

California State Parks Offers Tips to Recreate Safely This Fourth of July Holiday PAGE 2

Sac Intl Airport Served Over One Million Passengers in May PAGE 2



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VOLUME 13 • ISSUE 12

Serving Fair Oaks, Orangevale & Sacramento County

JUNE 29, **2018**

ALL THEIR HARD WORK **GOES UP IN SMOKE**



PAGE 9

NEW VOTE SYSTEM -CHALLENGES & OPPORTUNITIES



PAGF 12

ALZHEIMER HOPE



PAGE 10



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A Spoonful of Sugar



Mary Poppins cast list, in no order: Mary Poppins – Katie Veale; Jane Banks – Manasa Bollapragada; Michael Banks – Gideon Klapow; Winifred Banks Kimberly Colisch; Bert – Alex Greening; Mrs. Brill – Mozhon Sadeghi; Robertson Ay – Jacob Tucker; Company: Danny Beldi, Danica Cowlden, Eleanor Bowlden, Rosie Boyd, Joe Hart, Lyova Margaryan, Carson Morris, Corey Winfield

FAIR OAKS, CA (MPG) - The Fair Oaks Theatre Festival is excited to announce an extended run of our summer production Mary Poppins, directed by Michael Coleman.

Based on the books by P.L. Travers and the classic Walt Disney film, Mary Poppins received nominations for nine Olivier and seven Tony Awards, including Best Musical.

Mary Poppins is an enchanting mixture of irresistible story and unforgettable songs. Set in Edwardian London, Jane and Michael, the two naughty Banks children, have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must

teach the family members how to value each other again.

Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect. Even grown-ups can learn a lesson or two from the nanny who advises that, "Anything can happen if you let it."

Mary Poppins runs Friday, Saturday, and Sunday Now through August 5, 2018 No show on July 29th

Veteran's Memorial Amphitheatre

7991 California Ave, Fair Oaks

Play starts at 8:00 pm.

Ticket Prices:

General \$18.00 | Students and Seniors (60 and over) \$15.00 | Children (12 and under)

RETRO SUNDAY - EVERY **SUNDAY:** Adults \$12.00, Children \$6.00 Beer and Wine will be available for sale at all performances

Tickets now available online!

Born in the USA

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Noted last year as the closest recorded bald eagle nest to Sacramento, the same eyrie was this summer blessed with more eaglet babies. These made debut flights

Orangevale kindergarten pupils named the 2017 hatchlings Poppy and Peekaboo. Now 15 months old, these juveniles are established in new American River territory. The children retained naming rights and this year honored explorer Admiral Richard Byrd by choosing "Byrd" for the Alpha chick. They decided on "Rainbow" for the youngest. The twins busted from baseball-size eggs a week before they were first photographed on March 23.

Nourished by non-stop room service, they achieved their parents' great size in 12 weeks. At 13 weeks, they spread seven-foot wings and flew. Genders are yet uncertain; popular lore has the precocious Alpha as male; the timid Rainbow



Continued on page 4 For two breeding seasons, bald eagle parents have raised families high above the American River.

Scott Jones Re-elected as **Sacramento County Sheriff**



SACRAMENTO COUNTY, CA (MPG)

- Sheriff Scott Jones has been re-elected Sacramento County Sheriff, finishing with over 51.5% of the vote, easily outdistancing three other candidates by almost 30 points, and finishing over 75,000 votes ahead of his nearest competitor.

"I'm honored by the support from Sacramento County," stated Jones. "The campaign is over. Now it is time to get back to work."

"It sounds cliché, but I really am deeply honored and humbled by the support and encouragement I have received," said Jones. "There have been so many people doing so many things - from our extraordinary Deputies making me look good every day; to campaign staff, donors, volunteers and community leaders working hard over the past four months to win this thing early. It really is humbling.'

"The best campaign strategy ever is having a candidate who is already doing a great job for the office for which they are running," said Jones' consultant Tab Berg.

"Winning in a crowded field is difficult, especially when special interests are spending hundreds of thousands of dollars on negative attacks," said Berg. "But voters overwhelmingly rejected their cynical tactics and partisan message largely because Scott Jones has done an extraordinary job as Sheriff."

Former Sheriff John McGinness concurred, "Scott is one of the best to ever serve as Sacramento Sheriff. I see it. Leaders throughout the county see it. Voters clearly see it. Sacramento is better and safer with Scott Jones as Sheriff.

Source: Tab Communications ★



California State Parks Offers Tips to Recreate Safely This Fourth of July Holiday

SACRAMENTO REGION, CA (MPG) - Fourth of July is around the corner and for many outdoor enthusiasts, it is the perfect time for camping, hiking and swimming with family and friends. California State Parks wants our visitors to recreate safely and enjoy their time by keeping their loved ones safe.

Because the hot summer weather invites many people to head into the water, whether it be in lakes, rivers or the ocean, it is important to protect loved ones from accidental drownings. Drowning is the fifth leading cause of accidental deaths in the U.S. About 10 people die from unintentional drownings every day, but can easily be prevented by learning water safety and lifesaving techniques.

Below you will find 10 tips to stay safe during this Fourth of July holiday:

Wear a Life Jacket: Make sure your life jacket is U.S. Coast Guardapproved and properly-fitted. Several public and private entities make life jackets available to the public on a loan basis. View Locations

Protect Your Loved Ones: Know your limits. Swimming in a lake, ocean or river is different than swimming in a pool. If someone is in distress, seek help from a lifeguard or call 9-1-1 if one is not available. Supervise children at all times by appointing a designated "water watcher," taking turns with other adults. Do not assume that someone is watching them.

Do not enter the water if it is too cold: Waterways continue to rise as



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snow melts and can be dangerously cold and swift. Even the strongest swimmers can be stunned by cold water and become incapacitated.

