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AMERICAN RIVER Messenger

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Kindness as a Choice

A Hands-On Approach to Understanding



Leslie DeDora (top photo), founder of A Touch of Understanding, far right, and volunteer Amanda Mulanix, far left, with some of the participants in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks. Alaina Lawrence, 9 (photo at right) of Carmichael working at the Braille learning table, practices spelling out her name in Braille.

**Story and photos
by Jacqueline Fox**

FAIR OAKS, CA (MPG) - One of the students had a little trouble reaching the foot pedals on his wheelchair. The break was a bit of a challenge too. As he tried rolling it out on to the blacktop at the California Montessori Project, American River Campus in Fair Oaks, a trail of fellow fourth graders followed, bringing up the rear.

This was exactly the kind of learning experience intended: hands on, real time, fumbling through it kind of learning. It was only for practice however, practice for what it really feels like to be wheel chair bound. Once the students tackled the wheel chair they got a shot at walking blindfolded with a white cane, punching out their names backward in Braille, learning

about how prosthetic limbs work and what it feels like to have the not-so visible kinds of disabilities, such as autism and dyslexia.

"It's not as easy as it looks," said Alaina Lawrence, 9 of Carmichael working at the Braille learning table. She and some of her schoolmates were participating in an onsite sensitivity and awareness workshop led by volunteers with the Granit Bay-based nonprofit organization, A Touch of Understanding (ATOU). Officially launched in 1996 by Leslie DeDora and her father, Edward Ennis, ATOU marshals the wisdom and experience of volunteers, many with disabilities themselves, and, along with a truck-load of

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Big Day of Service Unites the Community

By Kent Pollock

FAIR OAKS, CA (MPG) - If you can garden, paint, help install smoke alarms, pick up litter, assemble care packages for deployed troops or high-risk maternity patients, whack weeds, help perform random acts of kindness or any number of other tasks, an event coming to Fair Oaks on May 5 seeks your enthusiastic participation.

Organizers of the "Big Day of Service" have announced a number of projects that will be pursued to benefit the Fair Oaks community. The event has been designed to both provide for community needs and give residents and civic organizations a chance to feel the joy of community service.

"We hope to unite the community around the idea that we can all make things better by working together," said County Supervisor Sue Frost, who is among the event's financial sponsors that also include several area churches, civic organizations, businesses and individuals.

More than 250 people have already signed up to participate in the May 5 "Big Day of Service" in Fair Oaks and Orangevale, but more participants are welcome. Community organizations or people interested in participating can choose a project from a list and sign up at <https://www.bigdayofservice.com/communityservice>.

The Big Day of Service will begin with a pancake breakfast and feature a daylong 'Give and Receive' Community Resource Fair where opportunities to receive services will be accompanied by ways to give back to the community. For example, a person might get a free haircut then spend some time writing postcards

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Project Linus Seeks Blanketeers for Local Children in Need

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - On Christmas Eve morning, 1995, Karen Loucks came across the compelling photo of a bald three-year-old girl named Laura Williams in a long pink dress, holding her special "blankie."

Written by Pulitzer Prize-winning photo-journalist Eddie Adams, the article in Parade Magazine told of Laura's battle with leukemia and how her blanket has helped her get through more than two years of grueling chemotherapy.

After reading that article, Karen Loucks, who was 23 at the time, and had just learned to crochet, decided she could crochet blankets to help children like Laura; thus started Project Linus.

To date, Loucks, her friends and hundreds of volunteers have presented thousands of homemade blankets to Denver's Rocky Mountain Children's

Cancer Center and many other venues locally and worldwide.

'Linus' was chosen for the logo, as the image of Charles Schulz's beloved Peanuts character with his trusted security blanket tells the mission of the project perfectly.

Since 1995, 400 chapters nationwide have delivered close to 7,000,000 blankets to children in need of all ages.

In a recent phone interview with Loucks, she said, "For me, it's thrilling to be a part of this... I don't like to do something unless I can make a difference. I don't get on the hamster wheel just to see it turn.... Here I can see results every day. We can't stop the disasters but can have a positive effect and help where we can... It's kids helping kids, they use their own hands to help others."

The Sacramento Chapter, with Claire Gliddon at the helm since 1997, is working tirelessly to get their own blankets



An elementary soccer team with blankets from Sacramento Chapter Linus Project.

Photo courtesy of Claire Gliddon

out to children in need in Sacramento and Placer counties. Local "blanketeers" made and delivered 12,437 blankets to needy children in 2017.

Today Gliddon is seeking more volunteers of all ages and organizations that need that "hug" for children. Donations

of material and yarn to make even more blankets are needed. Seniors and others who love to knit, crochet, quilt or sew can join in the fun and camaraderie of creating something that will make a huge difference in the life of a child

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Annual Roseville Gem Show Rocks On for 2018

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Roseville Rock Rollers 56th Annual Gem, Jewelry, Fossil, and Mineral Show will take place at the Placer County Fairgrounds in Roseville March 24-25. Hosted by the Roseville Rock Rollers, also known as the Roseville Gem and Mineral Society, this year's show features gemstones, jewelry, fossils and minerals and has something for the whole family.

The group was established in 1960 as a group of local "rockhounds," according to show chair James Hutchings. That group, deeply interested in the science and art of the earth's natural beauty in rocks and minerals, first met in homes and then as their numbers grew, expanded to the use of a local school room.

