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AMERICAN RIVER Messenger

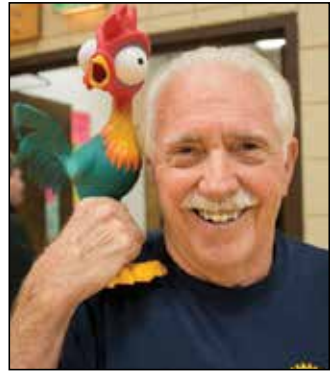
"Written by the people, for the people"

VOLUME 13 • ISSUE 08

Serving Fair Oaks, Orangevale & Sacramento County

APRIL 27, 2018

THE RACE IS ON!



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SUE FROST: LEADING BY LISTENING



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SACRAMENTO'S SOCIETY FOR THE BLIND RECEIVES \$15,000



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Finding a Place to Start



Ruben Hernandez, Citrus Heights Animal Control; Paul, Army Veteran with his new dog bed; Nichole Piva, City of Citrus Heights Housing & Grants; John Wilburn with 'Shep.' (Top photo) Miranda Viani, All Stage Canine Development; Sammy the dog; Dr. Averil Brickson with Seth (10) of C.H. Pet Hospital. Not sure what he was getting into at first, Seth later told his mother, "This is really good Mom." (Photo at right).

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Veterans who are facing tough times received some much needed help recently from a band of local organizations who came together to assist them as if they were brothers.

Sponsored by the Citrus Heights Homeless Assistance Resource Team (HART), planning for the six-hour event was a labor of love from the beginning. Eight planning meetings began the process months before with the collection of items of all kinds for veterans and their pets. Thirty vendors were recruited to provide a myriad of services. Plans were made for a wonderful breakfast and lunch to be served to the homeless and other veterans in need, along with volunteers and other staff.

Karen Telford and Julia Thomson, with the Church of Latter Day Saints (LDS) women's organization, started their work in January, putting out the word to their seven stakes in the area for clothing and other items that were still needed. Donations poured in. Kathy Fear and Tanya Haddack with LDS said of their passion to reach out, "LDS loves to go out into the community to find out where there's a need and fill it."

Over 1,000 items of clothing for both women and men including jackets, jeans, shirts, socks, gloves, hats and dozens of new

shoes and boots and toiletries were donated. Mike Nichols, president of the Yuba Stand Down, donated military surplus duffle bags, fanny packs, backpacks and sleeping bags, thermals and more.

Other services that were provided included help with eligibility for veterans to qualify for resources through the Veteran Administration (VA) and other government agencies. Eye testing aboard the Lion's Club Mobile Eye Care Van was provided. Dr. James Padgett a Folsom chiropractor gave five hours of his time to provide care for 30 men and women.

Co-chairs Lyons and Malone reported over 115 volunteers had helped during the event. The LDS "Just Serve" committee planned the volunteer staffing for Monday and Tuesday. Two dozen volunteers worked all day Monday to set-up the large hall and smaller rooms for vendors and the dining hall inside the church's main building, plus the adjacent "clothing" hall. Volunteers for both days came from veteran organizations, five churches, LDS missionaries, Sertoma (hearing health), Blue Star Moms and many others. The Knights of Columbus helped prepare and serve breakfast.

Henrietta, an Air Force veteran, saw the



day as "informational," saying, "I didn't know where to start, you have to start somewhere." Raymond, a Navy veteran, also a first timer, learned of the event at the VA Hospital at Mather. He knew of services available but was there "to get things started and get things done."

HART thanks the many sponsors for their generous support of this event, including Sacramento County Supervisor Sue Frost for her generous donation of \$1,000, Texas Roadhouse, Sunrise Mall, Blue Star Moms and Mesa Verde Boosters. The one-day Stand Down for veterans came together and was held at Holy Family Catholic Church in Citrus Heights on April 3.

Source: Homeless Assistance Resource Team ★

Annual Fair Oaks Fiesta Returns

By MPG Staff

FAIR OAKS, CA (MPG) - Is there a better way to spend a day in Fair Oaks? This event will be packed with tons to do for the whole family. Come out and enjoy old fashioned free games and activities for the kids, arts & craft vendors, food trucks, village merchant shopping, raffles, live music, a pancake breakfast, the Fair Oaks Sun Run, a classic car show, and the famous Toilet Bowl Racer Challenge.

The Classic Car Show is hosted by the Fair Oaks Chamber of Commerce and has become one of the best shows in the area. This year there are a total of 300 classic cars expected to be lining the Old Fair Oaks Village.

The Old Fair Oaks Village streets will be CLOSED the day of the event. If there are any vehicles parked in a non-permitted spot ahead of time, violators will be towed away at vehicle owners expense.

Come out and see all the arts & crafts vendors.

You will find great homemade arts & crafts, educational non-profit organizations, and other local businesses with information booths at the Fair Oaks Fiesta.

The Annual Toilet Bowl Racer Challenge has been a Fair Oaks Fiesta tradition for years. Come see the fastest, sturdiest, most creative Toilet Bowl Push Carts! All entries must race against other teams to see who will have the fastest lap time around a course of obstacles.

A pancake breakfast will be provided by the Orangevale Grange from 7am - 10am at the Community Club House. Breakfast includes pancakes, eggs, ham, biscuits & gravy, coffee and juice. The cost is \$6.00 adults and \$3.00 kids.

The annual Sun Run is planned to start the day. Dust off those walking or running shoes and be a part of the premier event of Fiesta Days!

The Fair Oaks Sun Run has been an annual tradition in Fair Oaks, California for 34 years and – believe it or not – it has not

Continued on page 3

Concerts in the Park Schedule Announced

By MPG Staff

FAIR OAKS, CA (MPG) - The Fair Oaks Chamber of Commerce, the Fair Oaks Recreation & Park District, and the Fair Oaks Foundation for Leisure and the Arts have announced the schedule for this year for the ever-popular "Concert in the Park" series.

Concerts in the Park are a free series of concerts for the Fair Oaks community which brings many top musical artists summer enjoyment. It's an opportunity for families to come together to enjoy a relaxing evening in the park designed for a good time for all.

You are invited to bring your

chairs, blankets and your own picnic. Lay out your spread with friends and relax to the great tunes.

A special note, no glass containers are allowed in the park. Also be advised that dogs must be on a leash at all times (It is preferred that there are no animals. Please take into consideration the heat, the crowd, and the loud music.)

Smoking is not allowed in the park, so please smoke across the street outside of the park area.

There is food available to purchase, including hot dogs, popcorn, ice cream, sodas, and water. Supplied may be limited. Some sales may be for local fundraisers.

The 2018 Concert Schedule

announced: June 14 - **Matt Rainey & the Dippin Sauce** (opening night); June 21 - **Jax Hammer** (public agency night); June 28 - **Two Tone Steiny & the Cadillacs**; July 5 - **Metro Swing**; July 12 - **West Fifth Ave.**; July 19 - **Robby James and the streets of Bakersfield**; July 26 - **Jake Gill**; August 2 - **Moonlight Swing**; August 9 - **Lincoln Highway**; August 16 - **On Air** (sponsors night).

Concerts are held at Fair Oaks Village Park. All concerts start at 7 pm on Thursdays. Be sure to arrive early as parking may be a challenge.

For more information visit www.facebook.com/FOConcerts. ★



Concerts in the Park are a free series of concerts for the Fair Oaks community which brings many top musical artists summer enjoyment. Shown above is Jake Gill, performing July 26.

