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# AMERICAN RIVER Messenger

*“Written by the people, for the people”*

VOLUME 13 • ISSUE 02

Serving Fair Oaks, Orangevale & Sacramento County

JANUARY 26, 2018

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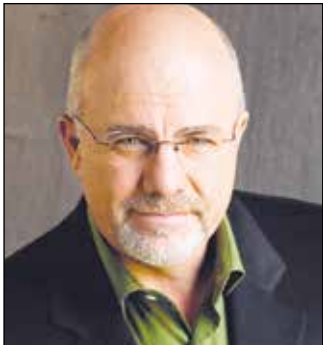
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## O So Delicious!

*O Café Bakery and Bistro Opens in the Village*



Chef Jusseume and his wife, Odile, officially opened the doors to O Café in Fair Oaks Village on January 6.

**Story and photos by Jacqueline Fox**

**FAIR OAKS, CA (MPG)** - The savory and the sweet have a new place to meet at O Café Bakery and Bistro, which officially opened its doors in Fair Oaks Village January 6.

O Café has taken up the space formerly home to Dianda's Italian Bakery and Café, which set up operation in The Village in 2007. This is owner and French-born Chef Christophe Jusseume's first restaurant in America, but he is no stranger to the Sacramento culinary scene, or that of the Bay Area for that matter.

In fact, Jusseume, who launched his training as a chef in France at 13, came to Northern California at the age of 22. He cut his chops in the kitchens at some notable eateries, including Scala's Bistro at San Francisco's Sir Francis Drake Hotel. From 1989 to 1993, Jusseume trained as a pâtissier (pastry chef) at Freeport Bakery in Land Park, a gig he says that defined and helped him establish a footing in an industry that can be as unforgiving as it is demanding.

"I can't tell you how important my training at Freeport Bakery was," said Jusseume. "The owner (Walter Goetzler) is the greatest boss I have ever had. He was absolutely the most supportive person to me along the way. That place did so much for me and no one has ever treated me better."

Jusseume returned to France in the 1990s where he opened his first restaurant, Le Roy D'ys in Poitiers, a classic country town southwest of Paris. It was also back in France where he met and married his wife, Odile. Ultimately, the pull to return to Northern California was too strong to keep ignoring and the couple returned to Sacramento where they now live with their two small children.

"I grew up here in the Sacramento area if you think about it," said Jusseume. "I want to be here. This is where I got my real start in restaurants and where I have met the most important mentors in my career."

Midtown was an option for O Café, with its built-in clientele and vibrant night life. But alongside those perks also come high

rents, lack of parking and a demanding seven-day schedule. Jusseume explained that Fair Oaks Village offers a small town setting and an evolving cultural scene, as well as more affordable rents and an opportunity to close one day a week to spend time with family.

"The people here are among the best in the world," said Jusseume. "They have welcomed me with gifts and cards. They are so wonderful and caring. Here I don't have to be open every single day of the week, so we'll close on Mondays so that I can be with my family. Coming to Fair Oaks Village is the best decision I could have possibly made. This isn't Midtown, that's for sure."

So what's to eat? Currently, O Café serves breakfast, lunch and brunch on Sundays. Get ready for a mouth-watering mashup of French and American dishes, including three different variations on the classic Eggs Benedict. Without a doubt, the house specialty, aside from picture-perfect pastries, buttery croissants, meringues, baked goods and intricately

*Continued on page 3*

## Thousands of Formerly Homeless People to Remain Housed Thanks to Federal Funding

**Ben Avey, Chief Public Affairs Officer Sacramento Steps Forward**

**SACRAMENTO, CA (MPG)** - The U.S. Department of Housing and Urban Development (HUD) announced recently that the Sacramento Continuum of Care has been awarded \$20,180,083 this year to fund 31 programs that serve people experiencing homelessness.

This is an increase of \$668,245 over last year's award and a \$5.2 million increase since Sacramento Steps Forward took over as the Continuum of Care lead agency in 2011.

The award renews funding for 22 Permanent Supportive Housing programs and in doing so, retains housing and supportive services for people who were previously homeless. Without this funding, these individuals would likely return to a state of homelessness. It also renews funding for four Rapid Re-housing programs.