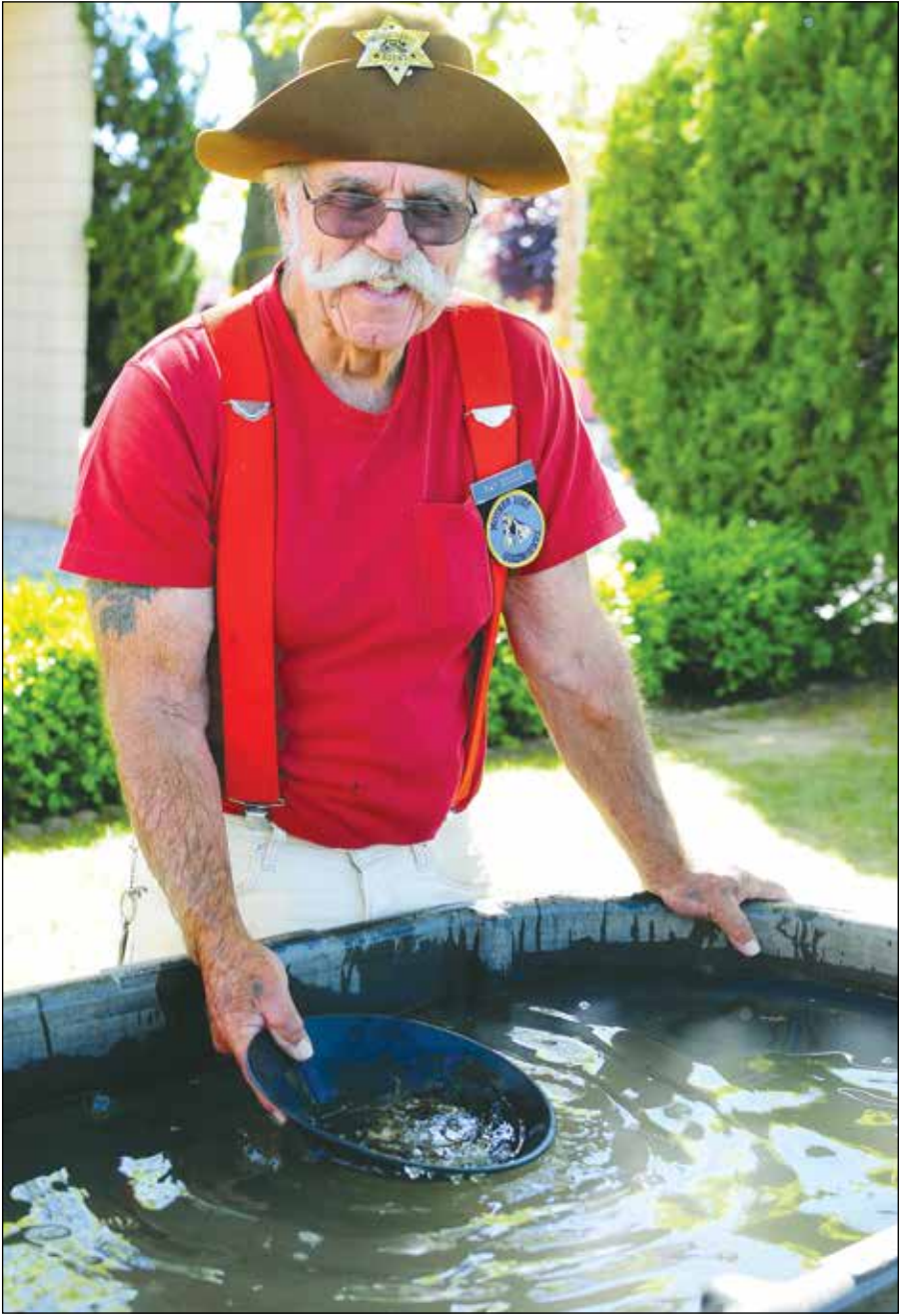


Beautiful, polished stones have been strung by hand in a variety of colors and sizes to create one of a kind necklaces for sale during the Gem Show (above). Photo courtesy Roseville Rock Rollers

This year's show has dozens of exhibits for attendees, such as jewelry, metal, wire and glass beading arts, fossils, crystals and minerals, but that's not all. So that attendees aren't rushed, the show also provides a cafeteria. "A very fine hot lunch is available at our own kitchen in Johnson Hall," states Hutchings. The group has put together a menu of very reasonably priced food and beverages will also be available at the show's cafeteria.

In addition to exhibits, classes and demonstrations, show goers can pan for gold, purchase equipment, buy raffle tickets, have rocks, gems and mineral identified by experts or make purchases at a silent auction.

Wishing to share the art and science of the mineral world, in the tradition of gem and mineral shows around the world, the Roseville Rock Rollers established their own gem and mineral



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Roller's annual Gem and Mineral Show. MPG file photo

show around 1962. The society grew, the show grew, and the show and the Society moved to the Placer County Fairgrounds where it continues today.

"As the Roseville Gem and Mineral Society has expanded, the show expanded to support the costs associated with its programs, such as the Rookie Rock Rollers, juniors program, the Annual Scholarship program to Geology Students at Sacramento State Geology Department, and our year round Lapidary shop on the fairgrounds," said Hutchings. "The lapidary shop on the Fair Grounds is the heart

and soul of our Society, where we teach lapidary arts, jewelry fabrication, conduct mineral identification and mini tail gate rock sales."

Hutchings developed his love for "rockhounding" at an early age. "Personally, I as most young people, was fascinated with rocks minerals and crystals. My parents encouraged me with my first Golden Book of Rocks and Minerals, a book still in current print, and my first rock pick."

At the age of 38, he became seriously interested in rockhounding and gold mining, attending a mineral



Featured (above) a budding "rockhound" under supervision as she delicately sorts through a tray of semi-precious stones during the Gem Hunt event during the Gem Show. Photo courtesy Roseville Rock Rollers

identification course at Sierra College, next pursuing an in depth understanding the chemistry and physics that form "these miracles in the earth." He has put that knowledge to good use today providing what he refers to as a "mini lab" during the show to test rocks, minerals, and gems to provide guest an idea of materials they have in their possession.

While the Rock Rollers must generate funds to keep their programs operating, the primary purpose of any Gem and Mineral Show is to promote the Art and Science of the mineral world, according to Hutchings.

Like many of the group members, an early exposure to rockhounding and lapidary arts often provides a genesis of interest that often blossoms later in life, Hutchings said. "We really work hard, to attract the parents who want to expose their children to the natural world and foster that spark."

There are presentations and activities for youngsters on identifying and handling specimens of all kinds. Students and Scouts can reinforce their California Rock Cycle curriculum and merit badge information. Scouts can have their mineral finds evaluated for rock type or mineral and validated for their required collection.