WWW.AMERICANRIVERMESSENGER.COM

Sue Frost: Leading by Listening

Sue Frost, Sacramento County Supervisor, District 4
Education: Studied Nursing and Physical Education, Pacific Union College, Napa
Home town: Citrus Heights
Most admired person: Martin Luther King

By Jacqueline Fox

SACRAMENTO REGION, CA (MPG)
- Sue Frost was elected to represent District 4 in 2016 after serving on the Citrus Heights city council for four years. She is focused on fully implementing the county's initiatives for addressing homelessness, expanding the network of Public Business Improvement Districts (PBIDs), addressing gaps in public safety and infrastructure needs, and pushing for the cash-strapped county to build up its reserves.

Q: What do you consider your chief accomplishments for your district in your first year?

A: A big part of my first year was about getting to know the county and my district, establishing communications with my constituents and raising the bar on how we respond to their concerns. In addition to our initiatives on homelessness, we brought in an economic development consultant to help identify some exciting ideas on how to revitalize the business economy for Orangevale. We have approved a countywide Veterans' Commission to focus specifically on our veterans' needs. We also are working on a PBID for Antelope; identified funding for arts programs in Folsom, as well as a road safety program in Rancho Murieta, and launched the new, Smart Bus system in Citrus Heights.

Q: Can you bring us up to date on the county's initiatives to address homelessness?

A: The County preserved around \$750,000 from our general fund for the preservation



"We have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally."

of the Mather Community Campus. That allows us to maintain existing housing and wrap-around services. We launched the emergency shelter reservation system, which has helped house (or preserve housing for) 18 families since October. We have authorized the DHA (County Department of Human Assistance) to enter into agreements with Wind Youth Services for \$380,000 for homeless or at-risk youth, and another \$160,000 agreement with Sacramento Self Help Housing for rehousing services for unsheltered homeless populations in unincorporated areas of Sacramento County. The self-help program will function out of 15 locations and serve 75 people at one time. Finally, our fourth initiative provides flexible or "low barrier" housing for those who are chronically homeless and frequent users of our emergency rooms and county services. So far, we have identified 85 individuals to be assigned to Cases Management Services to help get them the services they need. So the smart thing about this is we are actually trying to get to the heart of where we can elicit change.

Q: Are you concerned about looming threats at the federal or state levels?

A: The biggest concern I have is the state legislature's budget. We have policy, such as the early prison release programs and redefinition of crimes and it is all unfunded and impacting our communities. As a result, our jail population and length of stays are increasing and we have people again in the system and getting sick, and there is no funding to deal with that. Also, we have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally. So we have to stay nimble and we may have to make adjustments as we move forward.

Q: What is your primary focus with respect to infrastructure?

A: Tax and promise with no results legislation has left us with an eroding road and water infrastructure and, in some cases, such as what we had happened with the Oroville dam, we are being put into harm's way. Meanwhile, we are building a bullet train to Bakersfield. We have to do better than that.

Q: What is your view of the current obstacles impacting small businesses?

A: Small businesses are the engine of the economy, but taxes and fees and the hoops they have to jump through make it difficult. The challenge is that costs are going up and somebody has to pay for that, which means it goes back to the tax payers. I think we need to be really careful about how we do this and make sure we're delivering the services we are supposed to be and not just doing things to enhance our political careers.

Q: What is your focus with respect to addressing gaps in public safety and emergency services?

A: We need more boots on the ground, especially in the unincorporated areas. We need to continue to enhance our community policing and support public private partnerships for crime prevention. Also, I support PBIDs. They have had really great success with reducing crime and addressing vagrancy and blight.

Q: Would you support lifting the county ban on commercial marijuana if the sector's tax revenue systems prove successful in other counties?

A: I'm watching to see how the federal government proceeds. It is still illegal in their eyes. I'd also need feedback from law enforcement to understand their successes and challenges, how it may be impacting youth, public health and safety in general.

Q: Why did you want this job?

A: I thought I could make a difference. My work in listening to my constituents is not that different from the work I did as an emergency room nurse or lending agent. I'm in public service now, and I'm looking at all sides to see how we can better manage tax payer resources. I think we need people here who haven't forgotten why we are here and who we work for. ★

Sacramento's Society for the Blind Receives \$15,000 from Whitmore Foundation

By Kate Towson

SACRAMENTO REGION, CA (MPG)
- Seniors with vision loss in the Sacramento region will have greater access to tools for independence, thanks to a \$15,000 grant from M&M Whitmire Family Foundation in Roseville to Sacramento-based nonprofit Society for the Blind. The grant will help fund Society for the Blind's Senior IMPACT Project that empowers people 55 and older with alternative, non-visual techniques and skills that enable them to perform day-to-day tasks and activities so they can maintain or increase their independence.

"As the senior population continues to grow rapidly in Sacramento, it is imperative that we provide services that help them stay as independent as possible," said Shari Roeseler, executive director, Society for the Blind. "When seniors begin to lose vision, they are not only three times more likely to fall and experience injury, they often feel profound loneliness. This grant from the M&M Whitmire Family Foundation helps us ensure they have a support system so they can feel hope and possibility."

The 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 alternative 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, and they have the opportunity to join in discussion groups with peers on issues around vision loss and



Margaret Whitmire from M&M Whitmire Family Foundation presents a check for \$15,000 to Shari Roeseler of Society for the Blind.

participate in community activities. For those unable to attend retreats, Society for the Blind sends instructors to their homes to teach skills and offer resources. The Senior IMPACT Project also includes monthly peer support groups for English and Spanish speakers and workshops throughout the year.

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 that included the Lions Clubs of America 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.

The M&M Whitmire Family Foundation's purpose is to assist children in need and senior care within the Sacramento area. For more information, call (916) 660-0573. ★

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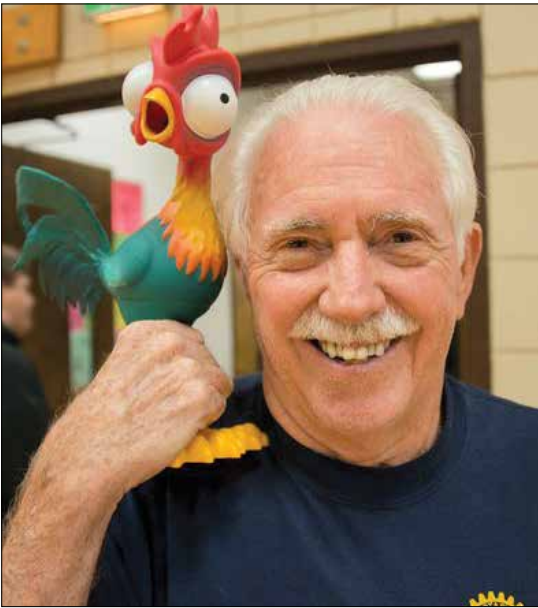
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The Mayor’s Race is On!

By Dot Boyd, Ambassador Chair Fair Oaks Chamber

FAIR OAKS, CA (MPG) - It’s official! We have kicked off the race for the 40th Fair Oaks Chamber of Commerce Honorary Mayor with two very enthusiastic and creative candidates. Jim Cralle, owner of CAPS Insurance and a thirty five year resident of Fair Oaks, is raising money for the **Fair Oaks Rotary Foundation**, specifically the “Community Grants Program,” which gives back to our community. Among many accomplishments, Jim is a Past President of Rotary of FO and is currently International Chairperson. Keith Wright, the Associate Director of the Orangevale-Fair Oaks Food Bank has resided in Fair Oaks for twenty years and started volunteering with the Food Bank over five years ago. Keith’s campaign is supporting the **Orangevale-Fair Oaks Food Bank** because he has seen so many lives touched by it. His older son, Noah, is our current Jr. Honorary Mayor.

The candidate who raises the most money between now and September 11 will become our next Fair Oaks Chamber of Commerce Honorary Mayor! Since 1979, this program has raised over \$380,000 for various causes and projects in our community. Find these two on Facebook and their



Jim Cralle with his mascot Hei Hei. Photo courtesy Dot Boyd

event details at our website. Join in the fun and help us reach a new milestone this year. If the standing room only campaign launch party at Velocity Pizza was any indication, this will be the race that we’ll be talking about for years to come.