Ocean Rip Currents: If you get caught in one, stay calm and do not fight the current. Swim or float parallel to the shore until you are out of the current and then swim toward the

Avoid Alcohol: Operating your boat or an off-highway vehicle with a blood alcohol concentration (BAC) of 0.08% or more is against the law. Impaired boaters will be stopped and can be arrested even with lower BAC if the conditions are not safe. Your boat can be impounded.

time to visit the webpage of the park itinerary of your trip with a family

you plan on visiting and learn about the rules, such as parking, if dogs are allowed and closed areas. It is also important to learn the laws for recreating in boats and/or off-highway

Prepare an Itinerary: No matter what type of recreation activity Know the Rules/Laws: Take the you will be participating in, leave an

member/friend with information such as name/age of all participants, travel destination and expected return date. This will ensure law enforcement personnel have a better understanding of your location in the event of a rescue.

Natural Resources: Whether you are hiking, horseback riding or operating an off-highway vehicle, stay on designated trails. You are not only protecting natural resources, but you are also ensuring that you do not get

Use the buddy system: Hike or swim with a friend or family member. This is key especially if you are bit by a snake, encounter other wildlife or need medical attention. Buddies can seek help for you.

Wildlife: View wildlife from a distance. Never feed or touch them. Be cautious of where you are stepping. If you see a snake, maintain a distance of 6 feet. Most bites occur when people get too close or try to touch them. Additional safety tips and informa-

tion on laws can be found online at www.parks.ca.gov/safetytips. With over 340 miles of coastline, 970

miles of lake and river frontage, 15,000 campsites, and 4,500 miles of trails, California State Parks contains the largest and most diverse recreational, natural, and cultural heritage holdings of any state agency in the nation with 280 state parks. More than 67 million people annually visit California's state park system. Invent your adventure online at www.parks.ca.gov.

Source: California Department of Parks and Recreation

Sac Intl Airport Served Over One Million Passengers in May



Sacramento International Airport served 1.052 million passengers in May 2018. Photo courtesy SacCounty News

SACRAMENTO REGION, CA (MPG)

- The Sacramento International Airport achieved a significant milestone in May 2018, serving over one million passengers in a single month. The last time this benchmark was reached was in July 2007.

Sacramento International Airport served 1.052 million passengers in May 2018, marking a 12.3 percent increase in passenger traffic over May 2017. The number of available seats grew 11.8 percent in May compared to the same period last year.

With eight new nonstop markets added during the past twelve months and additional the airport expects to continue serving at least one million passengers in the months of June, July, and August.

"Our outstanding passenger loyalty and strong airline partnerships have combined to build our momentum. The SMF team strives to continually expand our nonstop destinations and the results are showing," said Mark Haneke, manager of air service development and marketing for the Sacramento County Department of Airports.

Sacramento International Airport offers more than 155 daily

capacity to existing destinations, nonstop flights on 12 domestic and international carriers to 37 destinations. It is administered by the Sacramento County Department of Airports, which is responsible for planning, developing, operating, and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport, and Franklin Field.

> The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually. For more information, visit the Sacramento International Airport website.

Source: SacCounty News ★

California Exposition & State Fair Appoints Joseph Robillard as Acting Chief of Police

Expo Police Chief Robert Craft has retired after 40 years of outstanding and dedicated service to the Cal Expo Police Department. While former-Chief Craft enjoys his well-deserved retirement, the California Exposition and State Fair has begun the process to recruit a new Chief of Police, which could take 4 to 6 months. Fair slated to start on July 13 and in an effort to maintain continuity in its Police and Security Department, Cal Expo believed it prudent to select a temporary Acting Chief of Police. After conducting interviews and performing reference checks, Cal Expo announced that Joe Robillard has been selected to serve as Cal Expo's Acting Chief of Police.

Mr. Robillard has worked at Cal Expo since 2007 and has

experience, including 13 years with the Yuba City Police Department, 20 years with the CA Department of Alcoholic Beverage Control, and 3 years with the State Lottery. Mr. Robillard has been an integral part of the Cal Expo police and security operations throughout the last 11 CA State Fairs.

More specifically, Mr. With the 2018 California State Yuba City Police department to providing for the safety and as a young Police Officer and worked his way up to the position of Watch Commander. He then moved into State service with ABC as an Investigator and over time became the Chief of the Professional Standards Unit. He was subsequently appointed by Governor Schwarzenegger and then Governor Brown to serve as the Deputy Director of the Security and Law Enforcement Division for the State Lottery. Given his expemany years of law enforcement rience at the local regional and

State level, he brings a wealth of strong relationships with management personnel at other law enforcement agencies throughout Northern California. Cal Expo is very pleased to have a person of his background, experience and proven leadership to serve as Cal Expo's Acting Chief of Police.

"Chief Craft devoted his Robillard began his career at the long and distinguished career security of everyone at the California Exposition & State Fair," said Robillard, "I am honored to serve as the Acting Chief of Police and will strive to continue the high level of public safety that Chief Craft so proudly developed and consistently provided."

Cal Expo congratulates Joe Robillard as he assumes the role of Acting Chief of Police, effective immediately.

Source: California State Fair Media Release







Sheriff's Canine Association Recognized as Non-Profit of the Year

By Sergeant Shaun Hampton, Sheriff's Spokesman

SACRAMENTO COUNTY, CA (MPG) -

The Sacramento County Sheriff's Canine Association was selected by Senator Ted Gaines as a California Non-Profit of the Year and was recently recognized at the State Capital during the third annual California Non-Profits Day.

The Sacramento County Sheriff's Department's Canine Association officially became recognized as a non-profit association in 2005. The association was initially established by members of the Sheriff's Department Canine Detail who saw a need for financial assistance to aid the retired canines after they had served our community.

These fantastic animals are often asked to do extremely hazardous work and can be credited for saving lives, apprehending criminals who have evaded capture, and also locating missing persons. Some of them are also trained to locate firearms, explosives, narcotics, and



The Sacramento County Sheriff's Canine Association was selected by Senator Ted Gaines as a California Non-Profit of the Year. Photo courtesy

Since its inception, the Sacramento Sheriff's Canine Association has supplemented the training and equipment of our active canine teams and enhanced the safety of our deputies and their canine partners. The association has also been able to assist with veterinary bills after these dogs retire and fully cover the costs of all burial fees associated with each

of our retired canines when they are laid to rest.

We share an incredible partnership with the SSDK9 Association to ensure these canines are taken care of during and after their service to the community. To learn more about the Sacramento County Sheriff's Canine Association, please visit their website at www.ssdk9.com.