Hutchings suggests visitors come early and plan on spending the day at the show. "We take over the entire fairgrounds with exhibits, demonstrators, and vendors."

Not to be missed are real treasures the group will have on display. "Folks tend to walk by the display cases," he said. "These simple, well lighted boxes contain the best of the best of personal collections of minerals in variety or by theme. The displays are, 'literally' miniature museums showcasing specimens in the possession of individuals who have spent a lifetime collecting the best of the best of their favorite species of rock or mineral," said Hutchings.

"We are looking for the general public who are looking for gem stones, set and unset, handmade, and fine art jewelry, and mineral specimens from every corner of the world! We find the single most striking comment from folks who, by accident, end up at our show is, "I had no idea such things existed in the world!"

For more information, tickets and coupons, visit the group's website at www.rockrollers.com

Contributed by James Hutchings, Roseville Rock Rollers Show Chair. ★

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Kindness as a Choice

A Hands-On Approach to Understanding

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props, heads into schools across many portions of the Northern California region to conduct onsite workshops for school age children in an effort to minimize bullying, social isolation and discrimination against those living with disabilities.

“We know children are curious and they will ask questions if they feel comfortable doing so,” said DeDora. “What we do is provide a safe space for them to learn how to talk to and accept someone who is different from them. I think in many cases kids in schools mistreat others because we don’t give them the information they need to truly understand what it means to walk in someone else’s shoes.”

Dwight Lunkley, who sports two prosthetic arms and is partially disfigured from a near-death off-roading accident in 1994, handled a portion of the speaker sessions that accompany the hands-on activities. He says there’s nothing more impactful than one-on-one interaction with children as a way to teach tolerance and educate them about what happened to him and how it has impacted his life.

“I love coming in to the schools and talking to kids,” said Lunkley. “You’d be amazed at how smart, compassionate and inquisitive they are about me. So we work together to teach them about what is going on with us, why and how we are really just like them and that even with a physical disability we can have happy lives. But we show them, we don’t just tell them. That’s how they learn the compassion.”

DeDora said her aunt had intellectual disabilities that were initially difficult for her to understand until she was taught by her



Dwight Lunkley has a little fun with some of the students in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks.

parents about the importance of celebrating, not rejecting someone because of their differences.

“I remember inadvertently making my aunt cry because I didn’t understand why she looked like the adults in the room, but acted like the kids,” said DeDora.

DeDora parlayed that early education in compassion into a career working as a tutor of students with disabilities in the public schools system. Realizing more could be done to provide young people with tangible opportunities for breaking down misconceptions about people with disabilities, she launched “Walk a Mile In Their Shoes” in 1996. After conducting 60 successful “pilot” presentations, ATOU was formed. Today, the organization has an annual budget of approximately \$400,000, three staff members and an army of volunteers, including interns from Sacramento State College working on degrees in adaptive recreation, nursing programs or other related fields.

Much of ATOU’s funding comes through grants and the sensitivity workshops, the fees for which \$1,200 each are split

between ATOU and the participating campus.

ATOU also relies heavily on funds raised during its annual “Art from the Heart” gala, now in its fifth year. This year’s gala is slated for April 20. Donated artwork is displayed and available for purchase. The event includes silent and live auctions, a raffle, wine, appetizers and likely some of the most inspirational speakers you’ll ever have the pleasure of hearing from.

“It will be a fun, informative and inspirational evening, celebrating art in its many forms and embracing those among us with disabilities,” DeDora said. ★

A Touch of Understanding Fifth Annual Art from the Heart Gala and Fundraiser

Friday, April 20 6:30 p.m. to 9:30 p.m.

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For more information:

visit: www.touchofunderstanding.org, or call: (916) 791-4146



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.

Sheriff Fair Oaks Community Meeting

The Sheriff’s Department holds regular community meetings during March to share information about trends in crime and recent activities. These sessions are open to the public and residents are encouraged to attend.

The Fair Oaks meeting will be held on Tuesday, March 27, 6 pm, at La Vista School, 4501 Bannister Road (North of

FAIR OAKS COMMUNITY UPDATE

Winding Way).

Becoming involved by participating in Neighborhood Watch, attending these meetings, and learning about recent criminal activities makes us all more cognizant about how to better secure our property and make our communities safer.

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 bigdayofservice.com.

DA to Speak at April Community Coffee Meeting

Please join me on Wednesday, April 25, at 7:30 am when I hold my Fair Oaks Community Coffee Meeting featuring District Attorney Anne Marie Schubert as the guest speaker. The Meeting will be at the Fair Oaks Water District, 10326 Fair Oaks Boulevard, in Old Fair Oaks Village. Under her leadership, a select group of deputy district attorneys have been assigned as “Community Prosecutors” who pursue quality of life issues by working with the Sheriff’s Problem Oriented Policing (POP) and Homeless Outreach Team (HOT) Deputies on matters like drug houses, vacant homes that become transient hang-outs, illegal dump sites, etc.

If you can’t make this morning 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 gathering 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.

If you can’t make this morning 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 gathering 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.

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

27 Tips to Drive Up the Sale Price of Your Home

Fair Oaks/Orangevale - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

This report is courtesy of Bob Kelnhofer, Realtor RE/MAX GOLD. Not intended to solicit buyers or sellers currently under contract. Copyright © 2018

Big Day of Service Unites the Community

Continued from page 1

to deployed military troops; or volunteer at one of the many community resource booths.

A variety of no-cost services will be available, from dental hygienist treatments to food distribution, and there will be booths with representatives from many community-minded organizations available to answer questions or consider volunteers.

Among the many projects are plans to paint, weed and spread bark at the Fair Oaks Park Community Garden, which grew over half a ton of produce for local food banks last year; painting benches and repairing vandalism damage at the Fair Oaks VFW lodge; restaining/sealing planter boxes, spreading wood chips, pulling weeds, building a compost bin and planting seeds at the Fair Oaks Lutheran Church community garden; and painting and weather stripping at the Sunrise Christian Food Ministry’s Fair Oaks pantry.



