



## Paying it Forward

Hiring Drive Generates  
Needed Funding

PAGE 7

## Getting Work Ready

Local Foster Youth  
Prep for the Real Thing

PAGE 2



# AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 13 • ISSUE 03

Serving Fair Oaks, Orangevale & Sacramento County

FEBRUARY 9, 2018

## OVERSIGHT NEEDED OF DELTA TUNNEL, HIGH SPEED RAIL



PAGE 5

## OAKMONT FOUNDERS CELEBRATE WITH NEW NEIGHBORS



PAGE 10

## CITRUS HEIGHTS POLICE TARGET HUMAN TRAFFICKING IN MULTI- AGENCY OPERATION



PAGE 8



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# Fair Oaks' Best Shine



All of the night's winners (top photo) together in one place. Photo courtesy FOCC. Todd Colston, (at right) is congratulated by Rich Peters, Editor at MPG. Todd is the owner of Velocity Pizza, which won the awards for "Best Restaurant," "Best Pizza" and "Top Vote Getter." Photo by Paul Scholl

By MPG Staff

**FAIR OAKS, CA (MPG)** - Northridge Country Club hosted the Chamber of Commerce's "Best of Fair Oaks" awards ceremony on Thursday, January 25. The room was filled with community members and business owners, all coming together for a great evening to acknowledge and thank those who make Fair Oaks and the surrounding areas so great.

Velocity Pizza was the big winner of the night, taking home the honors of "Best Restaurant" and "Best Pizza" as well as being the top vote getter of the year. They were also nominated for "Best Brew Pub" but fell just short to Fair Oaks Brew Pub.

The Chicken Festival won for the "Best Event of the Year" with the Taste of Fair Oaks, Christmas in the Village and Fair Oaks Fiesta being nominated as well.

Fair Oaks Recreation & Park edged out Movies in the Park and Fair Oaks Theatre Festival for "Best Recreation & Entertainment" while the Rotary Club of Fair Oaks took home "Best Service

Clubs" over FO Youth Advisory Board and the Fair Oaks Chamber of Commerce.

Fair Oaks Coffee House was awarded the all-important "Best Coffee" award over Dutch Bros, Peet's Coffee Safeway, Starbucks - Madison, Java Johnny's and Dot's Javita Café.

The award for "Best Home Business" went to Dot Boyd and Javita Coffee, edging out Diana Cralle's Tupperware, Mysti Lingenfelter's doTerra Essential Oils and Roselyn Barbray's Optavia.

All votes were chosen by the people of Fair Oaks, members of the Fair Oaks Chamber of Commerce and readers of the American River Messenger newspaper. Votes were tabulated through the BestofFairOaks.com throughout 2017.



To see all of the 2017 winners go to <http://www.fairoakschamber.com/best-of-fair-oaks.html>

Thanks to everyone for coming out and making the night a great success. We hope to see

you and your business at next year's ceremony. To become a chamber member, go to [fairoakschamber.com](http://fairoakschamber.com) and register today. ★

## New Area Code Overlay Creating Big Headache



Beginning February 10, 2018, callers in our area must use 1 + 916 + 7-digit dialing procedure for all local calls.

**SACRAMENTO REGION, CA (MPG)** - In the 916 area code, the California Public Utilities Commission (CPUC) will add a new 279 area code for new phone lines starting March 10. However, before that new area code goes into effect, beginning February 10, 2018, callers in our area must use 1 + 916 + 7-digit dialing procedure for all local calls. Callers that do not use the new dialing procedure will find that their calls cannot be completed and a recording will instruct them to hang up and dial again.

The CPUC says dialing 1 + 916 + 7-digit telephone number does not change what a call costs and does not mean that a call is a toll or long distance call. Calling areas and rates will not change - what is a local call now will remain a local call. Calls to 911, as well as 211 and 311 will not be affected, and will continue to be dialed with 3 digits.

The area code overlay will primarily affect the greater Sacramento area, which includes parts of El Dorado, Solano, Sutter, Yolo, Placer, and Sacramento Counties. For more information, please visit the CPUC website. ★

## A Retail Revolution?

*Fair Oaks Developer Plans Large Village  
Retail and Foodie Complex*

Story and photo  
by Jacqueline Fox

**FAIR OAKS, CA (MPG)** - If all goes according to plan, the empty parking lot and existing buildings (some vacant for years) at the east entrance into Fair Oaks Village at Winding Way, will showcase a multi-faceted food and retail complex by mid-to-late-summer.

Leon Corcos, resident and vice president of the Fair Oaks Village Enhancement Committee (FOVEC), now developer, said he purchased the buildings and adjacent parking lot that wrap the corner of Winding Way and Fair Oaks Boulevard in April of 2016 for \$1.35 million. His intention is to do for The Village what FOVEC and others have been simultaneously pushing for all

along: Create a destination location for Fair Oaks, with a fresh menu of food, entertainment and retail choices to draw visitors from all corners of the region.

Corcos is planning a large eat, shop and play project that encompasses six separate and existing buildings, including the former Russ Monroe's funeral home, a 4,700-foot space he's leased to prominent restaurateur, Sommer Peterson. Peterson is co-owner of the wildly popular Mission Bowling Club in San Francisco. According to Corcos, she intends to open a "Palm Springs" style restaurant in the space, with an outdoor patio and fire places, a bocce ball court and an open-air bar.

"She's an absolutely amazing restaurateur and what she's planning here is

*Continued on page 3*



Developer Leon Corcos is planning a multi-faceted restaurant and retail complex at the largely vacant corner lot formerly home to the Russ Monroe's Funeral Home in Fair Oaks Village.

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# Getting Work Ready

Foster Youth Job Shadow Day Prepares Students for the Real Thing

Story by Jacqueline Fox

CARMICHAEL, CA (MPG) - For a foster youth in high school, nothing can create a clearer pathway to success as they exit school and the foster care system than having some form of preparation for life on their own.

At the top of the list of areas that could arguably be deemed the most important is work-readiness, including some form of direct, hands-on exposure to various potential career opportunities.

To that end, the San Juan Unified School District's Foster Youth Services program will be holding its annual Foster Youth Job Shadow Day Friday, February 9th. This year, 16 participating employers across the Sacramento region, including CBS Radio, SMUD, Nissan of Sacramento and Carmichael-based Matteo's Pizza & Bistro, will host 56 youth for a day of job-readiness education, up close and personal.