11 Critical Home Inspection Traps to be **Aware of Weeks Before Listing Your Home for Sale**

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

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away

altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

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

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 1003. You can call any time. 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Bob Kelnhofer, Realtor CalBRE 01215785. Not intended to solicit buyers or sellers currently under contract. Copyright © 2018

LETTER TO THE EDITOR

Lost... and Found in Orangevale

Dear Editor;

Hi, I thought you might like to share a story to the people of Orangevale. We are a wonderful small community. Today at around 3 pm(Saturday 6-16-2018, I realized I lost a very important ring. I was really upset and decided to check all of the house, car, front and back yard to try and find it. I started to retrace every step I had taken. But to no avail I did not find it. At around 5pm I decided to retrace my steps from Friday night. I first went to Winco, looked where I parked, then into store to check lost and

found. No ring. Then proceeded to gas station across the street where I had first gotten gas before I got groceries at Winco. I parked in the gas station and went straight to the pump area where I had filled up my car. In that spot was a nice man in a white truck, I apologized for bothering him and said I was looking for a ring I had lost the evening before. He first said if anyone had found it they would probably keep it. I agreed with him but felt I still needed to look. Than he asked what the ring looked like, and I told him the description of it. He held

up his hand as if to say quiet as he was talking to someone in the truck. Then he asked if I had shopped at Winco the night before, and I replied yes. Then the passenger front door opened and a woman (the man's wife), came around the truck with my ring in her hand. She had found it in the parking lot at Winco Friday night. She was going to run an found ad in the paper. Her name is Justine. I will be forever grateful. Thank you to Justine and her husband.

Sincerely,

Sharon Wickey





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Subscriptions should be mailed to *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale. The American River Messenger is published twice-montly. Call 916-773-1111 for more information. (ISSN # 1948-1950).

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Born in the USA

as female. Like Byrd's heroic namesake, the Alpha explored air, land and water during his dramatic maiden flight.

Fledge days are stressful for parents and observers. Flapping boldly between trees on June 11, Byrd over-flew home base. His triumph rapidly turned to trial. The novice clipped a high fence to crash-land near a public trail. Without strength or experience for ground-level takeoff, his confusion was agonizing. For 30 minutes, he beat a clumsy to-and-fro on the clay path. Observers formed a mobile shield against dogs and joggers until Byrd at last gathered speed and crested the fence to safety. Even after this trauma, the firstborn refused to return to the nest. He ignored his sister's anguished cries; he defied mama's voluble instructions. Explorer Byrd completed extraordinary traverses over the river at its widest. He drank from the waterside.

While on the lam, the eaglet was brought enough fish to prevent starvation but not so much as to reward rebellion. After three days, his parents coaxed him back to the family buffet.

Compared to Byrd's surfand-turf debut, his little sister managed a text book effort. Early on June 13, her papa delivered



A non-stop relay of prey ensured the eaglets' rapid growth.

breakfast and evidently issued flying orders. Rainbow launched and, talons trailing untidily, flew 50-yards to an adjacent pine. Here she lurched before gaining confidence for the home flight. Papa soon encouraged an encore. This time, the debutant fell asleep on a foreign branch before heading home.

Having raised at least three previous broods, Mama Bald is a nursery pro. Her mate is younger - this is only his second adult season – but he is now a prolific hunter and confident dad. The parents' combination of protection and tough-love comes with sacrifice. Exhausted four months of 24/7 hunting, mama

and papa are now completing their parenting season. The nest is collapsing under the strain of many clumsy landings and sibling food-fights.

Repairs can wait. If this season follows the 2017 template Byrd and Rainbow will be left in the care of sub-adult relatives while Mama and Papa wing off on distant vacation. By fall, they should return to rebuild and prep for a 2019 family. Hard lessons in self-sufficiency loom for the 2018 babies.

A testament to the regeneration of a species threated with extinction only 50 years ago, this American River family is well now established in Sacramento County suburbia. The raptors' on-going residence is a joy to human neighborhoods in their flight-path.

Like the nation they represent, bald eagles are resilient. They're also selfless providers, committed to family. They are single-minded in preparing children for independence. They control vermin populations; they neither waste nor pollute. By instinct, they are fantastic stewards of the natural world.

Our national icon is wellchosen. From these fellow Americans, we might learn much. Follow Susan Maxwell Skinner American River Nature Blog on Facebook.







Exciting News

Advanced Home Health and Hospice ("Advanced") is excited to announce that it is joining with ExcelinHome Health ("Excelin"), and its family of affiliated Texas home health agencies.

By joining forces with Excelin, Advanced is expanding its footprint from Sacramento, San Diego and North Bay California to Houston and South-Central Texas.

The company will continue its patient-centric, outcome-focused approach to providing quality home health care. The company will continue to provide skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work, home health aides, and hospice services in the comfort of patients' homes. Building on its strong reputation in home infusion, wound care, cardiovascular care, and home rehabilitation programs, the company will continue to expand its clinical capabilities and strive to remain the home health and hospice provider of choice. As a best-in-class post-acute care provider, the company is focused on leveraging technology and innovative approaches in its relentless pursuit of delivering exceptional patient care and outcomes.