Big Day of Service participant MaryAnne Povey with Fair Oaks VFW General Manager Don Williams. In the foreground is a bench that will be repainted at the VFW Lodge, along with other work to repair recent vandalism damage. The bench is in front of the Lodge’s Merchant Marine Memorial donated by Fair Oaks Eagle Scout Troop 310 in 2014. Photo by Tim Engle

Event organizers report that they have raised thousands of dollars from civic organizations, businesses, churches and individuals to finance the event.

“The community response has been fantastic,” said Brad Squires, chairman of the Community Foundation of

Fair Oaks and Orangevale. “Communities get better when they serve together.”

For more information, please visit www.BigDayofService.com. Inquiries about the event should be sent to info@BigDayofService.com ★



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Crossword Puzzle on Page 5

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Project Linus Seeks Blanketeers for Local Children in Need



Founder Claire Gliddon with blankets ready to be delivered. Photo courtesy of Claire Gliddon

Continued from Page 1

or teenager. These ‘homemade hugs’ can be as simple or complex as the creator choses.

There are no meetings, no quotas. The only requisite is that blankets be new, handmade and washable. Whether you are a beginner or an expert, whether you can make one blanket a year or 100, all are welcome. Blankets can be made at home, with friends, at a community facility such as the Fair Oaks Library, or at one of the many chapter gatherings that take place all over Sacramento and Placer County. Yarn and fabric is available if needed.

“Blanketeers” include seniors, members of faith communities, Boy Scouts, Girl Scouts, 4-H Clubs and both junior high and high school students needing community service hours. Yarn is even provided to the Chowchilla Women’s Prison and men at Folsom State Prison to make blankets for the chapter.

Blankets are donated to over

100 local organizations all year. These include hospitals, low-income elementary schools, food closets, shelters, police departments, child abuse prevention programs, the Sheriff’s Department, Ronald McDonald House, My Mother’s Voice, My Sister’s House and Wellspring Women’s Center, to name a few. Blankets are also donated to children of veterans. Every blanket gets a tag sewn on that says, “Made with Love for Project Linus.”

The children know the difference from a manufactured blanket and are “touched that a stranger would take the time to make something for them.” One child stated, “This is the only thing in the hospital that’s mine.”

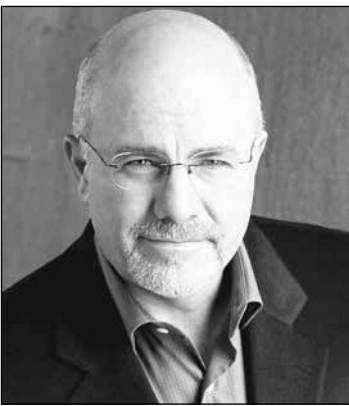
Following the Columbine school shooting in 1999, blanket donations expanded to victims of other disasters. Besides mostly staying local, children affected by 9/11, Hurricane Katrina, fires in California, and school shootings are just some of the

recipients of blankets from Gliddon’s blanketeers.

Gliddon and her volunteers have been invited to exhibit their blankets at the California State Fair since 2015.

A special plea is going out to all collectors for new or almost new Beanie Babies. The project starts at the beginning of each December when they choose a handful of low income schools and present every kindergartener with a warm blanket. A very special touch is the addition of a Beanie Baby in a little pouch with each blanket. In 2017, 790 blankets were delivered to these schools just before Winter break.

Those who join receive an information packet with a list of gatherings, drop-off sites and suggested sizes. For more info, contact Claire Gliddon at (916) 965-8955, e-mail claire@sac.projectlinus.us or visit their website www.sacprojectlinus.org and Facebook page at Project Linus-Sacramento-Chapter. ★



Dave Ramsey: Not a fan of check cashing companies

Dear Dave,
How do you feel about check cashing companies?
- Norman

Dear Norman,
I’m not a big fan of check cashing companies. They’re not nearly as bad as payday lenders, but it still seems kind of silly to me there’s even a market for this kind of thing. If you want a place to cash your checks and store your money, all you have to do is walk into a bank and open an account.

I realize there’s a small segment of the population that some people in financial circles like to call “the unbanked.” This means that, for whatever

Dave Says

reason, they avoid banks. That’s their choice, but in the process, they leave themselves susceptible to bad deals.

As I said, I don’t feel the same way about check-cashing companies as I do about payday lenders. But it’s still not a financially smart move to regularly pay a storefront operation fees just to cash your checks.

—Dave

Here’s a better idea

Dear Dave,
My mother wants everything, except for her home, left to my brother and I when she dies. She would like her long-time boyfriend to have her house. We don’t have a problem with this, but it has not been written into her will. Her mind is still sound, so does she need to officially update the will?
- Kris

Dear Kris,
You’re doing very well at a young age. Congratulations! I’m glad you’re thinking about your financial future, too. But I’ve got a better idea.

How about opening a Roth IRA with good growth stock mutual funds inside? That would be my choice. Fund it up to \$5,500 a year, and make sure the mutual funds have strong track records of at least 10 years. This investment — growing tax-free — will be superior to a non-matching 401(k) or certificate of deposit. If you want to invest even more, you could then put additional cash into the 401(k) offered by your company.

With your income and maturity, plus the proper investment strategy, you’re likely to retire a very wealthy lady. Keep up the great work, Kris!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

How High Schoolers Can Boost American Business

Commentary by JD Hoye

SACRAMENTO REGION, CA (MPG) - Finding skilled workers is an ongoing challenge for American businesses.

Media reports tend to focus on the lack of science, tech, and math skills. But more than four in 10 business executives complain that too many job applicants lack “soft skills” like creativity, teamwork, and communication. Indeed, a full half of the nation’s hiring managers say the college graduates they meet are short on “critical thinking and problem solving” skills and the ability to pay adequate “attention to detail.”

Closing this soft skills gap is critical. Fortunately, business leaders don’t have to wait on schools or colleges to step in -- they can easily take action on their own.

It all starts at the local high school. With well-designed internship programs, businesses can help young people acquire the full range of skills they need to be successful throughout their lives.