"This is a great way for students who are in foster care to obtain knowledge and information about various possible careers as they prepare for their final days in school and, ultimately, exiting out of the foster care system," said Kamika Hebbert, SJUSD's Foster Youth Services Youth Employment and Independent Living Coordinator.

SJUSD Foster Youth Services in Carmichael is one of the four original "Core District Foster Youth Programs" in California. It works in collaboration with Twin Rivers USD, Sac City USD, Elk Grove USD and the Sacramento County Independent Living Program (ILP), a federally funded entity, which assists current and former foster youth between the ages of 16 and 21 with their goals to achieve self-sufficiency prior to and after exiting the foster care

system.

This is the fifth year SJUSD Foster Youth Services has offered foster youth students across the district the opportunity to shadow working professionals in a range of careers from tech to back-of-house culinary operations.

The Foster Youth Program, explains Hebbert, was launched in 1973. In addition to the Job Shadow Day and work-readiness programs, the Foster Youth Services of SJUSD also provides foster youth with support through advocacy, academic counseling, tutoring, educational assessment, mentoring and links to community services, as well as crisis counseling.

Youth in foster care homes between 16 and 18 are eligible for the SJUSD programs and services and programs during the time they are in foster care placement and after emancipation from the system.

Most participants in the Job Shadow Day program and others are referred by social workers, probation officers, foster parents, other county ILP coordinators or by self-referral. A social worker is assigned to each participant in ILP for case management and works with youth to craft and develop a Transitional Independent Living Skill plan.

Services available to help foster youth prepare for adulthood include independent life skill classes, education resources, assistance with applications for student financial aid, housing resources, training on money management, decision making, building self-esteem and advocacy.

The vocational training piece offered through the Job Shadow Day, and other programs at SJUSD, serves to support the goal of ensuring the district's foster youth is provided with

the skills needed to become an independent, productive member of their community.

Whether a student has a goal to pursue a career in public policy or policing, baking or banking, the best way for them to get a sense of whether a career is something they'd enjoy is to watch or, in this case, shadow someone who is already doing the job.

"The programs we provide

*"This is a great way for students who are in foster care to obtain knowledge and information about various possible careers as they prepare for their final days in school and, ultimately, exiting out of the foster care system."*

**Kamika Hebbert**  
SJUSD'S FOSTER YOUTH SERVICES YOUTH EMPLOYMENT AND INDEPENDENT LIVING COORDINATOR

through the San Juan Unified Foster Youth Services are multi-focused, but they all serve to help foster youth prepare themselves living independently and finding success in their career and educational goals," said Hebbert.

Matteo's Pizza and Bistro has been participating in the Job Shadow Day since 2014, that's four years running now that the Carmichael eatery has been supporting foster youth in preparation for their future. This year will be Tytnisha M.'s second year participating in the job shadow day event and her second time at Matteo's, where she



Tytnisha M. (left) gets some hands-on experience working in the kitchen at Matteo's Pizza & Bistro in Carmichael. She is a second-year participant in the SJUSD's Foster Youth Job Shadow Day program.

is getting hands-on exposure to back-of-house operations in a real restaurant.

"It's the amazing businesses like Matteo's who are helping students like Tytnisha, who has designs on pursuing the culinary field, find a way to break in and plan ahead for their futures," said Hebbert.

On Feb. 9, all 56 students enrolled in the Job Shadow day will begin the adventure by convening for a kick-off breakfast where they will be given the details of their work site responsibilities. Then, they will each spend roughly three hours of onsite job shadowing time at various employers' locations. After "work," there's a lunch and then the day will culminate in a slide show and group reflection on the day and future goals.

For participants like Tytnisha, having the experience of learning the ins and outs of a particular business operation before she starts actually heading in that career direction ensures an optimal chance of success.

"The purpose of the shadowing is to give them first-hand experience to see may or may not be a good fit," Hebbert said. "In Tytnisha's case, it's already pretty clear she's in her element at Matteo's."

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**What the Legalization of Marijuana Means for You**

As of January 1, 2018 the recreational use, sale and cultivation of marijuana is legal in California. Prior to the passing of Prop 64, marijuana was only legal to those who obtained a medical marijuana license approved by a licensed medical professional. Although California has legalized pot, counties and cities have the ability to opt out. We've provided some help information below for your convenience.

**5 Things YOU Need to Know About Prop 64**

1. You must be 21 or over to purchase marijuana.
2. You cannot smoke marijuana within 1,000 feet of a school, day care center or youth center while children are present.
3. CA prohibits the sale of *non-medical* marijuana users under age 21. Although *medical* marijuana can still be used by people under
4. A state license issued by the Bureau of Marijuana Control is required to sell and grow in which strict rules and regulations will have to be abided by.
5. Selling pot without a license can result in a misdemeanor charge and up to 6 months in jail and a \$500 fine.

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You **cannot** start a recreational pot garden outdoors.

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To view cannabis laws in your community visit: <http://projects.sfchronicle.com/2017/embed-pot-lookup/>

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# The Lion in Winter



Gulp. Below the out-flow from Nimbus Dam, salmon, trout and even waterfowl provided a banquet for a sea lion visitor. Over a period of two weeks, the marine mammal twice visited Nimbus to feast.

Story and photo  
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - American River Nature watchers recently beheld hungry sea lions swimming through Arcade, Carmichael and Fair Oaks. Winter visits by the species are not uncommon but the recent sightings were considered rare for the distances the mammals had traveled inland.

In the space of two weeks, there were two separate sightings - thought to be the same individual - at Nimbus Dam. The 90ft high concrete wall stopped his migration and hours of happy hunting followed. “You could hear him before you saw him,” said a transfixed angler. “He was roaring like an elephant. I saw him surface with a fish trashing in his mouth. He swallowed it whole - head-first.”

Battling against the dam’s white-water outflow, the muscular visitor gorged. When

exhaustion took over, he slipped briefly back toward the Nimbus Fish Hatchery, only to return to the floodgate again and again. After a day, he vanished downstream but likely spread the word among fellows nearer Sacramento. Last Friday, not one but three of his species were seen laboring upstream near Watt Avenue. The trailblazer alone returned to feast at Nimbus. Here, angler Jason Nicholas put down his rod to watch a large steelhead being devoured. “In 30 years that I’ve fished here,” he observed, “I’ve never seen anything like this.”