May 10 is the deadline for applications for Jr. Honorary Mayor and Miss Fair Oaks. These are life-changing youth leadership positions that come with a scholarship from Fair Oaks Chamber.

Fast approaching is our 69th Annual Fair Oaks Fiesta on Sunday, May 6th from 9:00 am to 4:00 pm. Don’t miss the pancake breakfast hosted by the Orangevale Grange, the Sun Run, classic car show, arts & crafts vendors, raffle prizes, the almost world-famous toilet bowl race, shopping and dining in the Village, food trucks, live music and just a ton of fun for all ages!

Please visit our website <http://www.fairoakschamber.com> for all of the details, deadlines and on-line registration forms or call 916-967-2903. See you in Fair Oaks! ★



Keith Wright with his sons Noah and Jacob. Photo courtesy Dot Boyd

Why 3/4 of Homesellers Do Not Get the Price They Want for Their 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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Annual Fair Oaks Fiesta Returns

Continued from page 1

gotten one bit easier! Regarded as one of the most beautiful and challenging courses around, it never fails to attract both the avid runner and those who are out to have a great time at a great event. Choose either the 5-mile run/walk or a 2.3 mile family walk which both start at Village Park in Old Fair Oaks. The

5-mile route winds through the beautiful Old Fair Oaks residential neighborhood with a keyhole loop to Sailor Bar. The course is half paved roads, half dirt trail and features the infamous four hills: Grand Daddy Hill, Hernia Hill, The Beast and Last Gasp. The 2.3 mile event stays on the paved roads through Old Fair Oaks. We also host the best

kids’ fun runs (1/4 mile and ½ mile) in the Greater Sacramento area. Find out more at www.fairoakssunrun.com.

Special note: The Old Fair Oaks Village streets will be CLOSED the day of the event. If there are any vehicles parked in a non-permitted spot ahead of time, violators will be towed away at vehicle owners expense. ★



BUCKEYE UNION
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Buckeye Union Mandarin Immersion Charter School is now accepting enrollment for Kindergarten and 1st grade classes for the 2018-2019 school year. The program will be held at Oak Meadow Elementary School. This is a one-way immersion program and no experience with the Mandarin language is necessary. The program is open to students both inside the Buckeye Union School District and to students from surrounding districts.

Spaces are limited so register now for this exciting opportunity. Please call the school at (916) 933-9746 for more information.

Buckeye Union School District

Please go to our website <http://www.buckeyeusd.org>.



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Military Chaplains

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day events in the area.

The twentieth Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 26 th , at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.

This year’s theme is to honor our Military Chaplains from all wars. Some of the first chaplains were appointed in the late 1800’s. Many more were commissioned during World War II. More than 400 chaplains have died while serving in the U.S. military.

The Chairman of the Fair Oaks Cemetery District’s Memorial Day Committee, Bob Clouse, will be the Master of Ceremonies. The main speaker(s) will focus on the history and facts of the United States Military Chaplains.

The Fair Oaks Cemetery will be decorated with over 400 American flags lining its roadways as “The Avenue of Flags”. We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the Memorial, in honor of over 1800 Veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer, and recorded music provided by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony, provided by the Orangevale/Fair Oaks Grange and the Fair Oaks Historical Society.

The Fair Oaks Cemetery’s Memorial Day Ceremony is a fine example of how we, the community, remember our loved ones and say thank you to our Veterans and their families for their sacrifices.

★ ★ ★

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Crossword Puzzle on Page 5

D	I	S	C	S	T	A	B			C	H	E	N
A	D	O	R	E		I	L	O		S	U	E	D
H	E	L	I	X		E	L	F		U	S	A	G
		M	I	S	T	E	R		F	L	I	P	P
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S	I	P		T	O	P	I		M	O	N	A	D
H	O	L	D		C	H	O	P		R	A	D	I
A	W	A	Y		H	I	F	I	S		R	I	S
M	A	N	N	A		L	U	S	T		D	O	C
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B	U	B	B	L	E	S		R	A	B	B	I	T
A	G	R	E	E		K	E	Y		L	O	N	E
G	L	I	N	T		E	R	E		E	A	T	E
S	I	T	E			W	A	S		S	T	O	M

Sudoku Puzzle on Page 5

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

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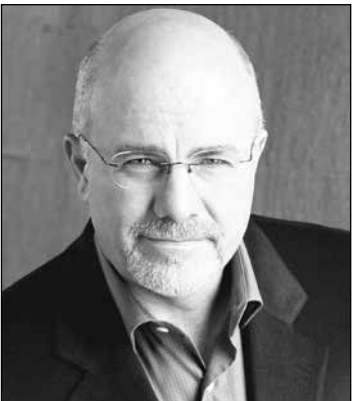
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Dave Says

Expenses, not income

Dear Dave,
I bring home \$4,100 a month in military disability pay and Social Security combined. My wife brings home an additional \$2,000 each month. Should we base our emergency fund level on her income only, since mine is guaranteed?
-Lewis

Dear Lewis,
Your emergency fund shouldn't be based on income. I recommend folks have three to six months of household expenses set aside in an emergency fund. What would it take to operate your household for that length of time if one or both of your incomes disappeared?
I don't anticipate your income stopping, Lewis. But income loss isn't the only thing you're guarding against with an emergency fund. You're also guarding against things

like an illness in the family, if the transmission in the car goes out, or your home's heating and cooling unit needs to be replaced. There are many more crises that can come upon a family other than a loss of income.

I don't mind if you two lean toward the three-month side of expenses, since your income is pretty stable. But always remember, an emergency fund should contain three to six months of expenses, not income.
Thank you for your service, sir.
—Dave

What happens to the debt?

Dear Dave,
I've started your personal finance course in high school, so I'm asking this for the entire class. What happens to your debt if you pass away with no relatives or heirs to take responsibility for what you owed?
-Elizabeth

Dear Elizabeth,
In many cases it simply does not get paid. Relatives or heirs of the deceased are not

responsible for a friend or family member's debt, except in cases where they have been a co-signer on that debt.

Let's say someone's parents died, and at the time of their death they had \$100,000 in debt in their names only. The only way that debt will be paid is if they owned enough stuff — if they had enough in the way of assets — to pay the debt. If they owned a \$200,000 home, the house would have to be sold in order to pay the debts. Their estate would be the only thing standing good for the debt. If they owned nothing, and had no co-signers on any of the debt, the creditor would not get paid. The bank lost that money.
Elizabeth, I hope that helped. Please tell your teacher I said thank you for leading the class!
—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. ★

Small Business Week Provides Many Opportunities

By MPG staff

SACRAMENTO REGION, CA (MPG) - Every year since 1963, the President of the United States has issued a proclamation announcing National Small Business Week, which recognizes the critical contributions of America's entrepreneurs and small business owners. More than half of all Americans either own or work for a small business, and they create about two out of every three new jobs in the United States each year. The week long series of events are designed to connect the region's small businesses with local resources and celebrate the important role that small businesses play in the region.

The 2018 Capital Region Small Business Week Celebration recognizes the critical contributions of America's entrepreneurs and small business owners. It is a collaborative effort of local, state, and federal agencies together with the private sector (both non-profit and for-profit.)

Multi-Chamber Mixer

You can kick off the Capital Region Small Business Week at the Multi-Chamber Mixer. Join other professionals at the Dante Club in Sacramento to network

with other small business owners from every chamber in the Capital Region. Appetizers and a drink ticket are included in the admission price. Sponsor is the Sacramento Metro Chamber. The event is April 30, from 4:30 pm to 7:00 pm. Cost is \$20.00.