While many employers have internship programs for college students and recent graduates, smart companies will get a head start on building a workforce by identifying and developing even younger talent.

Employers who have already opened their door to high school interns have witnessed the contributions that young

people bring to their businesses from day one. A recent survey found that 45 percent of those who offer internships to high schools were “very likely” or “completely likely” to extend full-time job offers to their former interns.

As David Bilodeau, a senior member of the technical staff of Verizon, explains: “[Students] don’t have any preconceived notions of what you can and can’t do, and that’s invaluable.” He estimates that Verizon makes a “tenfold” return on its investment in interns. One in four business leaders say they get fresh ideas from their high school interns.

I know from personal experience what high school interns bring to business. The organization I lead, NAF, helps high school students qualify for and obtain intern slots at top companies like Verizon, Capital One, and Marriott.

Throw away any pre-conceived notions of interns making coffee; our students work in robotics, plan events, and devise cost-cutting strategies. By the time they finish their internships, they have enough confidence to run social media campaigns, develop business plans, and cold-call sales leads. That’s value added for companies -- and marketable skills for student resumes.

Reaching out to high schoolers also offers tremendous potential in an area of perennial

concern for employers: diversity. Due to structural barriers, too many young people of color never make it to college or leave before they finish. A New York University study found that over “60 percent of the racial gap in college completion rates can be attributed to factors that occur before college.” Put simply, companies that look only to college students and grads put themselves at a diversity disadvantage.

These internships benefit students too, of course. Urban Alliance’s High School Internship Program provides career training, internships, and mentorship to at-risk students in Washington, DC., Baltimore, Northern Virginia, and Chicago. An internal assessment found that completion of an internship correlated with increased rates of college attendance for young men.

And whether college-bound or not, students who have completed a high school internship programs enjoy starting wages 11 percent higher than the average for students who have not been interns.

Companies across the country can play an active role in shaping the talent pipeline and can be confident in knowing that the solution is closer than they realize -- in local high schools with perfect hires.

JD Hoye is the president of NAF. ★

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CLUES

ACROSS

1. Necklace lock

6. Put together

9. "To ____ and to hold"

13. Hindu sage

14. Hula dancer's ornament

15. *Morning show

16. Front wheels alignment

17. St. crossroad

18. Excessively fat

19. *Pablo Escobar's story

21. **Game of ____

23. Once around

24. Russian autocrat

25. "Four score and seven years ____"

28. Respiratory rattling

30. Sage's forte

35. Uh-uh

37. Iranian money

39. Deep skin layer

40. "Just ____"

41. Affirmatives

43. Shark's provision

44. Kidney-related

46. *Use QVC

47. Certain Scandinavian

48. Pupil protector

50. Dealing with a problem

52. Acronym on Pinterest

53. City sound

55. Not a friend

57. **The Mindy ____" or "____ Runway"

61. *Handmaid of Gilead

64. Painting support

65. Greedy one

67. **"You're ____!"

69. Small streams

70. Between E and NE

71. Food safety threat

72. **American ____

73. Poor man's caviar

74. Relieves

CROSSWORD

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Crossword Puzzle Solutions on Page 4

DOWN

1. Tube in old TV

2. ____ share

3. On a cruise, e.g.

4. Bake, as in eggs

5. Crab's grabber

6. "Sad to say..."

7. *Aziz Ansari in "Master of None"

8. South Beach and such

9. Great Depression drifter

10. Port in Yemen

11. Flower holder

12. Windows to the soul?

15. Full of tribulations

20. Estrogen producer

22. **Hee ____" (started in '60s)

24. "English Afternoon" stop

25. *Johnson of "Blackish"

26. Soft and sticky

27. Speak one's mind

29. **"Big Little ____"

31. Narcissist's love

32. Apple alternative

33. Yemeni neighbor

34. *a.k.a. Manuel Alberto Javier Alejandro Delgado

36. Et alibi

38. *J.B. Smoove in "Curb Your Enthusiasm"

42. Attractiveness in appearance

45. Type of false news, pl.

49. Holiday mo.

51. English treat

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Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

Do you really believe a powerful force we call Creator/God (who brought everything and everyone into the world) would just let anyone or anything take control of it all? Just because there are numerous different religions throughout the world does not indicate their ideas are in control of what our Creator accomplished. Has God allowed them to exist? Of course, but He alone provides the ultimate truth about all things.

Who is in Control?

Getting to really know the God of all creation is a lifetime journey. It takes one on a path into the Kingdom of God that is often rejected by many. Objectors are following false concepts about creation as well as the Creator/ God of all that exists. Many false ideas and beliefs created by men who want to be famous or popular amongst people. What they teach is not truth, but lies that will never bring anyone life eternal. (Remember Jim Jones)

God does have an adversary and he is constantly trying to distort and destroy everything and everyone who follows the One True God. He wants to put those who follow false religions in “bondage”. He leads you into all kinds sinful pleasures. (Yes I know because I came out of a false religion 49 years ago! PTL) Remember the Scripture about God casting His favorite Angels to earth? He name was i Lucifer and is called the Devil or Satan. He was and is a liar even today! (John 8:44 Amplified Version)

states “You are of your father the devil; and it is your will to practice the lusts and gratify the desires (which are characteristic of your father. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he speaks a falsehood he speaks what is natural to him, for he is a liar (himself) and the father of lies and of all that is false.”

Who is in control of your life? Only you can answer that question and you need to seek the truth that only comes from His Holy Word, the Bible and God’s Holy Spirit alone through Jesus Christ, His Beloved Son. He loves you and died to save you from everything you ever did wrong that is called sin. He forgives and forgets with grace, love and truth.

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



By Pastor Ray Dare

When you’re stressed out, how do you typically unwind? How do you de-stress when you’re exhausted and overloaded? Maybe you watch a movie or go out to dinner so you don’t have to cook. Or maybe you have a hobby or a sport that helps you unwind.

There’s nothing wrong with any of those things, but none of them are going to provide the relief you really need. You can take all the naps in the world, but it’s not going to de-stress your mind.