Around 6ft long (weighing perhaps 400 pounds) this adult had journeyed more than 130 river miles from the Pacific Ocean. Though quite a feat, his trek is not a record. Another sea lion reached the Woodbridge Dam near Lodi in 1997. “They’re salt-water animals but they follow the fish,” explained California Department of Fish and

Wildlife spokesman Andrew Hughsan. “They come inland from the (San Francisco) Bay for late salmon and steelhead. They like the fish that are rich in meat and fat.”

The mammals frustrate anglers and have occasionally provoked violence from some who regard them as poachers. “They’re the dogs of the ocean,” says Hughsan. “They’re curious and friendly; they’ll steal fish, but they won’t hurt anyone.”

“We don’t monitor sea lions or do anything about them unless they’re distressed. A marine mammal inland is a naturally-occurring phenomenon. If you see one, don’t feed it. They need to be left alone to catch fish. It’s a cool sight. People should just stand back and enjoy the moment.”

*Footnote: sea lions are Federally protected. Anyone seeing harassment or injury toward the species should call the police or a park ranger.* ★

# A Retail Revolution?

Fair Oaks Developer Plans Large Village Retail and Foodie Complex

Continued from page 1

going to be unbelievably popular,” said Corcos. “She blows it out of the water.”

FOVEC is running up against a May deadline for gathering support for creation of a Public Business Improvement District for the Village to help fight blight, homelessness and crime, but also to attract a new mix of retail and food options to invigorate the area. But FOVEC needs 51 percent approval from local business and property owners to get a PBID in place. With a May deadline for doing so, coupled with a rather recalcitrant collection of business operators who oppose the idea, as well as a number of absentee property owners who can’t be reached, Corcos says there’s no time to sit and wait for a PBID’s viability. The Village is crying out for more and he’s ready to make it happen.

“I moved to Fair Oaks in 1995 and I’ve watched over the years as The Village has struggled to get traction on trying to become more of a destination, a place to hang out and enjoy decent food and enjoy long after the sun goes down,” said Corcos. “While I support the PBID 100 percent, I am not sure it’s going to ever happen. So I bought the property with intention of seeing that this spot is earmarked for a revitalization. My goal is to be the person that steps up and does something to make this happen now.”

Next door to the funeral home is a 1,800-square foot building Corcos has leased to a boutique marketing firm, currently operating in Sacramento. On the opposite side of the lot is a two-story building, formerly home to the RE: Boutique. Corcos has leased the 1,800 square foot space downstairs to a team of new restaurateurs who have pulled permits to bring in a bar and grill offering artisan burgers, sandwiches and craft brews.

**“I’m playing the long shot and I think that by summer people are going to see this part of The Village absolutely come alive.”**

**Leon Corcos**  
VICE PRESIDENT OF  
THE FAIR OAKS VILLAGE  
ENHANCEMENT COMMITTEE

The upstairs “loft” space, roughly the same size footprint as the lower space, says Corcos, could potentially be leased to a “Hacker Lab,” or communal work space for start-ups.

Corcos also owns the buildings around the corner on Fair Oaks Boulevard that currently house Sherwood Florist, under new ownership, and Carisma Salon, which he said will be closing at the end of February. He is hoping to bring a new coffee house into that space.

Capping the project, said Corcos, will be multiple outdoor seating areas at both eateries on the main lot, with lighting and “destination” features that will draw customers in. Also, plenty of parking.

“When this is all said and done, it will be a huge draw and we will see this entire area completely transformed,” Corcos said.

Meanwhile, Corcos is not the only game in town working to expand food and drink options in the Village. Gary Juels, who opened up the Fair Oaks Brew Pub across from the park in 2015, has purchased the building next door that housed the Regent Street Salon. He is not confirming whether it will be a restaurant or perhaps a shop

offering supplies for home brewers, nor would he discuss an opening date. He is currently in a construction phase.

Juels confirmed he also has purchased the storied but shuttered Slocum House, which has been a through a few iterations over the last several years. He said it was too soon to discuss his plans for the property, largely because of the myriad uncertainties that can and usually do go hand-in-hand with the county and local permitting process.

“I wish I could say more but right now it’s just too soon,” Juels said.

Two doors down in the space formerly home to Village Bistro is the Wild Rooster Bistro, an upscale Mexican eatery that opened in fall of 2017. West on Fair Oaks is O Café, which opened in early January, by French-born Chef Christophe Jusseaume. O Café occupies the space formerly home to Dianda’s Italian Bakery and Café.

While permitting issues are bound to play a role in Corcos’ project, he says he’s ready to do battle with the red tape. He admits to having lost money on his development already, due to the fact most of the buildings on the lot have been sitting vacant for some time. But with or without a PBID in place, he’s banking on The Village’s future and has taken his time pinning down just the right mix of retail and restaurant operations needed to elevate its status from a quaint “shopping” hamlet to an essential food and retail mecca.

“While they are popular, we don’t need any more antique stores,” said Corcos. “I know what will work and, while I’ve taken a hit with my buildings remaining empty for a while, I’m playing the long shot and I think that by summer people are going to see this part of the Village absolutely come alive.” ★

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

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

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

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

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


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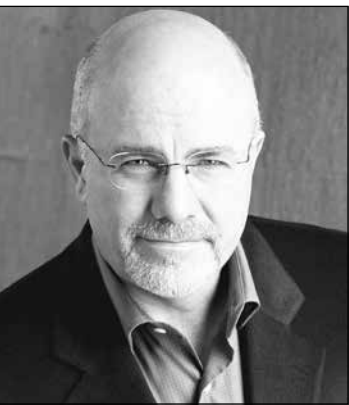
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Boss says get a credit card

Dear Dave,  
I recently got a new job that requires monthly expenses of almost \$5,000 that are reimbursed. I can't swing that kind of money right now, and my company told me to get a credit card to cover things. I'm trying to get out of debt, and I don't like this idea. What should I do?  
-John

Dear John,  
Your company should be fronting the money for these expenses. When you talk about the cost of doing business, it's the responsibility of the company — not the employee — to pay expenses.  
If I send someone on the road to make money for my company, I pay the bills. It doesn't matter if you're talking about hotel rooms, airfare, or rental cars, those are my expenses. If it's someone who travels a lot, we give them a company debit card. If it's just an occasional thing, we'll give them money out of petty cash. But a company