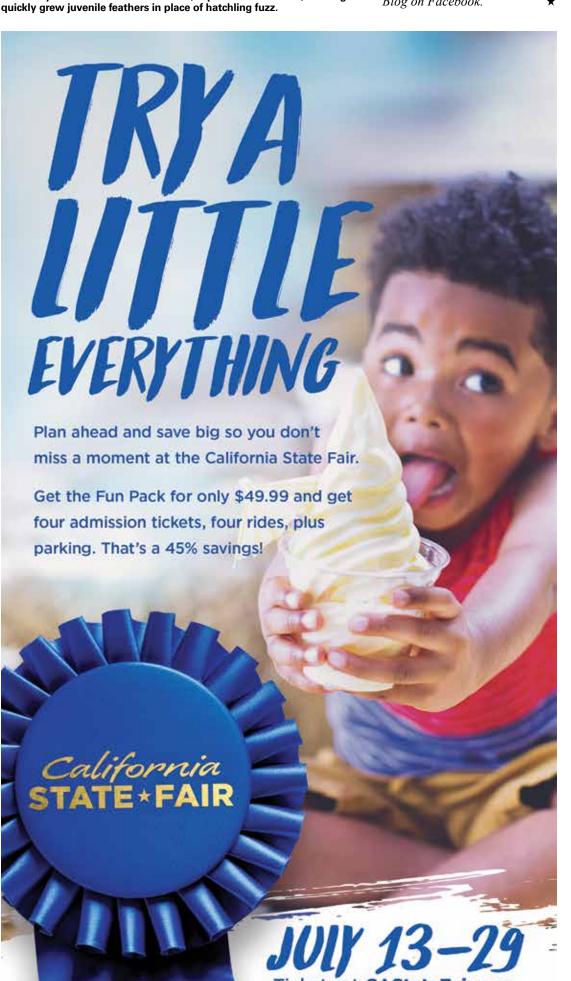
Angela Sehr, RN and founder of Advanced, will remain a key shareholder and will continue as a leader within the organization, providing inspiration, innovation, strategic leadership, and guidance for the agencies.

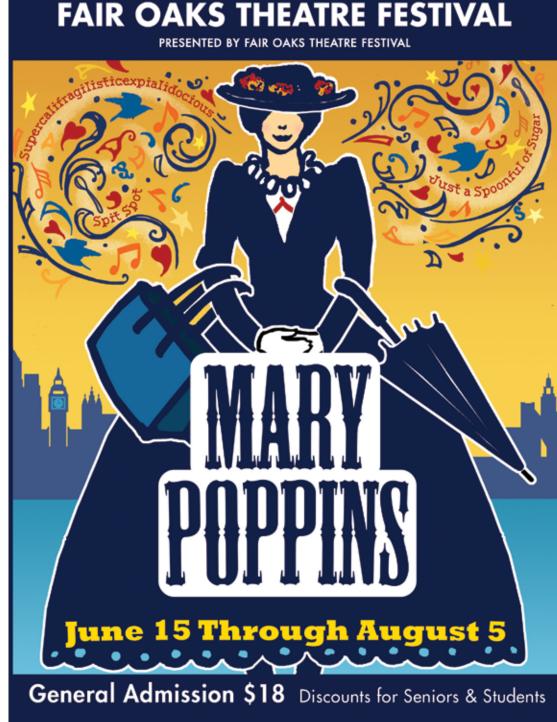
"I am very pleased to partner with Excelin, Corinthian Capital, and Palomar Capital Management. They share our values and vision. They have shown a genuine focus on and appreciation for the importance of quality patient care. They have also demonstrated a deep understanding of the rewards and challenges of caring for patients in their homes. I believe they will be outstanding, value-added partners. I cannot be happier than to be partnering with them going forward," said Angela Sehr.

The closing is subject to regulatory approval.

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Crossword Puzzle on Page 7

Wanted- Real Estate

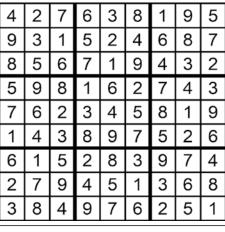
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Sudoku Puzzle on Page 7



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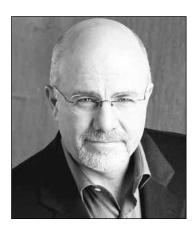
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No obligation here

Dear Dave,

My father died recently. He walked out of my life 25 years ago when I was a teenager, and he never wanted anything to do with me after that. His brothers, who have already paid for some of his final expenses, asked if I wanted to pay to have his body cremated. They didn't ask for money, they just offered it as a chance to be part of things. I'm in good shape financially, and I could easily afford the cost. Morally, I wonder if I have a responsibility to help with things. Do you feel I'm obligated in any way?

-Julie

Dear Julie,

I'm sorry for your loss. I'm sorry, too, about what happened with your father. I can't imagine the mixed emotions you must have in your heart.

When someone asks me a question like this, I try to put myself in their shoes. Under the circumstances, I don't think you

Dave Says

have any obligation whatsoever — morally or legally — to help pay for anything. If you want to help, and you can afford to do so, then follow your heart. At the same time, I don't think you should lose one wink of sleep over this if you decide not to

Twenty-five years is long, long time. I don't know your dad, and I have no clue about his situation or state of mind back then and in the time since. I can't imagine doing that to a child of any age, though.

Do what you feel in your heart is best. But in my opinion, there's no obligation here. God bless you, Julie.

—Dave

Step by step

Dear Dave,

When is the right time to buy a house when someone is following your Baby Steps plan?

- Samuel

Dear Samuel,

That's a good question. Let's start by going over the first few Baby Steps.

Baby Step 1 is saving \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all consumer debt, from smallest

to largest, using the debt snowball. Baby Step 3 is where you increase your emergency fund to the point where you have three to six months of expenses set aside.

Once you've done all that you can begin saving for a home. I'll call it Baby Step 3b. For folks looking to buy a house, I advise saving enough money for a down payment of at least 20 percent. I don't beat people up over mortgage debt, but I do advise them to get a 15-year, fixed rate loan, where the payments are no more than 25 percent of their monthly take-home pay.

Doing it this way may take a little more time, and delay your dream of becoming a homeowner a bit, but buying a house when you're broke is the quickest way I know to turn something that should be a blessing into a burden!

–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 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

Capitol Pops Concert Band Celebrates America with Independence Day Week Concerts

SACRAMENTO REGION, CA (MPG) part of a full day of red, white - The Capitol Pops Concert Band will celebrate America's 242nd birthday and continue its 22nd season with a pair of free, public, family-friendly concerts during Independence Day week.

The band will get things going with a spirited "Celebrate America" concert from 6:30 p.m. to 8:30 p.m. Sunday, July 1, 2018, at Fair Oaks Village Park, 4238 Main St., in Fair Oaks. This performance is sponsored by the Kiwanis Club of Citrus Heights.

On Wednesday, July 4, 2017, the Capitol Pops once again will perform its outdoor Fourth of July concert, from 11 a.m. to 1 p.m. at Royer Park, 190 Park Drive, in Roseville. The band's annual performance is and blue festivities, including a morning parade, in Roseville. This concert is sponsored by Performing Arts of Roseville as part of its 2018 Roseville Music in the Park series.