HUD funded four new projects this year including two Permanent Supportive Housing programs operated by Sacramento Self Help Housing, one Permanent Supportive Housing program run by TLCS and a new Transitional Housing/ Rapid Re-Housing project operated by TLCS and Wind Youth Services. Two awards were granted to Sacramento Steps Forward to administer the Homeless Management Information System and a planning grant, which covers the cost of the Point-in-Time count, among other programs.

"This funding continues our response to a homeless crisis that has overwhelmed the west coast in recent years," said Sacramento Steps Forward CEO Ryan Loofbourrow. "We're relieved that so many

*Continued on page 3*

## “They’re Still Our Boys”

*Heroes and Now Movie Stars*

**Story and photos by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - In August 2015, the lives of three young Sacramento men changed forever. Travelling from Amsterdam to Paris by train, Spencer Stone, Alek Skarlatos and Anthony Sadler foiled a terrorist attack and saved countless lives. International fame, a book -- and now a movie -- followed the adventure.

Life will never be the same for their moms, either. Joyce Eskel and Heidi Hansen have a hard time believing their sons

-- together with their Rosemont friend Anthony -- are the stars of “15:17 to Paris.”

Directed by film legend Clint Eastwood, the movie opens nationally on February 9. Stone, Skarlatos, Sadler and their families enjoyed a private screening last weekend in Sacramento. “The boys had seen the movie once before,” explained Joyce Eskel. “They were extra nervous this time because we were all there. We were anxious too: we were seeing our lives exposed for all the world to see.”

“The boys are still in awe

that they’ve made a movie with Clint Eastwood,” says Heidi Hansen. “He’s their hero.” The screen legend befriended the boys after he presented them with a “Guy’s Choice” award in 2015. The irrepressible 22-year-olds suggested he should make a movie from their book. Eastwood read “15:17 to Paris” and struck a deal. His casting people considered many actors to portray the heroes but Eastwood liked Stone, Skarlatos and Sadler as is. “He loved the connection between them and felt it might translate well to

*Continued on page 9*



From left to right; Alek Skarlatos, Spencer Stone and Anthony Sadler star in Clint Eastwood's new movie “15:17 to Paris,” which opens nationally February 9th.



## SMUD recognizes winners of 2017/18 Powering Futures Scholarships



Recipients of SMUD's 2017/2018 Powering Futures scholarships pose with the Board of Directors after being recognized for their hard work and achievements at the Dec. 21 Board meeting at SMUD's Customer Center. Photo courtesy SMUD media

### SACRAMENTO REGION, CA (MPG)

- SMUD's Board of Directors recently recognized the 21 college students who have been awarded Powering Futures scholarships for the 2017/18 academic year. All students received scholarships between \$1,500 and \$3,535 and the opportunity to work at SMUD as a paid intern. The awards were based on academic merit and financial need, and preference was given to students who have declared a major relevant to SMUD. Most of the students who receive a scholarship also accept

paid summer internships in a variety of SMUD departments, including Grid Operations, Customer Operations, Geographical Information Systems, Warehouse and Fleet Operations and others. The internships provide students with excellent opportunities to learn practical skills and help launch themselves into future careers. "The Powering Futures scholarship program helps us strengthen our talent pipeline and meet our future workforce needs," said SMUD Human Resources Director Laurie

Rodriguez. "We're proud to support such an exceptional group of Sacramento students this year, and we look forward to seeing them back in the summer for their internships. They'll have a great chance to learn about working in the energy industry and gain real-world experience that will help them in all of their future endeavors." The 2018/19 scholarship application period will begin on March 5. For more information, please visit [smud.org/Scholarship](http://smud.org/Scholarship). Source: SMUD media ★

## Benefit Make-A-Wish by Donating Blood at BloodSource

By Alexander Sigua, BloodSource

SACRAMENTO, CA (MPG) - During January, blood donors can double their impact by giving blood with BloodSource and benefitting Make-A-Wish® Northeastern California and Northern Nevada at the same time. BloodSource will track the number of blood donations received at all 15 BloodSource Donor Centers and nearly 150 community blood drives during the month. For each blood donation, BloodSource will make a monetary donation to Make-A-Wish®, up to a grand total of \$7,500. "BloodSource and Make-A-Wish® provide young patients with hope, happiness and a new life," said Erin Frye, marketing manager for BloodSource. "Many wish recipients are also young blood recipients. We look forward to continue supporting