Dave Says

shouldn't treat its employees this way. That's just plain wrong.  
It's a mystery to me how some segments of Corporate America have sold their employees on the idea of being the company bank. Ultimately, the decision is yours. If you don't mind covering your company's expenses and getting reimbursed, but you don't want to go into debt, you'll have to save and build up a \$5,000 business expense fund in a separate checking account. This should be used only for business expenses, and what's spent should be replenished immediately when they reimburse you.  
You're in an unusual spot, John. Personally, I think this is an unprofessional way to run a business. But if you like your job, and want to stay without taking on any more debt, the good news is you'll only have to fill up your expense account one time.  
Good luck!  
—Dave

Well meaning, but misguided

Dear Dave,  
My sister has bad credit due to a lot of late payments. She has finally started to change her ways and get control of her finances, because she and her fiancé want to make an offer on a house. The bank won't approve it if she is on the loan, and his income alone isn't enough to get the amount they need. His parents are well-off, and they have offered to co-sign on the loan. Is this a bad idea?  
-Rhonda

Dear Rhonda,  
It's a really bad idea. Those two have no business thinking about a house right now, and his parents are about to make things even worse with their loving, misguided help.  
If you need a co-signer, you're nowhere near ready to buy a home. They need to slow down. I mean, they're just engaged. They don't even need a house at this point. They should get married, live in a cheap apartment for a while, and work on paying off their debts. After that, they need to save up an emergency fund of three to six months of expenses, then start setting cash aside for a huge down payment on their first, modest home.  
These two have a bad case of house fever. And mom and dad need to step back, look at things objectively, and realize they would not be blessing these kids by helping get them into a home they obviously can't afford!  
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Oversight Needed of Delta Tunnel, High Speed Rail

Commentary by Ken Cooley, California Assemblyman, 8th District



SACRAMENTO REGION, CA (MPG) - Tucked away in a book in my Capitol office is a letter addressed to Kenneth William Cooley whose return address is stated simply as The White House. A 4 cent stamp on the envelope shows a Mercury space capsule floating above a luminous Earth with the words "US Man in Space." Its cancellation mark shows it was mailed on May 4th 1962 in Washington, D.C. I had written President John F. Kennedy at the age of seven, and received that response shortly after I turned eight.

As a child, I was inspired that President Kennedy dreamed big dreams and was bold-minded as an innovator. As an adult, I now know the ensuing US space program reflects his willingness to ask "what might be?"

In my adult life, both as a founder of the City of Rancho Cordova, with 10 years on its City Council and two terms as Mayor, and now as a State Assemblyman, I find another John Kennedy quote relevant almost every day.

"Our responsibility," Kennedy said, "is one of decision, for to govern is to choose."

While I still agree that "to govern is to choose," my Ken Cooley corollary is that we must always know the available choices.

To strengthen public confidence in government, we in government need to make good choices that use tax dollars wisely. Public stewardship is more than well-managed programs, however. Programs themselves must tackle the right priorities. It is the State Legislature's job, as a co-equal branch of government, to conduct vigorous oversight and monitoring of state agencies so

multi-million and billion dollar state projects don't balloon out of control or get spent on the wrong goals.  
Recent news makes me very pleased with my early opposition to two expensive projects which use dollars I believe would be put to better use to strengthen our schools, early childhood education and other critical social and physical infrastructure needs of our state.

These are the High Speed Rail (HSR/Bullet Train) project that I opposed when a key vote came up in 2013 to allocate one quarter of cap and trade dollars to it in a continuing appropriation and also the twin tunnels proposal. Concerning the tunnels, I believe they place at risk the waters of San Francisco Bay, which is the greatest estuary system on the west coast of North and South America. Teeming with millions of fish and all the waterfowl which use the Pacific Flyway depend on those waters, just as you and I, and our children and grandchildren do.

Diverting scarce public dollars to the bullet train and the twin delta tunnels is a bad choice.

When passed by the voters in 2008 before the severity of the most recent recession became plain, the entire High Speed Rail project was promised to cost \$40 billion. By 2016 it had climbed to \$64 billion and now the latest cost estimate for the first segment has jumped nearly 80%, up to \$10.6 billion. "The worst-case scenario," a financial consultant recently said "has happened."

In addition, because the project has yet to tackle reaching the more populous Bay Area and Los Angeles, the financial estimates will likely worsen.

Given our state's challenges, I will continue my opposition to giving a big new blank check to the consistently over-budget

bullet train. That would be putting good money after bad and will actually prevent the state's ability to address other key needs. Like my original 2013 "NO vote" on the HSR continuing appropriation, I will not support major new funding now.  
The second state initiative fraught with problems and in swift need of additional oversight is the "Water Fix" project, which includes the construction of twin tunnels (40 feet in diameter and 35 miles long) underneath the Sacramento-San Joaquin River Delta and estuary.  
Much of California's water supply passes through the Delta's "gateway" into the waters of San Francisco Bay. Decades of pumping water from this critical estuary to southern California has significantly contributed to its declining ecosystem, placing many species at risk of extinction. Many environmentalists say the tunnels would bring even more harm.

Environmental issues aside, the project is on shaky ground economically. The estimated \$17 billion project was slated to be funded by water agencies that would benefit from Delta sourced water supplies. However, not a single member of the federal water management Central Valley Project has agreed to support or contribute to WaterFix. Further, a 2017 federal audit said \$50 million in taxpayer funds were used improperly to subsidize the San Joaquin Irrigation District for their part in helping plan WaterFix.

The administration reportedly is considering sealing the twin tunnels down to a single tunnel, a dramatic change that will require more dollars for redesign and environmental studies and I continue to oppose spending that money at this time.

It is still very much true, as John F. Kennedy stated, that to govern is to choose, and I believe we need to focus on choices that will bring better benefits to all California children, communities, and our future.