Under the baton of Director Judith Steinle, both CPCB concerts will include a mix of some of the band's traditional American popular standards and familiar patriotic selections celebrating the nation's founding in 1776. The concerts also will include music recognizing service veterans and branches of the U.S. military. Both shows will include intermissions of about 15 minutes.

Concert-goers are encouraged to bring blankets, lawn chairs and refreshments to enjoy the performances on the grounds of both venues.

Various vendors will be at both

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area.

For more details on the Capitol Pops Concert Band, visit its Facebook page or www.capitolpops.org. For more information, contact CPCB Manager Linda Glover at (916) 725-5214.

Source: Capitol Pops Media Release

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- 6. Baseball Giant and
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- 14. What's old is new again, prefix
- 15. Money carrier 16. Floridian predator 17. Sin's and cos' partner
- 18. Don't just stand there 19. *Salad ingredient at a
- barbecue 21. *One of thirteen in 1776
- 23. Knighthood designation
- _ your keep'
- 25. Aladdin, for short
- 28. "The Nutcracker" outfit
- 30. Soft-boiled egg holder
- 35. Mark for omission
- 37. Torso
- 39. Salpae, sing.
- 40. Like a devoted fan 41. Bear Down Under
- 43. Mongolian desert 44. Honey wine, pl. 46. Russian monarch
- 47. Shakespeare's "at another time" Continental
- Congress 50. Research facil.
- 52. One of Bo Peep's flock 53. Smidaen 55. Three strikes
- 57. *Celebratory events on the 4th
- 61. *"The Star-Spangled
- 64. *How you might find most drinks on the 4th
- 65. Have a cold, e.g. 67. Opposite of ecbatic
- de Janeiro
- 71. Burnt __ in captivity
- 73. Canine command
- 74. Like yellow polka dot
- DOWN 1. Go low, as in jeans
- 2. Show appreciation 3. Choir voice
- _: The Saga of an American Family"
- 5. Gibraltar, e.g. 6. On top of
- 7. *Out-of-favor beverage? 8. Polynesian kingdom
- 9. Court petitioner 10. Rugged rock 11. Fungal spore sacs
- 12. Between Phi and Kappa 15. Fork tips
- 20. Lorry in America 22. Old-fashioned "before"
- 24. Europe/Asia portmanteau 25. *One of 3 Presidents to die on
- July 4th 26. "Drove my chevy to the _
- 27. Hipbone-related
- 29. Thomas the Engine's warning 31. Lady née Stefani Joanne Angelina Germanotta

32. Star Wars attacker

- 1-888-416-7103 C StatePoint Media 33. Violinist's stroke 34. *"Common Sense" author
 - 36. Edible root of taro plant 38. Dashing style 42. Result of match play?
 - 45. More than snide 49. Bambi's mom 51. Interjection for disapproval
 - 54. Plural of #46 Across 56. Recurring melody 57. Fancy-schmancy 58. Initial stake 59. Iranian money

60. Opposite of base

- 62. River in Bohemia 63. Demeanor 66. *Mad King George's number
- _, the Beloved Country'
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By Marlys Johnsen Norris, **Christian Author**

The people of that day never consulted Almighty God about the plan to even build a tower. They all wanted to do it "their way" causing arguments and confusion, so God decided to give them different languages so they could not even understand each other when they spoke.

Now you know why our world is so full of different languages and peoples? It is recorded in scriptures

Tower of Babel

to even consult or listen to God's instructions and went their own way - hence, confusion occurred when they were building the tower to heaven. Disrespect for our Creator/God Almighty always causes confusion because God is

Refusing to consult and listen to the instructions of God - will always bring confusion and dramatic consequences. Without asking God and His will daily in ones life decisions will always result in some form of loss, regrets and costly problems. The root cause is a high opinion of oneself, a feeling of great elation for one's fleshly decisions. Yet the Word states that when a man is lifted up with pride he will fall into condemnation and of the devil's world. That's where we all live – it's his world! Also.

Six things God hates: A proud

it happened because people refused look, a lying tongue and hands that shed innocent blood, A heart that devises wicked imaginations, feet that be swift in running to mischief, a false witness that speaks lies and he that sows discord among brethren. (Proverbs 6:16-19) And disregarding God's instructions is a sense of personal "pride" and God hates that kind of "pride" in anyone.

> Let's choose those things that God will bless in our lives!

Marlys Johnsen Norris Christian Author/Teacher/

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By Pastor Ray Dare

There is a myth that says successful people do everything right. They don't. The fact is, successful people probably make as many mistakes and stumble and fail as many times as non-successful people. They just don't let it get them down. They don't give up. They keep on keeping on. They learn from those failures and they become better and better. They don't live a perfect life, they stumble and fall. But they get up and keep on going.

The best baseball players in the world, only hit the ball three out of ten tries! The best quarterbacks only complete about six out of ten passes. Winners in the stock market make money on only two out of five investments. You're not such a failure. If at first you don't succeed congratulations you're normal! But winners resolve

Encouraging Words **Winners Never Quit**

to stick with it. They keep on autobiography, he called it keeping on.

Resolve means a conscious act of the will. It is a choice. I am choosing. I will not give up. Regardless of economic conditions. Regardless of problems at work, problems in the business, you don't give up.

Proverbs 24:16 "For though a righteous man falls seven times, he rises again." Even good guys fall. Even righteous people stumble. They make dumb decisions. They make mistakes. They lose money. Even righteous men fall. But the difference is they get up again. They keep on going. That's the mark of a winner. Quitters never win, and Winners never quit.

You don't have to be discouraged. It's your choice. It's what you're choosing to look at. Is the cup half full or half empty? You have a choice. You can choose to think on God's word and you can choose to think on the promises of God. You can choose to think about what He promises you rather than looking at your circumstances. That is a choice.

Ray Crock, founder of McDonalds wrote an

"Grinding It Out." When he started McDonalds he was 52 years old. That tells us that it is never too late to try again, to start over. Just think about all the millions of people that have been helped financially because he gave them jobs. He made millionaires of the suppliers. All because one guy at the age of 52 decided to go for it, to try again, to grind it out!