Marketing Like a Boss

A feature event this year is "Marketing Like a Boss", presented by BizX. Whether you are an entrepreneur, a small business owner, or creative, you have an opportunity to take your marketing strategy to the next level by attending.

This year's event is expected to draw a large attendance for an afternoon focused on inspirational storytelling designed to energize, motivate, and give you the tips you need to market like a boss!

The event is scheduled for May 1 at the Crocker Art Museum, 216 O Street in Sacramento. The program runs from 2:00 pm to 4:30 pm, with an after party from 4:30 to 7:00 pm. The registration fee is \$15.

Capital Connection

Accessing capital can be a challenge for every small business owner. At the Capital Connection event you will learn how to bridge that gap

and get your small business the capital you need. Come and hear from and meet with banks, credit unions and other lending institutions that can help you achieve your goals.

The event is sponsored by Sacramento SBDC. It is scheduled for May 2 from 10:30 am to 2:30 pm at Rancho Cordova City Hall. There is a \$20 registration fee.

Small Business Awards

The Small Business Awards will be presented on May 4. The event will be held at the Citrus Heights Community Center from 7:30 am to 10:00 am.

This event celebrates the small businesses that drive our local economy. Nominations were accepted between January and February in a number of categories. This event concludes the week-long series of events for Small Business Week.

This event is sponsored by the Small Business Administration and the Sacramento Business Journal.

Get More Information

For more information about Small Business week or to register for any of these events visit www.capitalregionsmallbusinessweek.org. ★

Boy Scout Troop 310 to Host Pancake Breakfast

Submitted by David Tanner, Troop 310

SACRAMENTO REGION, CA (MPG) - Boy Scout Troop 310 is hosting a Pancake Breakfast fundraiser Saturday, May 5 from 7 to 11AM at their sponsor's location, Divine Savior Catholic Church, 9079 Greenback Lane, Orangevale. This event includes

door prizes and a silent auction. Scout-made desserts and handcrafts will be on sale. Breakfast includes eggs, sausage and fruit as well as pancakes and costs only \$5.00 per person. All proceeds go toward Troop 310 for summer camp, our High Adventure Team, and other programs. These programs have worked for many

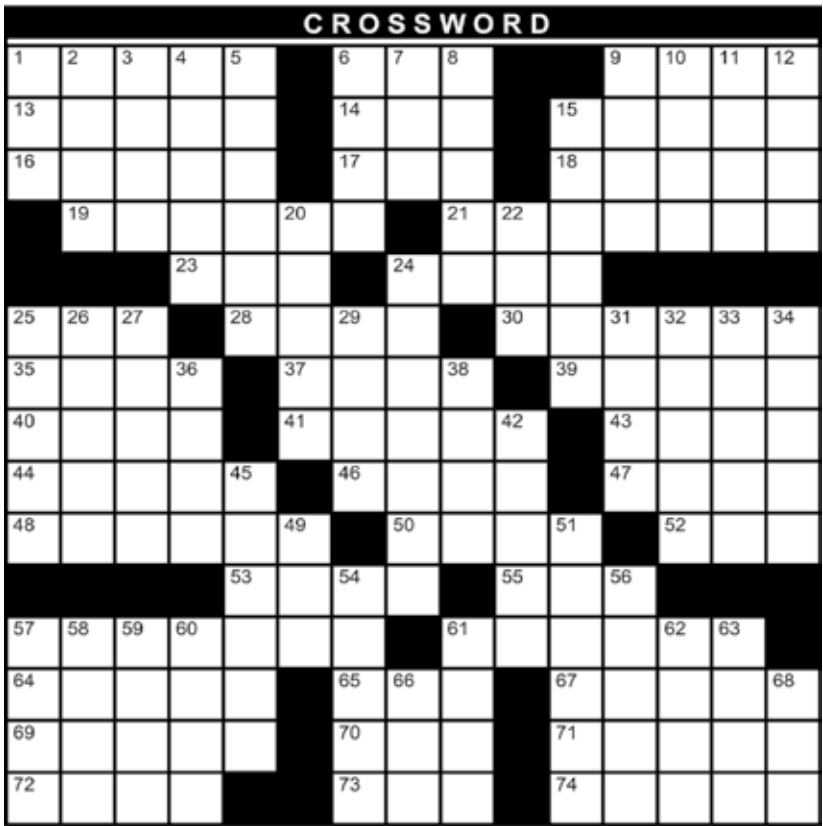
years developing the sons of this community into fine men. Please help keep us strong and insure our continued success in supporting our local community. For information, tickets or to donate to our silent auction, contact David Tanner at (916) 995-8263 or davidatanner@comcast.net. ★

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CLUES

- ACROSS**
1. Can become herniated, pl.
6. Jump key
9. Popular last name in East Asia
13. "I love you" or "J____"
14. International workers' group
15. Like famous rock-n-roll shoe
16. DNA half
17. Will Ferrell's Christmas character
18. Item on a cell phone bill
19. *Ed's title
21. *TV dolphin
23. Coach's talk
24. Gravy holder
25. Hot tea amount
28. Serengeti antelope
30. Single-celled microorganisms
35. Call status
37. Karate blow
39. Marconi's wireless telegraphy
40. Opposite of home
41. High fidelity sound systems
43. CISC alternative
44. Edible biblical rain
46. One of deadly sins
47. Ship's final destination
48. Like broken promise
50. Bring home the bacon
52. Message in a bottle?
53. Sound of laughter
55. Promise to pay
57. *Michael Jackson's chimp
61. *Marlon Bundo
64. Be of one mind
65. Author of "The Star-Spangled Banner"
67. Opposite of gregarious one
69. Flash of light
70. Bard's before
71. *Like Garfield's lasagna when he's done

- DOWN**
1. Morse T
2. Footnote word
3. Songs for one
4. Like a potato chip
5. The Brady Bunch children, e.g.
6. Wedding cake layer
7. "____ the President's Men"
8. Very successful
9. Intersection of two arcs
10. Great deal
11. Drop-off spot
12. ____-do-well
15. Bachelor on "The Bachelorette," e.g.
20. Historical period
22. Skeddadle
24. Renewable energy source
25. *Sea World's long-running attraction
26. Des Moines native
27. Yoga class core exercise
29. *Punxsutawney seer
31. Persian backgammon



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Crossword Puzzle Solutions on Page 4

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	7			2							

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

Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

What will man/woman give in exchange for their soul? Until they accept the fact that their life was created by God for a divine purpose to one day live in heaven with Him they will never understand. They are missing the point completely and are dead to all the blessings God has planned to give them in their lifetime. The choice is theirs alone!

The so-called pleasures of this world will never completely satisfy

The Walking Dead

them! Enjoyment for them is - but for a season - then places a person in “bondage” unable to escape. Wonder why in today’s world, we have drug addicts, alcoholics, food addictions to different kinds of foods, pornography and sex, gambling, sports! You name it, people trying to fill a void in their lives they will never understand until they decide to choose God! A void God created for Himself to fill and enrich His Creation.

This world belongs to Gods enemy! He lures them to all these addictions. Satan is a liar from the beginning (John 8:44) and he is the enemy who causes humankind to seek things other than God. He did it in the Garden with Adam and Eve because they listened to him, rather than being obedient to God’s instructions. When he is successful he laughs.

Wonder why today there are so many children living with only one parent? Babies now aborted! Children need two loving parents to guide their lives and teach them

values that will ultimately make their lives worth living not place them in bondage to these kinds of things. Children learn from what they see their parents do! Many of our lives have been touched having a member of our family doing these things. Come Alive and die to such things!

Escaping all these “forms of bondage” is only found when one sincerely begins to seek and to know the Heavenly Father/Creator/God. Freedom “coming alive” is found and experienced as one experiences the agape love of God, deliverance and His sustaining power that comes through His Beloved Son Jesus Christ as they accept His death on the Cross for forgiveness of all their sins. (Read John 3:16) I understand your dilemma and pain, YOU are in my prayers as I write this!