2B Greeted @ Fairvale Baptist Church 8660 Madison Ave. & Illinois

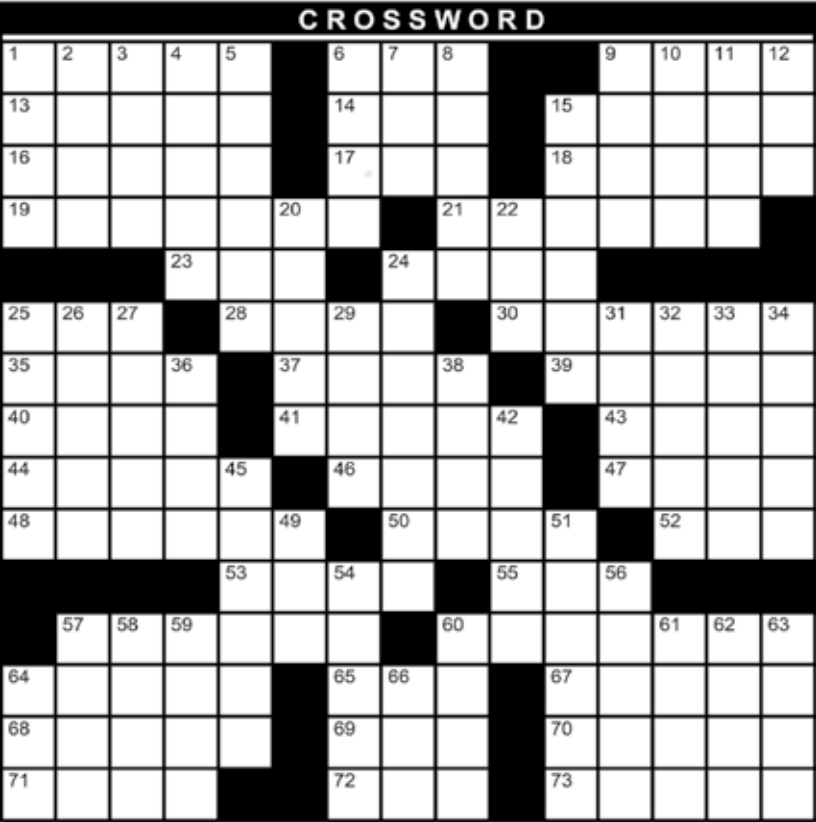
Where the Bible is preached Worship 10:30 Fellowship 12:15-

Welcome from Dale and Dian members



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- CLUES
- ACROSS
- 1. Nerds
  - 6. \*Dad's Valentine
  - 9. \*Seal with a kiss and do this
  - 13. Marconi's wireless telegraphy
  - 14. Nightcap rocks
  - 15. Relish tastebuds' sensation
  - 16. Fervor
  - 17. "Le \_\_\_\_ des cygnes"
  - 18. Togetherness
  - 19. \*Botanical Valentine's Day gift, pl.
  - 21. \*Romantic taper
  - 23. \*Princess Jasmine's love interest
  - 24. Per person
  - 25. Rub-a-dub-\_\_\_\_
  - 28. Distressed cry
  - 30. Asphalt alternative
  - 35. Native-American story-telling tradition
  - 37. Sound of impact
  - 39. Royal headgear
  - 40. Morally reprehensible
  - 41. Type of rug
  - 43. Tennis serving whiz
  - 44. Painter's support
  - 46. Dust allergy trigger
  - 47. It "was made for you and me"
  - 48. \*He played Lara Antipova's lover, 1965
  - 50. Sverve
  - 52. Is, no longer
  - 53. Fireplace part
  - 55. Corn unit
  - 57. \*St. Valentine, e.g.
  - 60. \*Author of earliest Valentine's Day reference
  - 64. Chinese silk plant
  - 65. Fluffy accessory
  - 67. Window treatment
  - 68. Change the Constitution
  - 69. Annoying pop-ups
  - 70. Implant
  - 71. It can turn pumpkin into carriage
- DOWN
- 1. Steffi of tennis
  - 2. "Me and \_\_\_\_ and the Dying Girl"
  - 3. Cocoyam
  - 4. Native of American Great Plains
  - 5. Very much
  - 6. 0.001 inches, pl.
  - 7. Mozart's "L' \_\_\_\_ del Cairo"
  - 8. Hajj destination
  - 9. Head-hiding place
  - 10. Bad to the bone
  - 11. Post-it slip
  - 12. Like some martinis
  - 15. Broad-brimmed beachwear
  - 20. Watts events, 1965
  - 22. Make a scene
  - 24. Hard to pin down
  - 25. \*Avian symbol of love, pl.
  - 26. "Umble" Heep
  - 27. Crafter's wood
  - 29. Impulse
  - 31. Iranian coin
  - 32. Cockatoo's cousin
  - 33. Rome's Colosseum
  - 34. \*Paper greetings



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Crossword Puzzle Solutions on Page 4

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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

Senator Gaines Receives Perfect Score on Behalf of Small Business

By Betsey Hodges

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-El Dorado) today announced that he has scored 100 percent on the National Federation of Independent Business/California's (NFIB/CA) 2017 Legislative Voting Record for his support of small business. Senator Gaines was one of only 22 state legislators out of the 120 Assembly and Senate members to receive the perfect score.

"As a small business owner myself, I know first-hand the hurdles and burdens California's job creators face every day," said Senator Gaines. "I am committed to generating opportunities for small businesses to thrive,



Senator Ted Gaines (R-El Dorado)

not stifling their growth with excessive taxes and onerous regulations."

NFIB/CA's Voting Record is designed to provide a critical

evaluation of a legislator's attitude towards small business. NFIB/CA is the state's leading nonprofit, nonpartisan small business association representing more than 22,000 small and independent businesses in California.

The Voting Record is developed by selecting key bills which would have the most significant impact, either positive or negative, on small businesses. The votes on those bills are then recorded and a percentage is determined for each member of the Assembly and Senate.

The NFIB/CA Voting Record, with descriptions of the bills used in the report, is available at <http://www.nfib.com/california/voting-record/>.

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By Marlys Johnsen Norris,  
Christian Author

There are some profound influential people in our world today. Some honestly believe they are arrived! Possibly some have! However, is it the place our Creator/God wants or desires for them? And have they even considered that question? Most probably not! Recently Lionel Ritchie made this statement on television. “It is not where you started but where you end up that really

## Who or What Will You Become?

matters!” Was he thinking of earthly success or man’s eternal destination? There is so much more we can accomplish when God is with us! When we look to Him for our guidance and successes in life, He promises never to leave us or forsake us. The journey truly begins when we seek His perfect will in our lives. Beginning we never know the path He will guide us into, but we eventually do realize it was the best path possible. It provides blessing upon blessing and a fulfillment in life we would never have experienced without Him. And all because we experienced the love of God by accepting His plan of redemption through His Beloved Son and received the gift of eternal life in heaven and so much more.