What is it in your life that you need to grind out? What are you tempted to give up on? God says, "Don't do it!" "Don't give up, look up and let me give you the staying power you need."

Don't allow discouragement to get the best of you. So what it you've failed at something, that's normal. Great people are not people who never make mistakes or fail, great people are people who refuse to give up. You resolve to grind it out.

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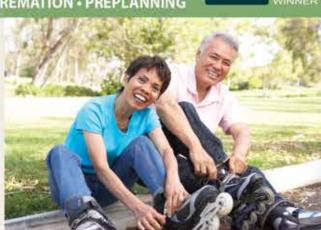
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All Their Hard Work Goes Up in Smoke

Story and photos by David Dickstein

SACRAMENTO REGION, CA (MPG) -

On a rare private tour inside one of the world's biggest fireworks factories, deep in China's mountainous Hunan Province where pyrotechnics were invented over a millennium ago, an American journalist surprises his hosts by veering off the footpath on the sprawling grounds. The large single-story building with busy workers inside looks too intriguing not to make a pop-in.

"Oh, excuse me ... OK, OK, go ahead," chirps Hengda Fireworks' factory manager Wang Qunying in translated Mandarin, smiling and showing no signs of concern over what the writer for Messenger Publishing Group may see inside. The impromptu detour causes a bit of a stir for the 35 or so employees inside. All women and wearing company-issued blue coats to offset a springtime chill, their surprised reaction could be more about their boss' presence and less a rare Caucasian visitor with a camera. Within a minute, however, the spacious assembly room is back in full production for a visual this assertive foreigner finds absolutely fascinating, not unlike how Charlie felt upon first sight of the diligent Oompa-Loompas.

What revelers throughout Sacramento County will light off and be dazzled with for maybe a minute or two requires an army of people and dozens of hours



to manufacture. The process involves numerous stages, mostly by hand, and if the work isn't tedious, it's perilous.

The roomful of hard-working women is where the final stages are performed. Even though they're working with explosives, the task of mixing chemicals and filling cardboard tubes with powder is done by individuals working solo in isolated bunker-like buildings elsewhere on the grounds. It's a messy job mixing the 400 tons of black powder Hengda will need this year, but someone's got to do it -- for the equivalent of \$500 to \$600 a month, a decent salary in the Hunan Province.

While some of the assembly

department workers adhere fuses and tissue paper to the tubes, all manufactured on the premises, others at long tables a few feet away are giving the fireworks their final shape by fitting the precut cardboard pieces together.

The stage before boxing, storing and shipping is labeling, done pretty much the same way for over 1,000 years here -- with bowls of liquid glue, brushes and a lot of stamina for assembly linetype repetition.

For two diligent assemblers in the corner, that and cardboard pieces to form a handle are the supplies needed to put the finishing touches on a beer stein-shaped fountain named Brew Haha, one of Phantom Fireworks' top sellers in California. Since fountains, spinners, novelties and smoke items are the only types legally sold in the Golden State, there's a decent chance these ladies' handiwork will be delighting folks 6,500 miles away. For Sacramento County and parts of Placer County, the legal selling and lighting period is June 28 through July 4.

Brew Haha, designed and exported by Panda Fireworks for Phantom, is one of many U.S.bound pyrotechnic passengers

Hengda sends on slow boats from China, which makes 100 percent of what California will be celebrating with on America's birthday. Located in Liling, which together with Liuyang 50 miles away are the collective heart of China's \$4 billion fireworks industry, Hengda is also home of Phantom's popular Funky Monkey, Moondance Premiere and King of Bling, along with fountains bearing the TNT Fireworks brand.

As the factory tour moves away from operations and toward the entrance so we can safely light a sample of products, including Phantom's Illuminati Triangle Fountain debuting in California this season, out of nowhere a throng of chatty blue-jacketed workers joins us on the walkway. It's lunchtime for the factory's 400 employees, and they're scurrying off to the chow line. The faster they eat the more they earn because pay is based on output.

The herd of mostly female workers keeps its distance from the tour group except for one playfully curious woman in probably her late 50s. She yells something lighthearted in Mandarin to friendly colleagues as she catches



Explosive black powder is carefully handled in bunker-like buildings inside China's fireworks factories.

up with the Caucasian reporter. Feeling puckish, the languagelimited foreigner startles the worker when he stops in front of her and shouts, "Wo ai ni!" which means "I love you." The woman is first taken aback, then breaks into laughter as she clutches her heart.

The affable employee might

have thought the visitor was kidding around, but after gaining a better appreciation of the intricate, monotonous and hazardous labor it takes to make something so dazzling, yet fleeting, this newly schooled, fireworks-loving American meant each of those three little words.



Illuminati Triangle Fountain, debuting this season in California, is tested at



Chinese factory workers package and label fireworks by hand, much like they did here over 1,000 years ago

Carnival Ride Coupon by July 2

ONE DAY UNLIMITED CARNIVAL RIDE BAND OR





Sacramento County **DA Reports**



Defendant Convicted for Series of Armed Robberies

DATE: June 7, 2018

CASE: Taher Farraj (Case #17FE007880) PROSECUTOR: Deputy District Attorney James Wax, Career Criminal Prosecution Unit

Taher Farraj was convicted by a jury of three counts of robbery. The jury also found true gun use and intentional discharge of a firearm allegations. Prior to trial, Farraj pled to being a felon in possession of a firearm and being a felon in possession of ammunition.

On April 15, April 18 and April 24 of 2017, Farraj robbed the same convenience store on Fruitridge Road while armed. Farraj would either ask for change or make a purchase to get the clerks to open the cash register. He would then pull out a silver revolver and grab money from the registers. During one of the robberies, Farraj fired the gun off at the store ceiling. The three robberies were captured on surveillance cameras inside the store. A probation search of Farraj's residence and car revealed clothing that matched the clothes worn by the suspect during the robberies and a .22 caliber silver revolver, which was loaded with 6 rounds.

Farraj has prior convictions for being a felon in possession of a firearm and the sale/transport of

Farraj faces a maximum sentence of 35 years in prison. Sentencing is set for August 3, 2018, at 9:00 a.m. in Department 14 before the Honorable Tami Bogert.