Marlys Johnsen Norris
Chrisitan Author of 7 books
Writer: American River Messenger
Marlysjn@gmail.com



By Pastor Ray Dare

God wants to give you His peace, He doesn’t want you to be uptight, pressured, worried and stressed out. It’s amazing to me that people go great lengths to find peace. They try therapies, long vacations to exotic places, drugs, drinks, fads and quacks. A lot of people look to chemicals to find peace. Whenever there’s a shortage of something, scientists make something synthetic to replace it. But God doesn’t want to give you synthetic peace; He wants to give you real peace, His peace.

How do I get God’s peace? The Bible says, “Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about...and the peace of God will be with you.” Philip.

Pastor Ray's Encouraging Words

How to Find Real Peace

4:6-9 (LB) You find His peace in perspective. What you choose to focus on.

You replace problems with promises. You stop dwelling on the difficulty and you focus on the Deliverer. In the Bible, King David was a man with a lot of problems. He said in Ps. 56, “Lord, have mercy on me; all day long the enemy troops press in. So many are proud to fight against me; how they long to conquer me. But when I am afraid, I will put my confidence in you. Yes, I will trust the promises of God. And since I am trusting Him, what can mere man do to me? The very day I call for help, the tide of battle turns. My enemies flee! This one thing I know: God is for me!” Ps. 56:1-9 (LB) What did David do when problems came his way? He turned his worries into worship and wrote the book of Psalms. He refocused off of his problems and on to God’s promises.

What have you been stressed by lately? Your finances, a problem at work, your kids, your health, a relationship? Jesus said, “Do not let your hearts be

troubled. Trust in God. Trust in Me.” Real peace isn’t found in a pill, it’s found in a Person, his name is Jesus Christ, the Prince of Peace. You will never have ultimate peace in your life until the Prince of Peace is in the center. In the center of a storm, like a hurricane, there is a peaceful center. While everything around it is blowing a hundred miles an hour, there’s a peaceful center. When you have Jesus Christ in the center of your life, everything else could be blowing a hundred miles an hour all around you, but in the center of your heart you have peace.

The first step to peace is to invite Jesus into the center of your life. Where ever Jesus is, there is peace. Then open the Bible and learn what God promises, learn to dwell on those promises and the peace of God will be with you.

Pastor Ray
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**Wed., May 9
Wed., July 18**

11:30 am to 12:30 pm

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Sierra Hills Memorial Park
& East Lawn Mortuary

5757 Greenback Lane,
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To RSVP or More Info:
916.732.2020

Lic. #FD-1242

**Thurs., April 5
Thurs., June 7**

11:30 am to 12:30 pm

EAST LAWN
Memorial Park
& Crematory

4300 Folsom Blvd.,
Sacramento, CA 95819

To RSVP or More Info:
916.732.2000

Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.



www.EastLawn.com



HIRING EVENT

Silver Bay Seafoods is **Hiring processors** for the salmon season in Alaska. Our plants are located in: Sitka, Naknek, Metlakatla, Craig and Valdez.

Pay is \$13-\$15 an hour with tons of overtime. Room and board provided for \$10 a day. Round trip airfare provided from Seattle, WA.

Work starts mid-June to about late September, all depending on the activity of the fish. Must be physically capable of working and lifting for multiple hours at a time and able to follow regulations and safety procedures of each facility.

Hiring event on May 8th at Courtyard Sacramento Airport, Natomas, 2101 River Plaza Dr. **Event times will be 8am, 11am, 2pm, and 4pm.**

Please apply on our website: <http://www.silverbayseafoods.com> under 'Seafood Processor 2018' prior to attending event.

*Silver Bay Seafoods is committed to equal treatment of all employees without regard to race, national origin, religion, gender, age, sexual orientation, veteran status, physical or mental disability or other basis protected by law.

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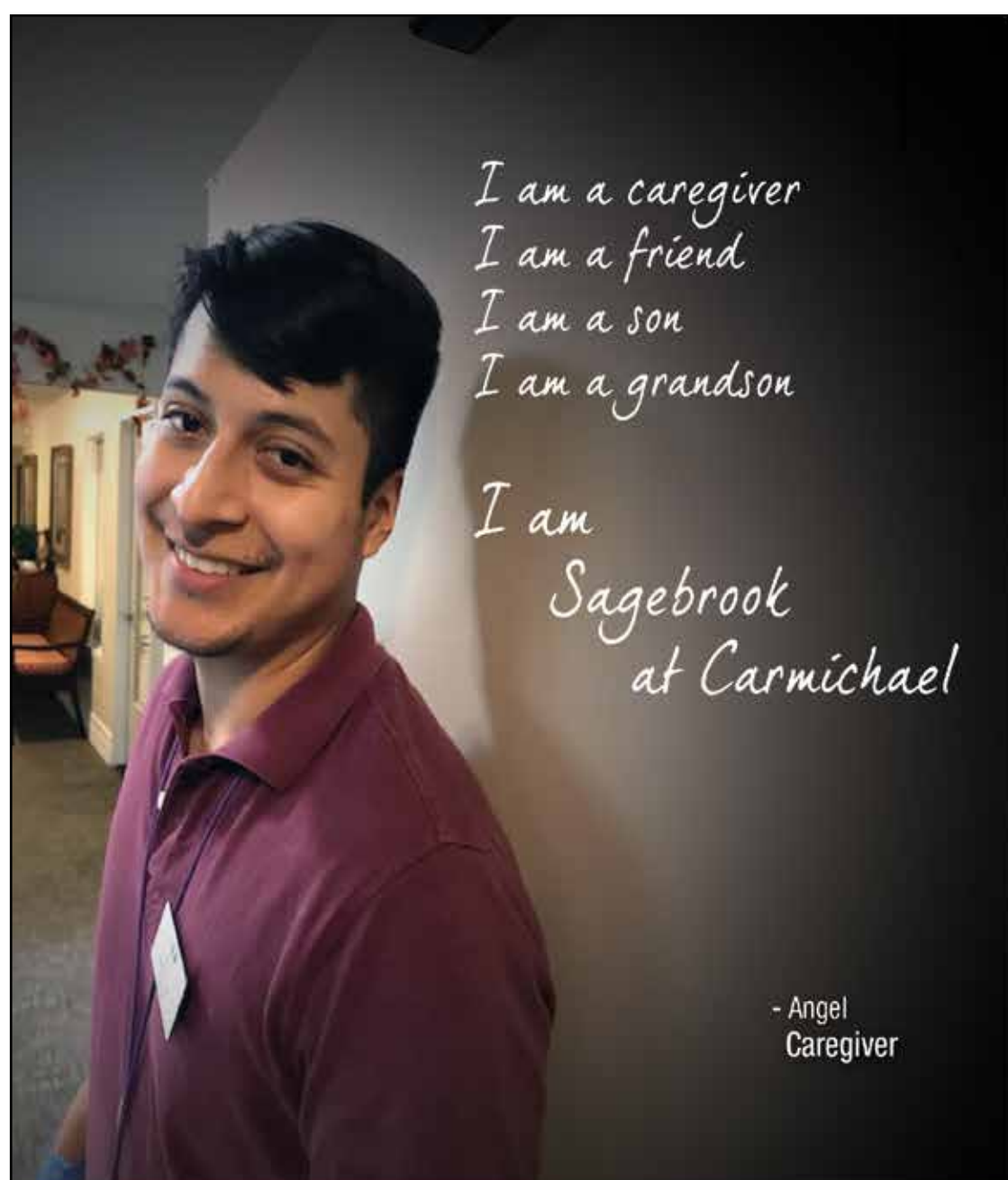
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WEEKLY MEAT SPECIALS