Little did two young Jewish

people, Joseph and Mary, realize the roles they would historically play when a little baby came into their life. A baby the Heavenly Father God miraculously created and was the Son of God. He came to be the Lamb of God to take away the sins of mankind to reconcile and reunite man back into the presence of the Father through His sacrificial death on the Cross. The merciful life of Jesus unites those of us who will believe. Regardless of our choice of denomination, we are the “church”. The love and grace of God is a part of our daily lives.. He loves you my friend!

In His Love,  
Marlys Johnsen Norris  
Award Winning Christian Author  
ARM Columnist since 2006  
Marlysjn@gmail.com



By Pastor Ray Dare

In the Sermon on the Mount, Jesus is talking about worry at one point and he gives us six reasons why we shouldn’t worry. Then he summarizes it, Matthew 6:31 “What I’m trying to do here is get you to relax. To not be so preoccupied with getting so you can respond to God’s giving.” (Mess) He’s saying that sometimes we get preoccupied with the wrong things and we lose focus on what God has already done for us. Everything in your life you have because of God’s mercy and grace.

We begin our relationship with God because of His mercy and it’s His mercy that keeps us going; especially when times get tough. The Bible says, “Since through God’s mercy we have this ministry, we do not lose heart.” 2 Cor.

## Pastor Ray's Encouraging Words

### Relax in God's Mercy

4:1. He says because we know that everything God does in our lives is by mercy and because of his mercy we don’t give up.

Why is that important? Because so much of the time Satan is whispering in your ear “You’re not good enough.” He says it to you over and over and over. “Not good enough!” You get this idea that God is some unpleasable parent and that God is ticked off at you because you just don’t measure up. But those thoughts are not coming from God.

Mercy is the fact that God knows every dumb thing that you’ve ever done in life and He still chose you. He still loves you. He still wants you in his family. You’re never going to last in the Christian life in following Christ or in ministry if you don’t understand His mercy - that his love for you is unconditional. And not only does he love you, but did you know that God likes you? Actually he’s quite fond of you. You may have never realized that. Maybe you’ve never really thought about that. You think God is mad at you all the

time. But if you have accepted his Son, Jesus Christ, all your sins have been wiped out by His mercy and grace. You can relax knowing that God loves you unconditionally.

Understanding God’s mercy helps you relax because now you don’t have to try to prove your worth any more. You do your best and forget the rest. You realize that God loves you and accepts you even in your imperfection. And if God accepts you and someone else doesn’t accept you – who’s got the problem? They do! Your worth and value has nothing to do with what others think of you. That’s important. Second, you don’t have to wallow in your failures and guilt. Because of His mercy you begin your relationship with Him and it’s through His mercy that you continue in your relationship. Everything that God does in you and through you and for you is all because of His mercy.

Pastor Ray  
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# Paying it Forward

## Express Employment Hiring Drive Generates Funding for Sacramento's Women's Empowerment

Story and photo  
by Jacqueline Fox

**SACRAMENTO COUNTY, CA (MPG)** - Express Employment Professionals (EMP) NE Sacramento has again put women in need at the top of their philanthropic agenda, which means more homeless women across the Sacramento region will have an opportunity to create a pathway to change this year.

Since 2015, EMP has donated \$10 to a nonprofit of its choosing for every first-time job placement booked through its agency during Annual Pay It Forward Holiday Hiring Drive, which runs from November to December. EMP has more than 750 franchised locations across the country and each conduct their own individual philanthropic programs.

In 2015, Express Employment staff voted to support Women's Empowerment of Sacramento (WEP) through as part of its giving back campaign. The 2016 drive, the sixth annual campaign, generated 62 first-time job placements, culminating in a total of \$620.00 for WEP. On January 29, the agency's General Manager, Kristen Garl, and Kathryn Ontiveros, EMP accounting specialist, presented WEP with their donation before a backdrop of photo stories of hundreds of just some of the women who have been helped via the programs offered at WEP since its inception in 2001.

"We are very proud to support Women's Empowerment Sacramento," said Garl. "We have worked with a handful of nonprofit organizations over the last six years and they are all wonderful organizations. But three years ago, as reviewed our goals for the campaign, our staff voted and WEP was selected hands-down by the majority of our team."

The money will go to support WEP programs, which include a comprehensive, nine-week job-readiness



From L-R: Lisa Culp, founder and executive director, Women's Empowerment (WEP), Kristen Garl, General Manager, Express Employment Professionals, NE Sacramento, Kathryn Ontiveros, accounting specialist at Express Employment Professionals, and WEP Development Manager, Holly Byrom, celebrate a donation from Express Employment's annual Pay it Forward campaign.

education and emotional empowerment workshop for area homeless women. That includes, resume preparation classes, mock interviewing, Internet job search training, budgeting, access to the agency's dress for success clothing closet, transportation and even free, onsite childcare.

In addition, women enrolled in WEP programs are paired with an employment specialist, social worker and a volunteer career mentor to help them identify their skills and interests and realize their career goals. Getting off the street and into a job, experts agree, is the sure-fire way for homeless individuals to create a pathway to a new life and end the cycle of

poverty.

To date EMP has donated a total of \$1,640 to WEP via its Pay It Forward campaign.

"We have an amazing relationship with Express Employment," said WEP's Development Manager, Holly Byrom.

"The support we receive each year is significant, and their mission is very closely aligned with our goal to help women get out of poverty and into a job, a home and a new life."

More than 1,500 women with a combined total of some 3,500 children have benefited from the classes and services offered through WEP, 521 in 2017 alone. Roughly 80

percent of those served, including the 157 in 2017, have successfully secured a job or enrolled in school or vocational training upon completion of their WEP program.

WEP was named Nonprofit of the Year by the Nonprofit Resource Center in 2009, one of the most prestigious honors a nonprofit can receive in the Sacramento region. And, in 2014, WEP was chosen as the Organization of the Year at the inaugural Women's Appreciation Awards by Congresswoman Doris Matsui, then Senate President pro Tem Darrell Steinberg and Assemblyman, Roger Dickinson.

WEP is a private organization and

does not receive any federal funding. Its social enterprise program generates roughly \$54,000 in income annually. Grants and family foundations account for roughly \$400,000 toward its annual \$1.1 million budget. Remaining funds are generated through a combination of individual gifts, the United Way and Special Events.