Sexually Violent Predator Who Assaulted Two Boys to Remain in Hospital Custody

DATE: June 7, 2018

CASE: Clay Jones (Case #80213 & 81875) PROSECUTOR: Deputy District Attorney Denise Halstead, Mental Health Litigation Unit

A jury found true a petition of civil commitment against Clay Jones as a Sexually Violent

In 1988, Jones was convicted of 12 counts of child sexual assault against two boys ages 4 and 10. The assaults included sodomy and lewd and lascivious acts with a child under 14 years old, and forcible lewd act with a child under age 14. Jones was sentenced to 33 years state prison for these offenses. Upon his review for parole, he was referred to the Department of State Hospitals for consideration as a Sexually Violent Predator. Two psychologists gave an opinion that Jones had a mental diagnosis and because of this mental disorder he is likely to commit a sexually

violent predatory offense if released from the

Defendant Sentenced for Murdering Ex-Girlfriend

DATE: June 15, 2018

CASE: Dameshlo Green (Case #14F03237) PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

The Honorable Helena Gweon sentenced Dameshlo Green to 75 years to life in prison. On February 27, 2018, a jury convicted Green of the first-degree murder of Tamisha Ridge and being a felon in possession of a firearm. The jury also found true that Green personally used a firearm that caused the victim's death. The Court found that Green had suffered a prior conviction, felony assault with a deadly weapon, which is a strike under California's three strikes law.

Green and the victim had and on and off relationship for more than 10 years. After 5 years of no contact, they resumed their relationship until the victim broke up with Green a few months later. On May 14, 2014, Green entered the victim's residence, went into her bedroom and shot her in the head with a shotgun.

Defendant Convicted for Attempted Murder of Woman in Her Home

DATE: June 15, 2018

CASE: Jordan Lynch (Case #17FE014700) **PROSECUTOR:** Deputy District Attorney Sam Alexander, Career Criminal Prosecution Unit

Jordan Lynch was convicted by a jury of attempted murder and burglary. The jury also found true allegations that Lynch personally used a deadly weapon and caused great bodily injury.

On August 9, 2017, Lynch attempted to enter the 47-year-old female victim's bedroom through the window. The victim woke up and closed the window before he could enter. Lynch then went to a sliding door and used a metal pole to smash the glass and gain entry. He immediately grabbed the victim and stabbed her in the side, lacerating her kidney. When she tried to get away, Lynch stabbed her in the neck. The victim was finally able to escape and neighbors were awakened by her screams. When Lynch tried to flee, the neighbors tackled him and held him until police arrived.

At sentencing, the Court will determine an allegation that Lynch has a prior 2016 strike conviction for robbery. If found true, Lynch faces a maximum sentence of 27 years in prison. Sentencing is set for July 13, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White.



Alzheimer Hope Did you know 90% of

Alzheimer's disease cases are preventable through lifestyle factors? Doctors Dean and Ayesha Sherzai are co-directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, and they told me on POPPOFF that activities can build cognitive reserve. That comes from their book "The Alzheimer's Solution" and a whole lot of it can

Here are some activities that build cognitive reserve.

1) LEARN A NEW LANGUAGE. Main functions involved: language processing (new words, and expressions), memory centers (memorizing, calling upon old memories to understand new material), frontal lobe (understanding the language in context), problem solving (forming a verbal or written response).

2) LEARNING A MUSICAL INSTRUMENT. Main functions involved: motor skills (the physicality of playing), basal ganglia and cerebellum (fine motor movement), memory-centers (memorizing notes, tunes, scales),

POPPOFF!

processing (learning a sequence of steps), mood (understanding the emotional subtleties of the music.

COMPUTER PROGRAMMING. Main functions involved: memory centers (memorizing new codes), processing (knowing how the codes work together), attention (selecting which codes to use, motor skills (typing).

4) WRITING A BOOK. Main functions involved: attention and focus (typing passages), memory centers (recalling research, stories and ideas), processing (organizing and structuring the material), mood (re-creating emotions on the page), motor skills (typing).

5) KARAOKE: Main functions involved: language centers (reading and performing lyrics), mood (interpretation of the song), cerebellum (modulating your voice), memory centers (recalling a particular song).

6) PERFORMING STAND-UP COMEDY. Main functions involved: memory centers (memorizing your set), mood (to read the audience and create your material), motor skills (your physical presence on stage).

7) LEARNING TO DANCE. Main functions involved: motor skills (physical coordination), basal ganglia and cerebellum (fine motor movements), mood (responding to music), memory centers (memorizing choreography), processing (understanding different dance techniques).

8) CHESS CLUB OR

GROUP CARD GAMES LIKE BRIDGE, GIN RUMMY, POKER ETC) Main functions involved: memory centers (remembering your cards and the rules for each game), processing (step-bystep strategy), attention and focus (concentrating on the game), problem solving (planning on how you

9) MENTORING OTHERS IN YOUR FIELD. Main functions involved: memory centers (remembering and drawing from your expertise), attention (focusing on the activity), mood (reading another person's emotions and motivations), problem solving (coming up with options and solutions).

10) VOLUNTEERING TO **TEACH.** Main functions" memory centers (remembering the subject matter), attention (focusing on the teaching), mood (responding to the student's needs) processing (examining and explaining multistep solutions).

11) JEWELRY, CRAFTS, MODELS, OR ARTS. Main functions: visuospatial skills (understanding complex designs), memory centers (memorizing techniques and patterns) attention and focus (concentrating on the activity), motor skills (the physical act of assembly).