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\$4.99 /lb

New York Roast-Bits

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WAYNE FARMS

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Carne de Muslo Deshuesada

40 lb Box.....\$54.99/ea

\$1.49 /lb

USDA CHOICE

Beef Cross Rib/Shoulder Clod Roast
Pulpa Contra en Trozo sin Hueso

\$2.69 /lb

IBP

Pork Neck Bones
Huesos de Cuello de Cerdo

99¢ /lb

USDA CHOICE

Beef Shoulder Clod Steak
Pulpa Contra en Bistek sin Hueso

\$2.99 /lb

SWIFT/IBP

Pork Butt-Bone In
Trozo de Puerco con Hueso

\$1.49 /lb

USDA CHOICE

Beef Espadilla Thin Sliced Shoulder
Espadilla de Res sin Hueso

\$2.99 /lb

SEABOARD

Pork Butt-Boneless
Trozo de Puerco sin Hueso

\$1.79 /lb

Superior Farms LAMB

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Lamb Arm Shoulder Chops \$7.99/lb
Lamb Rib Chops \$9.99/lb
Lamb Loin Chops \$13.99/lb
Lamb Leg Steaks \$9.99/lb
Lamb Riblets \$5.99/lb

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Boneless Lamb Stew \$8.99/lb
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Vine Tomatoes	Popeye Spinach	Fresh Express Salads	Plantain Bananas	Russet Potatoes 10 lb Bag	Mangos
99¢	2/\$3	2/\$3	79¢	1.99	5.99
					2lbs \$1
					Jalapeno Peppers

AMERICAN/HISPANIC GROCERY

\$1.59	\$3.49	\$1.99	99¢	\$1.99
Philadelphia Original Cream Cheese 8 oz	La Naranja Ponche (Fruit Punch) 32 oz	Mi Harina Tortilla Chips 24 oz	CRV Latin Fusion Guanabana Drink 16.9 fl oz	Aleut Balsamic Vinegar 12.75 fl oz

ASIAN GROCERY

\$1.49	\$1.99	\$1.29	\$1.99	\$1.99	69¢
Boba Tea	Uthi Cracker 10 x 25 gm	Tapioca Pearl (Boba) 35 oz	Pure Palm Sugar 16 oz	Instant Noodle 5 pk 400 gm	Namen Coconut Water 10.5 fl oz
					69¢
					CRV T.A.A. Brand

EUROPEAN GROCERY

\$2.99	\$7.99	\$1.99	\$2.49	\$1.79
Miyako Ramen Noodle 2.4 kg	Solid Perpetual Black Garlic 250 gm	Solid Tomato Paste 700 gm	LeTaps 100% Pure Agave Juice 1 Liter	Lacta Condensed Milk 350 gm

KOREAN/JAPANESE GROCERY

20.99	14.99	1.99	7.99	9.99
Korean Gochu Rice 4 kg	Nongshim Noodle Soup Bowl Set 2 Kinds 12 x 4.02 oz	Seaweed Snacked 10 x 18 oz	Seaweed Bean Paste 176 oz	Round Beef Flavored Soup Stock 2.2 lb

HOUSEWARES

\$4.99	\$2.99	\$1.99	\$3.99	\$5.99
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Sacramento County DA Reports



Gang Member Sentenced for Possessing Firearm, Enhancements

DATE: April 9, 2018
CASE: Deandre Rogers (Case #16FE023618)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)
The Honorable Maryanne Gilliard sentenced Deandre Rogers to 30 years to life in prison. On March 2, 2018, a jury convicted Rogers of being a felon in possession of a firearm. The jury also found true a personal arming allegation and gang enhancement. At sentencing, the court found that Rogers has two prior strikes, which subjected him to three-strikes sentencing, and a prior five-year prison commitment.

On December 14, 2016, a video was released on YouTube showing Deandre Rogers rapping, disrespecting rival gang members, promoting his own gang and holding firearms. On December 15, 2016, officers conducted surveillance on Rogers, a known G-Mobb and Starz gang member. Officers followed Rogers to a restaurant and watched him get into the back of a vehicle. When they pulled the vehicle over, they located a Glock 21 with 17 rounds loaded in it. They also located a Glock 27 loaded with 12 rounds in another vehicle Rogers was seen accessing.

Rogers has two 2016 strike convictions. One of those convictions was for assault with a firearm in which Rogers and another individual shot two rival gang members multiple times. The other conviction was for carrying a concealed firearm in a vehicle, which was gang related.

Defendant Convicted of 12 Child Sexual Assault Charges

DATE: April 16, 2018
CASE: Chandler Ashford-Deshazo (Case #17FE011458)
PROSECUTOR: Deputy District Attorney TeriAnn Grimes, Special Assault & Child Abuse Unit
Chandler Ashford-Deshazo was convicted by a jury of six counts of committing a sex act with a child under 10 years of age and six counts of committing a lewd act upon a child. In 2016, Ashford-Deshazo began sexually

assaulting two female family members, who were both 7 years old at the time. Neither of the victims told their parents or each other about the abuse. On April 7, 2017, a family member caught Ashford-Deshazo during one of the sexual assaults. Ashford-Deshazo fled the house and was later arrested that night for being drunk in public. He was released on that charge the next day and immediately fled to San Diego, where he was apprehended two months later. Ashford-Deshazo faces a maximum sentence of 90 years to life in prison. Sentencing is set for May 11, 2018, at 9:00 a.m. in Department 36 before the Honorable Stephen Acquisto.

Gang Members Convicted for Crime Spree Ending in Murder

DATE: April 19, 2018
CASE: Tevita Kaihea & Charlie Hola (Case #15F07862)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
Tevita Kaihea was convicted by a jury for the first-degree murder of Roman Gonzalez, attempted murder, two counts of robbery, vehicle theft and being a felon in possession of a firearm. Charlie Hola was convicted for the second-degree murder of Roman Gonzalez, two counts of robbery, vehicle theft and being a felon in possession of a firearm. The jury also found true multiple firearm allegations and gang enhancements for both defendants.

Tevita Kaihea and Charlie Hola are members of the Tongan Crip criminal street gang. On September 3, 2015, Kaihea and Hola stole a car from the 47th Avenue Light Rail Station. They drove the stolen car to a Church's Chicken on Florin Road, where they committed an armed robbery. They then shot a south Sacramento resident in the face when the resident noticed the two acting suspiciously in the neighborhood. That victim survived the shooting. After dumping the car near Sacramento City College, Kaihea and Hola got into a gang fight ending in the shooting death of Norteno gang member Roman Gonzalez. Kaihea shot and killed Roman Gonzalez on the Sacramento City College campus.

Kaihea faces a maximum sentence of 113 years to life in prison. Hola faces a maximum sentence of 49 years to life in prison. Sentencing is set for May 18, 2018, at 1:30 p.m. in Department 12 before the Honorable Maryanne Gilliard. ★



POPPOFF!

with Mary Jane Popp

Forgive

You've heard the saying you can forgive but you can't forget. Perhaps you can achieve the forget part so you can have freedom. **Dr. Randy Kamen** is a psychologist who helps people with many life issues, and helped pioneer new territory in mind-body medicine. She wrote "**Behind the Therapy Door**" because she is committed to a personal growth journey...liberating herself from an abusive family of origin and creating a beautiful life for herself. So we explored the ways to forgive on my POPPOFF Radio Show.

DO YOU FEEL THAT CERTAIN THOUGHTS THAT LOOP AROUND IN YOUR HEAD INTERFERE WITH YOUR POTENTIAL FOR HAPPINESS?

There is a saying that holding on to anger or resentment is like drinking poison and hoping the other person dies. Forgiveness is about giving up the suffering

of the past and being willing to forge ahead with a greater potential for personal freedom. Research shows that forgiveness benefits the mind, body and soul. We are happier, healthier and more connected with others when we develop the capacity to forgive. Even though each of us has our own unique story of anger and hurt, there are two components to forgiveness: **Grieving** what was and what could have been and **Letting Go**. Regardless of the offense, the process of forgiveness remains the same. After you've grieved, you must **Choose** to release the anger and hurt. We do this so that we can liberate ourselves from our own suffering.