"We know the pathway to breaking the cycle of homelessness is through employment," said WEP Executive Director Lisa Culp, formerly on staff at Sacramento's Loaves and Fishes. "Our participants are 100 percent homeless women. So we promise them that if they come in and complete our program, we will help them find a job, a home and a new life."

It takes money to offer all of the services made available to local homeless women in need. Programming costs for WEP account for \$723,000 alone. As such Garl said her agency's support for WEP is ongoing. As her team connects with existing and potential employers, schools and other entities, it networks for homeless women and WEP, encouraging employers to believe in second chances and supporting WEP's social enterprise, the Get a Job Kit.

The kit, which sells for \$15.99, is a colorfully printed "tool box" for job seekers, which includes a comprehensive packet of job readiness guide sheets and resources. It was created for WEP clients initially, but it is adding value to the community at large, especially wherever there are students or other job seekers trying to secure long-term employment.

"We are always pushing for support for Women's Empowerment everywhere we can," said Garl. "We could not be more thrilled to be connected with WEP and its mission, and intend to keep supporting them for as long as we can, in as many ways possible." ★

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# Citrus Heights Police Target Human Trafficking in Multi-Agency Operation

By Sgt. Chad Morris, Citrus Heights Police Department

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department's Special Investigations Unit conducted multiple sting operations last week as part of the 4th Annual Reclaim and Rebuild Enforcement Operation. This operation was in coordination with the Los Angeles Regional Human Trafficking Task Force in an effort to identify and rescue commercially, sexually exploited victims of human trafficking and to disrupt the demand of prostitution by targeting the people who seek to victimize others through either soliciting or requesting services of prostitution.

Our efforts were focused on identifying and arresting the "Pimps" (those who were coordinating the services of victims) and "Johns" (those seeking to take advantage of those victims) and rescuing the victims of human trafficking. Using the internet and various other tactics including undercover operations, the Citrus Heights Police Department made (10) arrests. These arrests included prostitution, probation violations, as well as felony and misdemeanor warrant arrests.

The City of Citrus Heights and the community of Citrus Heights



39 year old Hamel Yan of Elk Grove, 19 year old Darrick Chavis of Vacaville, 42 year old Steven Birdsong of Antelope, and 57 year old Daniel Pellissier of Sacramento. Photo courtesy of Citrus Heights Police

do not tolerate human trafficking and will continue to detect, deter, and hold those accountable for their involvement in prostitution and victimizing others. If you or someone you know needs help or you suspect human trafficking may be occurring, please contact the Citrus Heights Police Department to help us stop human trafficking and rescue those who are victimized.

The arrested "Johns" were

identified (pictured below from left to right) as 39 year old Hamel Yan of Elk Grove, 19 year old Darrick Chavis of Vacaville, 42 year old Steven Birdsong of Antelope, and 57 year old Daniel Pellissier of Sacramento. See Los Angeles County's Sheriff's Official Press Release video regarding Operation Reclaim and Rebuild <https://www.youtube.com/watch?v=pXDXB07dRpo> ★



# POPPOFF!

with Mary Jane Popp

## Valuable Valentine's Day

Would you like to discover the secrets and essential skills to become a better couple? **Jen Elmquist, MA, LMFT**, can give you a new direction. According to the Centers for disease Control, there are 876,000 divorces a year in the U.S. with only 37% of those couples seeking relationship help before they call it quits. It gets worse. It is estimated that at any given time up to one-fifth of the 60 million marriages in America are distressed. So when I had **Jen** on my POPPOFF Radio Show, I was fascinated with the possibility that there are some practical tools that can revolutionize your lifetime relationship.

In "Relationship Reset" **Jen** separates the book into three sections that define strategies for viewing your relationship as a therapist while rediscovering why you fell in love with your partner in the beginning.

Let's tackle the breakdown

beginning with **THE CORE ELEMENTS**. Define what's "normal" for your relationship and how to navigate through the tough spots. This area covers the couple's journey through the six-stage Cycle of Committed Relationships and what common experiences are in each stage; Relationship Patterns and the way couples learn to dance with each other over the years; and Conflict Styles, the permanent presence of conflict in every relationship and how to become a Humble Warrior.


Once you can normalize your relationship, you establish a baseline that allows you to have clarity about what constitutes a problem and what doesn't, defining where to put your effort toward improvement. Then comes **THE MIND BENDERS**. Learn to take personal, thought shifting actions that will change your relationship for the better.

Being able to manage and communicate your inner emotional experience as well as increase self-regulation is the key to enhancing your relationship. This section will help you elevate your mind in your relationship by increasing your self-regulation. These actions alone have the unique ability to shift the relationship in significant ways without your

partner having to change with you. Then, beyond your individual work, you will find that when you work on your minds together, this creates what most relationships are begging for... better communication.

Finally, get fit with **THE MUSCLE BUILDERS**. Engage in exercises together that will strengthen and stabilize your love for a lifetime. After normalizing your relationship experiences and teaching you how to adjust your mind to benefit one another, it is essential to increase the strength of your connection. Relationships aren't meant to go from idea to action and then just coast for years. No relationship that can thrive that way. The relationship needs the couple to build up. It requires strong muscles to create a sustainable trajectory toward health and longevity.

And there are real couple stories about loving relationships in Relationship Reset." **Jen** practices what she preaches with some 26 years with her loving spouse. You can also check out her website at [www.JenElmquist.com](http://www.JenElmquist.com). You can get it going on right now! So, before the flowers and candy and dinner, look for special ways to make it last. **HAPPY VALENTINE'S DAY!** ★