If you can't find something in this list of stuff to do to sidestep Alzheimer's, I give up. Need more info? Check out www.teamsherzai. com. I guess the old adage "if you don't use it you lose it rings true! ★



Maria Malania anta Maria Solde Breat Maria and Archer Maria Control Co







There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324 Limit: 1 Coupon Per Family ARM

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FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegent Medley

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Effective 6/27/18 - 7/3/18

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NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family •Lamb Meal & Rice

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Effective 6/27/18 - 7/3/18

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Per Family

Limit 2 Bags

Effective 6/27/18 - 7/3/18

\$ 🕇 29

FANCY FEAST **DRY CAT FOOD**

3 lb Bag Limit 2 Bags WILDERNESS DRY CAT FOOD AS MARKED •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free

PEDIGREE

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CANNED FOOD SALE
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Cases PEDIGREE

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WHISKER LICKINS CAT TREATS

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Price Valid Only With Coupon. Effective 6/27/18 - 7/3/18

BONUS COUPON --ARM & HAMMER **CAT LITTER DEODORIZER**

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/27/18 - 7/3/18

PLU 422

TUKWAKU [

KNOW WHERE TO START-TALKING TIPS FOR PARENTS

- Know the facts. Understand that marijuana negatively affects the developing teenage brain
- Talk often—build strong trust
- Have shorter, more frequent conversations
- Remember as they become teens, the conversation needs to change
- Listen! Conversations go both ways
- Remember, kids watch what you do along with what you say

For more information visit:

sacramentoccy.org

MARIJUANA IS NOT FOR ME









12 • American River Messenger JUNE 29, 2018

By County Supervisor

Through the generosity of the

American River Messenger,

this column serves to pro-

vide an update about matters

affecting the unincorporated

In the most recent June 5th

election, most of the Sacramento

County voters were shocked or

confused and some were angry.

They were unware that one year

prior, the Sacramento County

Board of Supervisors had fun-

damentally changed the way we

vote. In this election, all voters

were mailed absentee ballots, and

our 500+ traditional polling loca-

tions were closed and replaced

with 77 "vote centers" that opened

11 days early to allow a longer vot-

ing period. While I was the sole

vote in opposition to this switch,

I wanted to use this opportunity

in my monthly column to explain

what we learned and what needs to

One change that will bene-

vote centers were open for 11 days

before the actual Election Day (and

ior among voters that resulted in

change moving forward.

community of Orangevale.

Sue Frost

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.

Parkway Alcohol Ban

This Fourth of July there will be a complete ban on alcohol consumption and possession both on land and in the water within the American River Parkway between Hazel and Watt avenues. An exception exists for Ancil Hoffman Golf Course.

In past years summer holiday weekends had become major problems along the American River making the parkway less of a family friendly outing because of fights, public nudity, profanity and littering. The ban

FAIR OAKS COMMUNITY UPDATE

weekends of Labor Day and Memorial Day.

Since the restriction has taken effect, families I have talked to have expressed appreciation for making these holiday weekends once again a time for everyone to enjoy the American River Parkway.

Free Concerts in Fair Oaks

The annual free Thursday night concert series in Fair Oaks Village continues during July and into August.

The popular program is held in Village Park and the performance for July 5 features Metro Swing, a 15-piece band that plays favorites from Duke Ellington, Count Basie, Frank Sinatra and other music greats. The concert series continues through August 16 with each show beginning at 6:30 pm.

The concerts are presented by the Fair Oaks Chamber of Commerce, Fair Oaks Recreation and Park District and the Fair Oaks Foundation for Leisure and the Arts. For a complete listing of all the bands, please visit fairoakschamber.com.

days. Even with the windows cracked, the temperature inside a parked car can jump 20 degrees in just 10 minutes. Being outdoors in temperatures over 90 degrees can also be dangerous.

It's important to provide your pet with shade and plenty of water if you can't bring your furry four-legged friend inside. For more hot weather pet tips, visit animalcare.saccounty.net.

And remember fireworks can be very stressful for your pet possibly causing fear and anxiety. Sadly, the volume of missing pets significantly increases during the Fourth of July holiday. Leaving a pet outside unattended even in a fenced yard or on a chain can lead to disastrous consequences. In their fear, pets who normally would not leave the yard may escape and become lost, or become entangled in their chain, risking injury or death. Also please make sure your pets are wearing identification tags so if they become lost, they can be returned home promptly.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-

Orangevale Community Update

New Vote System -Challenges & Opportunities

at a vote center - which was only around 3% of the voters. Vote centers sometimes reported seeing only 1 person a day actually vote.

I think I know why this happened. People did not know that even though they got an absentee ballot, they could have thrown it away if they wanted and just gone to the nearest vote center to obtain a ballot and vote. They thought vote centers and drop off sites were the same thing.

Why was this a problem? On Election Day, many voters were turned away because ballot boxes were too full, and some other people reported being stuck in enormous lines. I think we can fix these problems by doing three things.

First and foremost, we need better communication. One of the benefits to this new program was saving money so it seems to me we can find the resources to get the word out more effectively. Some materials were mailed to voters, and banners were displayed throughout the County. We can assess how effective these strategies were and come up with a better way of getting clear information in the hands and minds of voters.

Second, I think we need more fit everybody in November when drop-off locations, even if that we vote again is for people to take means we have less vote centers. advantage of the vote centers. Not More importantly, we need more enough people realized that some drop-off locations outside the City of Sacramento. 65% of all 11 day vote centers were in the City of additional vote centers were open Sacramento, which only has 32% 4 days before the election). There of voters. We need to make sure was a serious change in behavthere are more convenient locations spread throughout the county only around 10,000 people voting with secure bins large enough to accommodate a large number of voters in a single day.

Lastly, we need to make sure people understand all of their options. For many, this may have been their first time receiving an absentee ballot. The postage required can change based on the thickness of the ballot but what people may not realize is that if they mail it without postage, their vote will still be delivered and counted (the county just ends up covering the cost). But for people who do not like mailing their vote, they need to know that they can drop it off or throw it away and receive a brand new ballot at the vote center. Those who prefer to vote in person, like they always have, have the ability to vote at any of the 77 vote centers - whether it is the one closest to home, work or preferred grocery store.

There is some good news though. This year we believe we will end up with a 47% turnout, which would be the highest level in 20 years for a non-presidential primary in Sacramento County. The system needs improvement and if we can capitalize on the good parts while fixing the problems, we can have a great system. As always, I am listening and your opinions are important to me. Let me know how you feel about the changes in the way we vote.

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

Protect Your Pets The County's Bradshaw Animal Shelter reminds you that a pet left in a vehicle can also is applicable to holiday quickly turn deadly on warm peters@saccounty.net. Be a part of something important

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ILoveMyFarmersMarket.com