What you fill your mind with determines the level of stress in your life. The battle with stress is between your ears. The battle is in your mind! It’s in your thought life. If you want peace of mind, you’re going to have to start controlling what you allow in it. Whatever you put in your

Pastor Ray's
Encouraging Words

How to De-stress

mind is going to come out in your life.

The Bible says to “*think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected*” (Philippians 4:8 NCV). If you want to lower your stress, you have to change what you think about and control what you allow in our mind. In this verse, the Bible gives us eight tests for whether we should allow something in our mind or not. Ask yourself, “Is it good? Is it worthy of praise? Is it true? Is it honorable? Is it right? Is it pure? Is it beautiful? Is it respected?”

When you think about things that are good, worthy of praise, true, honorable, right, pure, beautiful, and respected, you’re really picturing God, God’s words, God’s promises. Paul is saying in Philippians 4:8 to think about God and His promises.

Psalm 56:4 (NLT) says, “*But when I am afraid, I will put my confidence in you. Yes, I will trust the promises of God...*” Learn to replace the problem that you’ve been thinking about,

that worry that has you stressed out with a promise. I focus on a promise, not a problem. I learn to fix my thoughts on a promise, not a problem. I dwell on promises, not problems. If you dwell on all the problems that you have in your life the result will be stress! However if you learn to dwell on a promise, the result is peace. Isaiah 26:3 says, “*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*” (NLT)

When you focus on a promise rather than a problem, you’re not denying reality. You’re not denying the problem exists. You’re saying, “Yes, the problem exists, but so does God exist! And He’s bigger than my problem!”

What you think about determines how stressed and worried you are. If you fix your thoughts on God and His promises, He will keep you in perfect peace.

Pastor Ray
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Bright Shining Stars

DOVIA Annual Awards Shines a Light on Outstanding Volunteers

**Story and photos
by Jacqueline Fox**

SACRAMENTO COUNTY, CA (MPG) - How do you inspire a team of volunteers not to roll their eyes when asked to do perhaps the most humble of tasks - scooping up dog waste?

With a lot of patience and a willingness to meet them where they are at, says Janice Wagaman, who was selected by the Directors of Volunteers in Agencies (DOVIA) March 8 as the agency's 2018 Outstanding Volunteer Coordinator of the Year.

DOVIA Sacramento is a non-profit organization providing support, workshops and trainings for professional volunteer managers at agencies across the county.

For the last five and a half years, Wagaman has served as the director of volunteers at the Front Street Animal Shelter in Sacramento. Wagaman is tasked with the job of overseeing roughly 2,400 volunteers at the shelter, which range from high school students to elderly adults with retirement time on their hands - all of whom come in with various levels of passion and commitment for service and, of course, an unwavering dedication to helping animals.

"It's a tough job, lots of passion there, and often it is very emotional," said Wagaman. "But I absolutely would not have any other job in the world," said Wagaman. "In my case, one of the



Third from left, front row, Janice Wagaman, Volunteer Director, Front Street Animal Shelter and 2018 Outstanding Volunteer Coordinator of the year joins members of the board of directors from DOVA.

biggest challenges is inspiring new volunteers who are starting out at the first level to understand the importance of some of the more menial tasks we have to get done, which is go and pick up poop. And the other challenge is that, with so many people and so many different levels of compassion and passion for being of service at the shelter, I don't always have the time I would like

to have to get to know all of my volunteers on a personal level.”

Under her directorship, Wagaman has created a new volunteer program called "SMART (Sacramento Missing Animal Response Team) Pet Alert, which has played an instrumental role in helping to boost the number of the shelter's lost animals who are returned to their owners from 23 percent to nearly 30 percent.

“My volunteers are really pushing this at an amazing level,” said Wagaman, one of three volunteers nominated for the award. “They are using social media aps and programs, like Next Door and Facebook to help reconnect lost animals with their owners and it is having a huge impact. I’m super proud of them and this program.”

In addition, the shelter's overall "Leave Live Rate" under Wagaman's direction is at 87 percent - that means 87 percent of the animals brought in to the shelter due to separation from their owners, abandonment or other reasons, are being rehomed each year.

"That's a good number," said

Wagaman. "Of course, we'd love to see 100 percent, but we are proud and always working toward the goal."

The annual awards also include recognition for Outstanding Youth Volunteers. Taking that award for 2018 was Janae Bonnell, 18, a senior at Oak Ridge High School in El Dorado Hills. Bonnell has worked as a volunteer at Shriners Hospital for Children in Sacramento since 2016. One of 14 young volunteers nominated for the 2018 award, she plans on a career in pre-med. She has clocked hundreds of hours as a volunteer working in, among other places, the hospital's pre-operation unit, post-anesthesia care unit, operating rooms and admissions department.


"Really, this is amazing, but I am very impressed with all of the other nominees who are volunteering out there like me," said Bonnell, as she posed for photos alongside her parents and sister. "I love working with people and of course being at Shriners gives me valuable experience that goes along with what I

want to do, which is pre-med."

Bonnell took home a scholarship for \$500 as part of her award.

Included among the list of nominees for the Outstanding Youth Volunteers is Carmichael resident and El Camino High School senior, Konark Mangudkar, honored for his volunteer work at Eskaton Village Carmichael since 2016. He is interested in a career in neuroscience and technology and has an infinity for working with seniors and in the arena of memory care.

"I get a lot out of working with the elderly, especially those with memory loss issues," said Mangudkar. "I know they often don't know who I am, but sometimes they do. It's a very rewarding place to help out. I know I am getting more out of this than I expected at first."



The other nominees in the Outstanding Youth

Volunteers categorized were Ivori White, with the Sacramento Public Library, North Natomas branch; Adrian

McCauley, Sacramento Public Library; Rachel Neches, Reading Partners Sacramento; Cassandra Ng, City of Sacramento Volunteer Program; Cassidy Schreiner Girl Scouts, Friends of Meals on Wheels; Jihad “Gigi” Hamid, Sacramento Public Library, Arden Dimick; Cecilia Uribe-Smith, Sacramento Public Library-Arden Dimick; Celio Gonzalez, Sacramento Public Library, Galt; Isabel Nguyen, Kaiser South Sacramento; Hadley Nevin, Fairytale Town; Isabel Gatdula, Angelique Ashby’s Youth Action Corps and Emily Chin-Ito, ACC Senior Services.