**"O SON OF SPIRIT!  
My first counsel is this;  
Possess a pure,  
Kindly and radiant heart,  
That thine may be a sovereignty  
Ancient, imperishable and  
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from the *"Hidden Words"* of Baha'u'llah  
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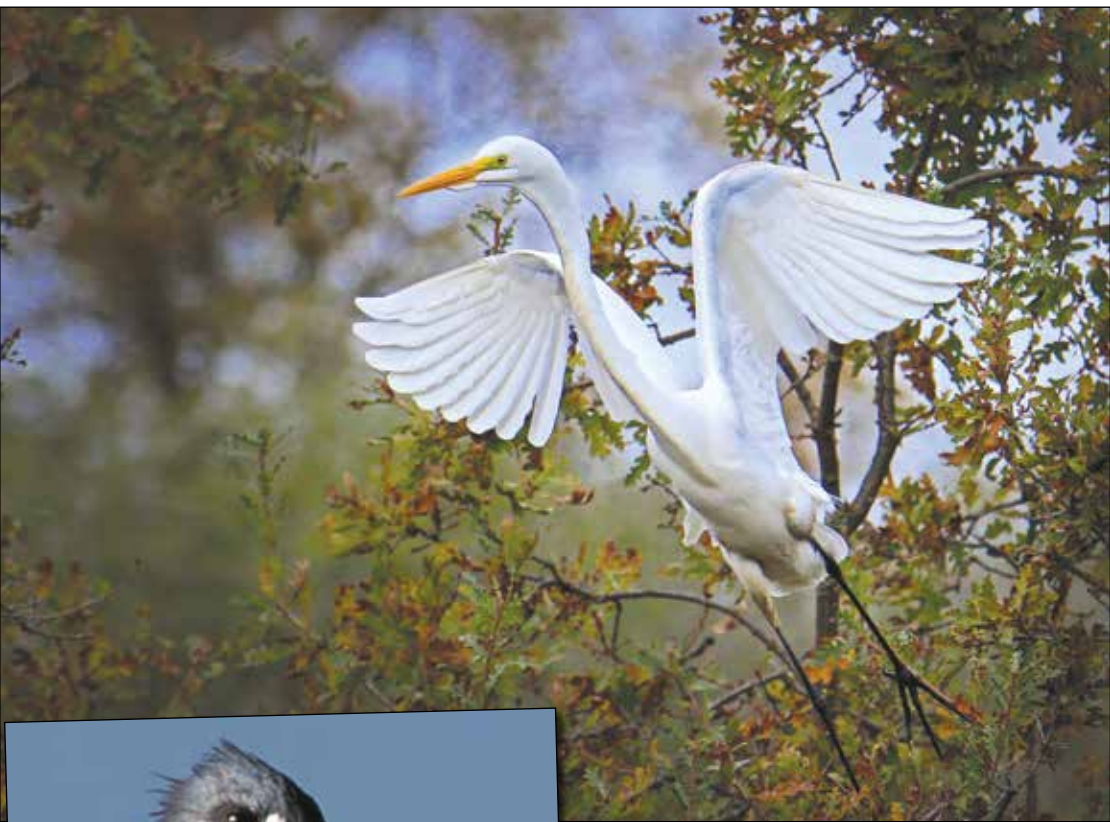


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# Something to Tweet About



Dramatic in takeoff, the great egret is one of many avian species likely to be observed during two Bird and Breakfast events at Effie Yeaw Nature Center. Miniature but deadly, the kingfisher (left) is another American River angler.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - There’s more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in an expert docent; garnish with breakfast fit for a kingfisher. You then have the Effie Yeaw Nature Center’s popular spring fundraiser. “Bird and Breakfast;” will this year be staged on Saturdays March 17 and March 24, at the center’s Ancil Hoffman Park facility. Reservations are required; the two-event fundraiser sells out every year. Participants will likely see 40 or more


species and no bird gets left behind; Sacramento Audubon guides get as excited about tiny finches as rock-star herons, snowy egrets and – yes, it’s possible – a bald eagle fly-by. Equally fascinating are home-building habits during the most industrious time of the avian year. Because Audubon scouts locate nests in advance, visitors will likely see wren, hawk, woodpecker and titmice abodes. Higher and harder to spot, some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes. A 27-year spring tradition, the \$40 (\$35 for American River Natural History Association or Audubon members) safari is followed on March 17 by gourmet breakfast. The March 24 foray is for ages six and up. This family-friendly program invites adults for \$10 and children for \$5. Discounts apply for ARNHA or Audubon members. Groups are welcome. Carmichael Kiwanis will serve a pancake breakfast on this date. Silent auctions of bird-related goodies accompany breakfast. Proceeds assist the Nature Center. Neither weekend excursion is recommended for very young children. Participants should wear stout shoes and bring binoculars. Bird and Breakfast begins at 8 a.m., both days. Learn more about the fundraiser at [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

# APAPA Honors Senator Jim Nielsen Lifetime Achievement Advocate Award


By Nghia Nguyen

SACRAMENTO REGION, CA (MPG) - For his vision and tireless dedication, Senator Jim Nielsen (R-Tehama) was awarded the Lifetime Achievement Advocate Award by CC Yin, Chairman of the Asian Pacific Islander American Public Affairs Association (APAPA). This special recognition was awarded at the APAPA 2018 California Legislative Reception on January 30, 2018, at the Sutter Club in Sacramento. Over 200 legislators, community leaders and sponsors were in attendance. “Inspiring young people and minority communities to be more involved in the democratic process is a lifetime commitment,” said Senator Jim Nielsen. “That I am being recognized by an organization that is near and dear to my heart is such an honor and so humbling.” “Senator Nielsen has been a friend - and an ardent supporter – from the inception of our non-profit to engage and empower

young people to serve in all levels of government. His leadership, extraordinary commitment and support of APAPA have been unwavering for decades,” said CC Yin, Founder and Chair of APAPA. Having grown up in the Central Valley, Senator Nielsen understands the importance of education. He immersed himself into the overhaul of the state’s Master Plan for Higher Education, a plan to ensure excellence and access to education. To ensure students have access to work experience, Senator Nielsen has been a longstanding supporter the annual APAPA internship program. “It is critical for students to gain work and life experience. Each year, I wholeheartedly support and mentor the interns so they are able to gain the necessary skills to succeed,” stated Senator Nielsen. Lauded for his experience and keen understanding of the Legislature and state budget, Senator Jim Nielsen proudly serves Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba Counties as their representative in the State Senate. Elected to the State Senate in 2013, Senator Nielsen is dedicated to preserving the quality of life, protecting taxpayers and restoring fiscal common sense to government. Along with CC and Regina Yin, Senator Nielsen is a founding member of APAPA. APAPA is a grassroots, community-based, non-profit, non-political, and non-partisan organization. APAPA focuses on increasing civic participation by Asian Americans at the local, state, and national level through voter registration and education, civic leadership programs including internships and scholarships for high school and college students, fellowship and mentorship for adults leading to appointive, judicial and elective offices. Source: Office of Senator Nielsen



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