right pick to play a lesbian superhero. Just wait until they find out that she doesn't know Bruce Wayne either.

Cheers to The Late Late Show
for being a Grande ol' time. Thanks to double shots of guest



Netflix has found another unscripted series—this time, about folks who've gone wild with their home decor in *Grand Designs*.

Ariana Grande during the week of August 13—for a musical *Titanic* spoof, then a "Carpool Karaoke"—host James Corden gave the tiny belter a chance to remind viewers that she is as funny as her vocals are fierce.

Cheers to Amazing Interiors
for totally drawing us in. Like the addictive *Grand Designs*, Netflix has found another unscripted series—this time, about folks who've gone wild with their home decor—that is both binge-worthy and mind-boggling. ★

Question: Gerald McRaney seems to show up on at least one series per season! He was on *Shooter* this summer, and I see he will be on *NCIS: LA* this fall. Can you explain how it is he shows up all the time? — BJ

Matt Roush: Gerald McRaney has the enviable fortune of being an in-demand character actor, probably now more than ever since his 2017 Emmy win for his guest role as Dr. K on *This Is Us*. He's versatile, he's effective whether playing a good or bad guy, and he's a comfortably familiar face for millions of viewers. That's why so many shows want to work with him.

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



ASK MATT

BY MATT ROUSH TV Guide Senior Critic

IS TRIAL & ERROR COMING BACK THIS FALL?

Question: The whole cast of NBC's *Trial & Error* is great in this hilarious show. Will it return in the fall? — Eleanor

Matt Roush: Fall? No. Ever? Hard to say. For both of its seasons, NBC used *T&E* as a midseason—or, this year, summer—replacement, in each case doubling up on episodes each

week as if to acknowledge that watching multiple episodes, binge-style, makes this serialized true-crime spoof even funnier. At present, the show appears to be in limbo, with NBC reportedly having let its option for renewal lapse, and the studio is now shopping it around. I'd love to see more, especially if they keep finding defendants as memorable as John Lithgow and Kristin Chenoweth.



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with Mary Jane Popp

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6) FIND OUT WHERE YOU ARE TODAY. Use a balance sheet to see what you own and what you owe. Until you know where you are first, you cannot get to anywhere you want to go.

7) GETTING TO WHERE YOU WANT TO GO. Use a cash flow form to build a spending plan instead of a budget. This is the map that tells you how you got to where you are and the road map to where you want to go.

8) TRACK YOUR PROGRESS. There's the spending plan register to track your

progress, measure your pleasure from the money you spend, create consciousness, and stay within your spending guidelines.

9) WHAT TO DO WHEN EXPENSES EXCEED INCOME. You look at fixed, variable, and discretionary items and all of them can be changed with some creativity.

10) CREATE FINANCIAL FREEDOM BY PAYING YOURSELF FIRST. This is a concept that the wealthy have used for 5000 years, and will still be working when you and I are gone. This is how you create the fund to invest like banks and the wealthy and achieve financial freedom.

11) HOW DO YOU HANDLE EMERGENCY SPENDING WITHOUT CREATING FINANCIAL DISASTER? Set up an emergency and/or opportunity account. Spend only 80% of the income you earn. Then set up two accounts, one for financial freedom and the other to spend later for emergencies or opportunities and put 10% of your income into each.

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Sacramento County DA Reports



Defendant Convicted of Armed Robberies, Carjacking

DATE: August 30, 2018
CASE: Alexis Castaneda (Case #17FE023607)
PROSECUTOR: Deputy District Attorney James Wax, Career Criminal Prosecution Unit
Alexis Castaneda was convicted by a jury of robbery and carjacking with findings that Castaneda used a firearm during both offenses. The jury also convicted Castaneda of illegal possession of a firearm. Castaneda had previously pled to robbery while armed with a firearm and illegal possession of a firearm stemming from a separate incident.

On September 23, 2017, the first victim was arriving home and pulled his vehicle into the driveway. Castaneda jumped out of a car that was parked near the driveway and robbed the victim while armed with a gun. There were four suspects involved in the robbery. Castaneda was identified by surveillance video and fingerprints taken from the crime scene that matched Castaneda's known prints.

On September 24, 2017, a father and son were arriving home and parked along the curb when Castaneda and three other suspects surrounded their vehicle. One of the suspects pointed a gun at the father, forced him to exit the vehicle and struck him with the gun. Castaneda also had a gun and pointed it at the son, who had exited the vehicle. One of the suspects drove away in the vehicle. The victims had been transporting marijuana plants at the time they were robbed. The stolen vehicle was found about an hour later. A latent print taken from the vehicle matched Castaneda.

Castaneda has a prior 2017 conviction for possession of controlled substance for sale. Castaneda faces a maximum sentence of 24 years and 8 months in prison. Sentencing is set for October 12, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White.

Defendant Sentenced for Workers' Comp Fraud

DATE: September 6, 2018
CASE: Holly Merrill-Miller (Case #16FE019317)
PROSECUTOR: Deputy District Attorney John MacKenzie, Insurance Fraud Unit
Holly Merrill-Miller pled no contest to

misdeemeanor workers' compensation fraud. The Honorable Lawrence Brown sentenced Miller to 3 years probation and ordered her to pay \$8,382.31 in restitution.
Holly Miller was a 33-year-old nursing assistant with Sutter Health when she allegedly suffered an injury to her wrist. On September 22, 2015, Miller claimed a patient grabbed her hand, twisted it and repeatedly jerked it, causing pain and swelling. Miller was placed on restricted duty by the treating physician, but she complained her pain was getting worse. Images were taken, which didn't show an obvious injury. Miller continued to complain of increased pain and stress. After canceling several medical appointments, she was returned to work. In November 2015, surveillance was conducted on Miller which showed her using her right hand without any apparent limitations or pain. When the treating physician saw the video surveillance, he stated it was at odds with what Miller stated she could and could not do. Miller reiterated her complaints. The physician explained he had seen surveillance videos of her activity levels and was returning her to work with no restrictions.

This case was investigated and prosecuted by the District Attorney's Insurance Fraud Unit.

Defendant Sentenced for Murdering Jail Cellmate

DATE: September 14, 2018
CASE: Richard Russell Harden (Case #09F01356)
PROSECUTOR: Deputy District Attorney Satnam Rattu, Homicide Unit
The Honorable Ernest Sawtelle sentenced Richard Russell Harden to 19 years to life in prison. On August 15, 2018, a jury convicted Harden of the second-degree murder of Evaristo Ramirez and assault with a deadly weapon.
On February 16, 2009, Richard Harden walked into the Home Depot on Folsom Blvd. and attacked an employee with a hammer. Harden was booked into jail and placed in a cell with Evaristo Ramirez. The next day, Ramirez was found unresponsive in the cell. An autopsy revealed that Ramirez was strangled to death and had multiple blunt force injuries to his head and torso. ★

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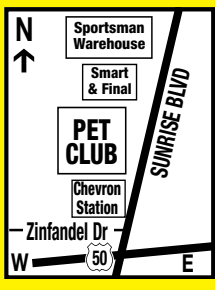
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