The two other nominees for Outstanding Volunteer Coordinators adult category are Jordon Powell, American River Parkway Foundation and Katie Curler, Alzheimer's Association. ★



Janae Bonnell, second from left, selected as the Outstanding Youth Volunteer award winner by DOVIA, joins her parents, Bridget and Bill and sister Sabrina.

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Building a Business While Re-Building Lives

By Don Troutman,
Founder, Clean & Sober
Transitional Living

SACRAMENTO COUNTY, CA (MPG) - Out of the blue, I received a surprising message last week. It read, *"I just wanted to send you an email to tell you how happy I am for your success. Back in 1989 when you were first starting Clean and Sober, I remember the struggles you were going through getting the business up and running. Well, you did it!! I remember having lots of admiration and respect for you working so hard to make Clean and Sober a reality. I just wanted to thank you for your years of dedication and making your program a success for all these years."*

I was so touched by this letter, and then I had an epiphany: **growing a business and nurturing sobriety really do have a lot in common.**

Starting a business is a touch-and-go proposition. When I first opened the doors of CSTL, I had no example to follow or assurance of getting clients. I had to figure out a way to get people to check out what sober living offered.

"Not in my back yard" was rampant because people didn't understand recovery, and **bigotry and prejudice ran thick.** The general public spread rumors about what went on in my houses, and even my peers in the field were skeptical. Sacramento County was among the vigorous critics until **I demonstrated that my transitional living community helped people reclaim productive lives.**

My business lost money for the first four years, so I fed the business with my 401k. Eventually, due to time constraints, I gave up my full-time job after telling my boss, "If this doesn't work out for me, I'll be crawling back." That's how important it was for me to create a successful sober living community. **That's how much I wanted to share recovery with others.**

At first, the only people to give me hope to forge ahead were those who were getting healthy in my homes. When I saw that they could build strong, healthy lives because they were sharing recovery in a community of sobriety, that became my driving force.

Building a strong business

sounds to me a lot like building a strong recovery. At first, you are frail and vulnerable. Your critics are looking over your shoulder at every move, wondering if you can "stick" your recovery. People talk about you and speculate about the staying power of your sobriety. Some of your "friends" may even try to undermine your resolve to bring their drinking buddies back home.

Just as it takes tenacity and dedication to build a business in spite of the odds, it takes tenacity and dedication to reclaim your sobriety and rebuild your life. I'm proof, and so are many of the 6000-plus residents who have called CSTL "home" since 1989. I used to live behind the flea market on Folsom Boulevard, and now I have 14 sober living home for people who've left campsites and unhealthy lives behind. **Together, we're claiming our power** to build a business and build sobriety.... one sober home at a time, one sober step at a time.

Find out more about Clean & Sober Transitional Living at 916 961-2691 ★



POPPOFF!

with Mary Jane Popp



Russian Kulich

World Easter Treats

Easter is coming and with this celebration, there will be lots of good eats from around the world. So I thought I'd share a few with you. It seems almost every Easter-celebrating country has its own special Easter bread or cake. Hot Cross buns are an Easter favorite in many areas including Britain. The tradition allegedly derived from ancient Anglo-Saxons who baked small wheat cakes in honor of the springtime goddess, Eostre. After converting to Christianity, the church substituted with sweetbreads blessed by the church. These individual yeast buns are spiced and filled with dried fruit and the lemon icing drizzled in the form of a cross on top.

I have a good friend named Larisa who happens to be Russian. So I asked if she has a special delight she makes at Easter. It's called Kulich. Bread plays an important role in Russian

holiday and religious ceremonies. During Easter the most popular bread is the semi-sweet, tall cylinder-shaped Kulich. It's usually baked in coffee or fruit tins to achieve its towering shape. After it's cooled, it's topped with a sugar glaze and decorated with flowers and served with cheese pashka, the pyramid in the photo. It's a symbol of atonement on the cross by Jesus Christ. Thus, the initials XB for Xpucmoc Bockpece or Christ is Risen, is decorated on the side. The bulging top represents a church dome with snow on it. Traditionally, family matriarchs bring loaves of Kulich to church where they are blessed by a priest. Families eat the bread for breakfast and dessert for 40 days after Easter until Pentecost.

Then I found a GREAT site called "Life Buzz" and discovered more great tidbits like the stringy Easter bread from Greece

called Tsoureki which contains two traditional Greek spices, mastic and mahlab.

How about the Schinken im Brotteig from Germany. The name means "ham in bread" and



Pacoca de Amendoim from Brazil

that's what you'll find when you cut it open.

What's Easter without candy like the Pacoca de Amendoim from Brazil which is ground peanuts, cassava flour, sugar and salt.

Can't leave out our neighbors to the south and Mexican Caspirotada. This Mexican bread pudding is made with nuts, fruits, figs, and mixed aged cheese. It's served throughout Lent, particularly on Good Friday.

Don't forget our always favorite American classic Ham... sweet, glazed, even spicy. And lamb dishes made it on the list from several countries. No matter what the dishes, here's wishing you and yours a **BLESSED AND HAPPY EASTER!** ★



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School Security



Commentary by Doug Ose

Have you thought about school security? I talked with a retired high school principal recently about how to address concerns about maximizing campus security at our schools. This wide-ranging discussion was informative in terms of linking existing technology to physical layout of both existing and proposed schools.

First on the list of improvements would be to ensure that there are two doors leading out of each classroom in opposite directions. These doors would have locks controlled from the inside. For schools that are two story or taller structures, emergency exit chutes like are used on airplanes can be installed for classrooms on the upper floors.

Another improvement is to install bullet proof glass to a height of eight feet.

Another improvement would be to install video cameras covering the likely paths of entry onto a campus or within hallways and corridors. The cameras would broadcast to screens in multiple locations to ensure that someone was always watching; think screens in the principal's office, the teachers' lounge, and the kitchen, for example.