WHY THEN IS IT SO HARD TO GIVE UP A GRUDGE AND FORGIVE SOMEONE WHO HAS HURT OR BETRAYED US?

Probably because we have told ourselves "the story" that keeps looping around in our minds for so long that the story now has a life of its own. Learning to tell ourselves a **Different Story** with a brighter future filled with possibilities puts us in the position to let go of what **Could Have Been**. When we realize how the old story continues to hold us back, it's a compelling argument for why we need to forgive.

IF WE ARE TO LIVE UP TO OUR FULL POTENTIAL AND LEAD OUR LIVES FULLY, THEN FORGIVENESS BECOMES ESSENTIAL. Forgiveness is about letting yourself Feel the full range of emotions---grief, anger, and hurt while cracking your heart open with loving kindness towards yourself. Surprisingly, forgiveness begins with oneself. Once **you** internalize that **You are Worthy of Forgiveness**, then you might find it easier to summon the **Compassion** for the person who injured or disappointed you. **Patience and Practice** matter when learning to forgive. You cannot rush the process. The more you let the idea of forgiveness infuse itself into you **Conscious and Unconscious Awareness**, the more skilled you will become at internalizing this powerful skill. Gratitude and forgiveness are key components to rising into your magnificence. As one of **Dr. Kamen's** students recently said, "Who am I not to be Magnificent?"

Check out her website and get a free chapter from "**Behind the Therapy Door**" at www.DrRandyKamen.com/free-chapter. Live life with forgiveness and light! ★

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Donald Kendrick, Music Director

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West Coast PREMIERE

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Te Deum | Antonin Dvorak
Ancient Airs and Dances | Ottorino Respighi

Rachel Songer, Soprano
Anne-Marie Endres, Soprano
Shawn Spiess, Baritone

Projected supertitle translations

GUEST CHORUSES
Sacramento Children's Chorus – Alexander Grambow, Director
Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm
Pre-concert talk by Donald Kendrick 7 pm
Sacramento Community Center Theater

TICKETS CCT BOX OFFICE | 916.808.5181 or TICKETS.COM
SACRAMENTOCHORAL.COM

Marketing Like a BOSS

PRESENTED BY BizX

Whether you are an entrepreneur, small business owner, or creative, you have an opportunity to **take your marketing strategy to the next level** by attending BizX 2018!

This year's event will gather more than 150 entrepreneurs, creatives, and small business owners on May 1, 2018, for an afternoon focused on inspirational storytelling designed to energize, motivate, and **give you the tips you need to market like a boss.**

When: Tuesday, May 1, 2018
Program: 2 to 4:30 p.m.
After Party: 4:30 to 7 p.m.

Where: Crocker Art Museum, 216 O Street, 95814

Speakers:

Tina Reynolds, CEO Uptown Studios (Emcee)
Rich Forman, CEO and Co-Founder of Apptology
Gina Lujan, Founding CEO of Hacker Lab
John Davidson, Head of Partnerships, eSports, and Influencer Marketing for GameStop

For More Information Visit: Sacberc.org/NewsEvents/Pages

SacRT Seeks Public Input for World-Class Transit System

SacRT Special Release

SACRAMENTO REGION, CA (MPG) - The effort to develop a new generation network for the Sacramento Regional Transit District (SacRT) has officially been launched. The first stakeholder public input meeting was held earlier this month, and nearly a dozen community workshops are planned for April and May. It's all part of a new route optimization study, now coined "SacRT Forward," which seeks to create a world-class transit system that is reflective of today's travel patterns.

"Our transit system has not seen a route redesign in 30 years and travel patterns in the region have changed substantially since then," said SacRT General Manager Henry Li. "SacRT Forward will take a blank slate approach in creating a new network that will focus on connectivity with light rail as well as service frequency, and bus routing that takes customers to destinations where they want to travel to."

SacRT Forward will have variety of community involvement components, including two stakeholder meetings, SacRT

Board workshops and nearly a dozen community events where planners will solicit input from current riders and potential riders alike. "We want everyone's feedback in this process so that we can come up with the best transit network possible," said SacRT Board Chair and Sacramento County Board of Supervisors Vice-Chair Patrick Kennedy. "Our vision is to create a state-of-the-art transit system that features new low-floor light rail trains along with excellent bus connectivity and reliability. We have made great strides in the last two years improving SacRT's

service, and now we look forward to the next round of changes as we strive to develop an exceptional transit network in the growing Sacramento region."

There are 11 opportunities for Sacramento residents to learn more about the 15-month long project. SacRT's planning and outreach teams will be out in force during the months of April and May seeking public input during a series of pop-up workshops. Below are a list of upcoming public workshops that residents are invited to stop by and comment on the project.

Participants will be asked

to provide feedback on ways SacRT might be able to redesign its bus routes given available resources. This means individuals will be asked to prioritize their preferences, and in many cases determine which trade-offs they prefer in order to remain revenue neutral. Another series of workshops will be held in the fall to evaluate two proposed networks that will be developed by the SacRT Forward planning team based upon community and stakeholder input.


SacRT is working with Jarrett Walker & Associates to help

develop two network proposals for community review. The first network redesign will offer a revenue neutral proposal, while the second proposal will feature a route design that presupposes increased funding levels. Both proposals will be available for community review in winter 2018.

SacRT Forward's Public Information Plan is posted on sacrt.com along with additional details about the route optimization study.

For more information visit www.sacrt.com/apps/sacrtforward. ★

The June Election is right around the corner!




Beginning with the June 2018 Primary Election:

- All voters in Sacramento County will be mailed a ballot
- You choose how to vote: by mail, at a Ballot Drop Box, or at a Vote Center

Important Dates

May 7	Ballots will be mailed to all registered voters	June 2	All 78 Vote Centers open
May 8	All 53 Ballot Drop Box locations open	June 5	Election Day! Last day to turn in your ballot
May 26	18 Vote Centers open		

Learn more at www.Elections.SacCounty.net Call Toll Free (800) 762-8019



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FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 2 Cases Per Family 20/\$9.00 Effective 4/25/18 - 5/1/18	ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb \$8.99) (Slide 19 lb \$9.99) Limit 2 Boxes Per Family \$5.99 Effective 4/25/18 - 5/1/18	SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD 13 Oz •Selected Varieties (Reg price \$1.69) NEW (Healthy Cuisine 12.5 oz \$1.59 Reg price \$1.79) Limit 2 Cases Per Family \$14.99 Effective 4/25/18 - 5/1/18	SCOOPAWAY CLUMPING CAT LITTER 42 Lb Bag •Multi-Cat Formula Limit 2 Bags Per Family \$9.99 Effective 4/25/18 - 5/1/18