Use the technology that already exists in various cities to identify the location of any gunshot. This would allow school officials to know where the shooter is.

Perhaps we should install barriers in hallways and corridors that can be automatically closed in response to reports of gunfire. With the proper technology, it might be possible to have the gates be automatically closed when gunfire is detected. This concept is similar to fire doors that restrict the spread of fire in high rise buildings.

Notwithstanding the concerns of many, the fact is that gun free zones around schools sends the message to potential shooters that schools are a risk-free environment. It seems that every incident of a school shooter ends with the shooter committing suicide or surrendering when confronted by armed personnel. We need to take the "risk free" aspect of the environment out of the equation. I support arming a limited number of personnel on each campus. These individuals would be required to get extra training, wear something known to law enforcement to identify them as "good guys", and be known only to the principal. There may be additional safeguards to be considered on this aspect.

In urban settings where schools are compact, magnetometers can be installed at points of entry with personnel there to take custody of items deemed inappropriate for a school campus.

These are steps that can be taken to reduce the likelihood of such terrible events. We need to discuss every aspect of these events, but we can't let perfect be the enemy of good in finding responses that protect our children. Doing nothing is not an option. ★



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Second Impressions

Studio Tupos Reopens in the Village

Story by Jacqueline Fox

FAIR OAKS, CA (MPG) - Fine artist Patricia Mills, a fixture in the art scene in Fair Oaks and beyond for decades, has reopened Studio Tupos in the Village, roughly six years after closing the previous studio and moving it to an art complex near Sacramento City College for five years.

Studio Tupos held a soft reopening in a new, 724-square foot space in August at California and Fair Oaks across from the park and officially kicked off the reopening with an open house March 8 and a chamber of commerce ribbon cutting ceremony March 14.

This iteration of Studio Tupos, said Mills, has a rear space where she will work on her own projects and, beginning in May, begin offering painting classes for seniors on Wednesday afternoons, part of a partnership with the Fair Oaks Recreation and Parks Department. Those classes may be expanded to include art instruction workshops for teens by summer, she said.

“The Parks & Rec. department was already offering summer painting classes for teens, so I couldn’t add that for this session, but we are hoping to do that for the second session later in summer,” said Mills.

The studio also features a large open gallery, which will showcase rotating shows featuring works by various artists, including an exhibition by Mills herself in fall. Impressionist paintings by Kari Breese are currently on display in the gallery. Breese’s “Currents of Color” exhibition launched with the Second Saturday celebrations in the Village March 10 and will be on display through May.

Tupos also has something for the novice, perhaps couples looking for a fun night out or small groups planning an activity. Beginning in May,



Kari Breese’s ‘Currents of Color’ show is on display now in the re-opened Studio Tupos in Fair Oaks. Photo courtesy Patricia Mills



Local fine artist Patricia Mills has reopened Studio Tupos in the Village. Photo courtesy Patricia Mills

the studio also will begin offering “Paint and Sip” nights every Saturday, which will offer painting time over wine and cheese, also a Parks & Rec. sponsored program, led by Mills.

“It could be a great way to spend a date night,” says Mills, who has lived in Fair Oaks since 1974. She holds a bachelor’s degree in fine arts from the University Of New Mexico and a Masters in Studio Painting from Sacramento State University. Her work encompasses a range of styles including acrylic on paper and canvas, printmaking

and oils, but her style is primarily abstract impressionist.

Mills currently has pieces hanging in the World Olympic Museum in Lausanne, Switzerland and another at the Crazy Horse Memorial in Crazy Horse, South Dakota.

Both the Olympic and Crazy Horse museums are not coincidental connections. Mills is married to Olympian Bill Mills, (William Mervin Mills), who won a gold medal in the 1964 Olympics in Tokyo in the 10,000 meter run. He is also a member of the Oglala Lakota Sioux tribe. ★

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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.

It is quite rare to see economists largely agree with each other on governmental policy. While economists are supposed to be non-partisan and purely scientific, that’s not really how it works in practice. Often times you can have well respected economists taking radically different positions on the same subject. So for an issue that has 0% of economists strongly supporting it, one would think that the concept of rent control would similarly have zero political support. Yet as you read this, efforts are underway to bring rent control to Orangevale.

Rent control can sound good on the surface – rent gets set at a fair price and can only be raised by modest percentages so renters aren’t priced out of their homes with huge rent increases that they cannot afford. Proponents will argue that low income families don’t have enough options for where to live as it is, and that

Orangevale Community Update

The Illusion of Rent Control

having to find a new home can be devastating (in some cases lead to homelessness). But while these proponents are correct, their proposed solution to this growing issue unfortunately magnifies the problem.

The amount that property owners charge for rent is largely dependent on market forces. If the demand for rooms is low and supply is high, then rents decrease to ensure that owners are able to keep vacancy rates as low as possible. Conversely, if the demand for rooms is high and supply is low (as is the case currently) then the rents increase as more people compete for less units. If the government imposes restrictions on property owners and forces them to offer lower rents than the market would otherwise dictate, we see two incredibly negative things immediately happen.

First, no new housing will be built and in some cases, housing will be torn down and be replaced with other uses (like commercial business). By forcing rents below the market price, rent control reduces the profitability of rental housing, directing investment capital out of the rental market and into other more profitable markets. In a situation where there is already a lack of housing options, this is about the worst thing that can happen. If the quantity of housing options does not keep pace with population increases, the problem is greatly exacerbated.

Second, due to diminishing profits for property owners and an increase in demand, they are no longer financially able to perform proper upkeep of the property or to quickly respond to requests for repair.

The quality of the properties quickly decline and that is not a positive thing for the renter, or for the community of Orangevale who has to live with deteriorating buildings in their neighborhood.

In places where there is demand for more housing, a more effective policy is to simply build more housing. The challenge then becomes how to reduce the cost of construction, where to site the housing, and how to implement affordable housing programs in a way that works for the neighboring communities. But in order to keep our housing affordable, we can’t create policies that sound good on paper but make the situation worse – we have to come up with long term solutions if we ever want to fix things.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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

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