PURINA BENEFUL PREPARED MEALS All Varieties 10 oz Limit 1 Case \$1.39	ELEVATE SUPER PREMIUM DRY DOG FOOD NEW Antioxidan Blend 28 Lb Bag •Chicken •Lamb •Salmon •Pork (25 Lbs) Limit 2 Bags Per Family \$3.00 OFF OUR SUPER DISCOUNT PRICE	PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case 99¢
PURELY FANCY FEAST CANNED CAT FOOD 2 oz. All Varieties Limit 1 Case \$1.09	9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family \$7.49	BLUE BUFFALO NATURALLY FRESH CAT LITTER 14 Lb Bag Limit 2 Bags Pellet \$5.49 Clumping \$8.99 Multi-Cat Clumping \$9.99
SOLID GOLD DRY DOG FOOD •Hund n Flocken •Wolf King Bison (24 Lb Bag) •Holistique •Millennia 28.5 Lb Bag Limit 2 Bags As Marked \$7 OFF OUR REGULAR LOW PRICES	FRESH STEP CRYSTALS CAT LITTER 8Lb Bag Limit 2 Bags \$10.99	MERRICK'S CLASSIC NATURAL DRY DOG FOOD •Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains ON SALE
PURINA BENEFUL DRY DOG FOOD •Original •Healthy Weight 31.1 Lb. (Selected Varieties 15.5 Lb \$13.99) Limit 2 Bags \$24.99	SCIENCE DIET SMALL BITES DRY DOG FOOD •Adult •Light •Mature 17.5 Lb Bag Limit 2 Bags Per Family \$22.99	CORE NATURAL DRY CAT FOOD 3 FREE Core Cat Cans 5.5 Oz With Each purchase •Original •Indoor •Turkey Grain Free 12 Lb Bag Limit 2 Bags \$35.99

GREENIES DOG TREATS 12 Oz Pkg •Chewy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct) •Regular •Grain Free •Petite (20 Ct) •Large (8 Ct) Limit 2 Packs Per Family \$4 OFF OUR SUPER LOW PRICES	ROSY'S ORGANICALLY GROWN KITT GRASS •Single Tub \$2.99	KONG PRODUCTS •Classic •Dental •Air Dog •Chews •Wubba •Stuffin •Treats •Soft Toys All Varieties 20% OFF OUR SUPER LOW PRICES
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PENN PLAX PLASTIC AQUA-PLANTS 20% OFF OUR SUPER LOW PRICES	INSTANT OCEAN SEA SALT 50 Gal. Salt Mix \$12.99

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By County Supervisor Susan Peters

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

DA to Speak at Community Meeting

District Attorney Anne Marie Schubert will be my guest speaker at my Carmichael Community Meeting on Thursday, May 24, at 6 pm at the Carmichael Park Clubhouse. I hold a number of community gatherings throughout the year in Arden Arcade, Carmichael and Fair Oaks with each having a special guest speaker. Flyers for each community identifying dates and times are available on my website at bos.saccounty.net.

FAIR OAKS COMMUNITY UPDATE

Volunteers in Partnership with the Sheriff

The Sheriff's Department is seeking individuals interested in becoming members of the VIPS (Volunteers in Partnership with the Sheriff) Program. VIPS members assist the department with a variety of duties like writing crime reports, performing residential security checks, assisting neighborhood association groups, and helping at the Sheriff Service Stations plus much more!

Since 1993, the Sacramento County Sheriff's Department has relied on volunteers to assist with its many tasks. To have effective crime prevention requires the support of a partnership between the Sheriff's Department and community members – and that's why individual volunteer participation is so vital.

For additional information, please email the VIPS Coordinator at volunteers@sacsheriff.com.

Fair Oaks – Orangevale Big Day of Service

A grassroots all-volunteer led initiative is underway to make a positive impact in the communities of Fair Oaks and Orangevale. The goal is to unite these communities

around the idea of making things better by working together on a single day – May 5 – on approximately 25 community service projects.

Individuals, families as well as local organizations, businesses, and churches can all participate. To learn more, please go online to bigdayof-service.com.

Fair Oaks Fiesta Day

Fair Oaks Village will be holding its annual Fiesta Day on Sunday, May 6, and activities involve old fashioned free games and activities for children, Arts & Craft vendors, food trucks, shopping in the Village, raffles, music, a pancake breakfast along with the Fair Oaks Sun Run, a classic car show, and the Famous Toilet Bowl Racer Challenge.

For more information about Fiesta Day, please visit the Fair Oaks Chamber of Commerce online at fairoakschamber.com or call 916-967-2903.

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



By County Supervisor Sue Frost

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

Since I was first elected to office 6 years ago, and continuing now as Supervisor, I have tried to be open minded and research all sides of every issue so I can make informed decisions and support policy that best meets the needs of our communities.

That is why last year I asked the Sheriff's Department to allow me to personally experience some of the training our deputies undertake to help them handle potentially deadly situations. Watching news coverage of the tragic shooting of Stephon Clark has compelled me to share with you what I experienced and learned from that training - even though some of my advisors have recommended that I not touch this issue with a ten-foot pole.

When I arrived at the training facility, I was brought to a portable room where an instructor talked to me about how much "force" to use in given situations, such as how to disarm someone using words - or failing that, when to use force or draw a taser - and lastly, when to draw a firearm.

After the discussion, I was given a holster with simulated weapons that had recoil, and put in front of a huge projector screen that ran a series of simulations. The operator of the simulator was able to change the simulation based on what I was doing and saying, and the simulator itself could detect my gunshots and react accordingly. This combination made me feel like I was actually there, and I completely forgot that I

Orangevale Community Update

In Their Shoes

wasn't in actual danger.

In my first simulation, I was at the park responding to a call where I was told kids were playing with a gun. When I arrived, I saw two boys sitting in the park holding something dark. In a matter of seconds I recognized that the object they were holding was a gun, but before I knew it one of the boys was accidentally shot. I was stunned! When I saw two innocent-looking boys holding something dark my heart wanted to think it was a book. After the simulator turned off for debriefing, we talked about why I did not identify myself as law enforcement, draw my gun and shout at them to drop the weapon. I was informed that had I handled things differently, nobody would have been shot.

In my next simulation, I witnessed a woman being robbed at an ATM. Learning my lesson, I drew my gun and started yelling commands, and continued to yell commands as I saw the man draw a gun. Almost immediately, the man had shot the woman, dropped his gun, and started to run away. I fired my "gun," shooting after him as the simulation again turned off for debriefing. We talked about why I should have shot the man earlier than I did, how chasing and shooting him as he ran away meant shooting him in the back when he had already surrendered his weapon, and how I could have accidentally shot an innocent bystander at a distance. My reaction added risk and liability to an already bad situation. I was asked how many bullets I thought I fired and was off by five. I was asked about what the man looked like, and was shocked that I could not recall anything about him other than he was a man.

As the morning went on, I had some simulations where I adequately solved the problem, and others that went just as bad as the first two. But the longer it went on, the more comfortable I was in the simulator and the better I was doing overall.

The experience opened my eyes to what our deputies have to be prepared to face while on patrol - and

the training they receive on how to handle those situations. Before this experience, it was easy for me to watch a video of a police encounter and say how I would have done things differently. But after going through it, it has changed my perspective on all the police encounters I have watched - and has given me a greater appreciation for how hard it is for the officers.

I understand now how a person could recall firing only four bullets when he in fact fired ten. I understand how in a split second you can fear for your life and assume the worst. And I understand that since only a handful of officers will face those situations in their career, it must be extremely difficult to mentally prepare them for when they do happen.

With the benefit of hindsight and multiple camera angles, we can see how the shooting of Stephon Clark might have been avoided. This opens our eyes to the need for intense policy review and enhanced training - but not by shouting people down, breaking car windows or blocking roads and freeways. Providing our officers the best available training so they can be as prepared mentally and physically as possible should be a top priority.

The simulator I went through was a single projector screen. But other law enforcement agencies in California have a more realistic series of five screens that surround trainees, providing more options - and a more realistic, higher intensity level of training.

Moving forward, I will be working to secure funding to either purchase this equipment or sending Deputies to train in a facility that already has such a system.

Finally, I want to invite everyone to my next Orangevale community meeting on May 9th at 6:00pm at the Orangevale Community Center (6826 Hazel Avenue). If you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District in Sacramento County. ★

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Class of 66 - 9 a.m., Class of 67 - 9:30 a.m., Class of 68 - 10 a.m. \$5 each.
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Sunday – Family Picnic at Fair Oaks Park, Noon to 4.
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Make reservations through the hotel (916) 640-0835
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For more detailed information:
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