Make-A-Wish® and helping them grant even more wishes for children throughout our community." "We are honored to partner with another life-changing organization like BloodSource and that once again the local chapter of Make-A-Wish® was chosen as the beneficiary for this campaign. The funds raised will go directly to granting another local child's life-changing wish," said Make-A-Wish® CEO Jennifer Stolo. In addition to giving blood, donors can also donate to Make-A-Wish® by logging onto [my.bloodsource.org](http://my.bloodsource.org) and giving their MyBloodSource Rewards to Make-A-Wish®, equating to a personal monetary donation. Last April, more than 15,200 donors stepped up to support a similar campaign that raised nearly \$8,000 for Make-A-Wish®. To schedule a donation appointment, please

visit [bloodsource.org](http://bloodsource.org) or call 866.822.5663. Make-A-Wish® creates life changing wishes for children with critical illnesses and are on a quest to bring every eligible local child's wish to life. Research has shown that a wish is an integral part of a child's treatment journey. Make-A-Wish® Northeastern California and Northern Nevada was established in 1983 as one of the early local chapters of Make-A-Wish® America. Since then, the chapter has granted more than 6,300 wishes to children within its 37-county service area. For more information about Make-A-Wish Northeastern California and Northern Nevada, call 916.437.0206 or visit [necannv.wish.org](http://necannv.wish.org). BloodSource has been this area's nonprofit community blood provider since 1948, and serves patients in more than 40 hospitals throughout Northern and Central California. ★

# Come Celebrate Annual "Sacramento Museum Day"

Guests Can Enjoy Free or Half-Priced Admission to 26 Sites

By Traci Rockefeller Cusack

### SACRAMENTO REGION, CA (MPG)

- With 26 museums and local destinations participating during this celebratory year, the 20th Annual Sacramento Museum Day is proudly presented by Sutter Health and takes place on Saturday, February 3, 2018. To the delight of the greater Sacramento area community, the participating local museums will open their doors to offer free or half-priced admission to the community from 10 a.m. to 5 p.m. Most of the museums will offer free admission whereas two destinations located in residential areas – the Sacramento Zoo and Fairytale Town – will offer half-priced admission to offset parking and traffic control costs.

Coordinated by the Sacramento Area Museums (SAM) and Visit Sacramento, the annual event is a popular cultural tradition designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife – at little or no cost. Many of the museums are within walking distance of each other and easily accessible via public transportation. Event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites.

In addition to offering free or reduced cost admission, many of the destinations are offering special activities during Sacramento Museum Day. The activities range from special staffing by docents (for some smaller museums not normally open on Saturdays) to the following:

- The California Automobile Museum will feature a special Story Time with a celebrity reader at 11 a.m. and 12 p.m. Also, some of the eye-catching class cars will be on display outside the Museum (weather permitting);
- The California State Library will be featuring water transportation in California and a special Haiku and Japanese Art exhibit. The State Library has the largest haiku collection outside of Japan. Plus, kids can visit with the Library's very own robo-dog, Browser;
- Maidu Museum & Historic Site will offer trail tours, children's activities, tables for grinding acorns and beaded bracelets or necklaces;
- Museum of Medical History will be staffed by retired physicians to answer questions and

enhance the visitor experience on Sacramento Museum Day;

- Powerhouse Science Center Discovery Campus guests will have the opportunity to experiment with some of the hands-on engineering design activities offered in Design Lab and see live critters and insects up-close in the Nature Discovery Area. Additionally "Scooter" the Air Quality Management District's mascot is plans to make a special guest appearance;
- The Roseville Utility Exploration Center will present a special "Bird and Bug Bonanza" from 10 a.m. to 2 p.m. This free family-friendly event will feature interactive activities such as a creek crawl in Cruddy Creek, joining the bug squad, story time with the library, exploring the local habitat and building a birdhouse (birdhouse requires \$10 materials fee);
- The Sacramento Historic City Cemetery will offer tours that day and, if Museum Day guests make a donation to the Cemetery, they will have the unique opportunity to ring the big fire bell;
- The Sacramento History Museum will offer their interactive and fun gold panning activities for kids outside in front of the Museum;
- The Sacramento Zoo will have craft stations hosted by Zoo teens and docents available throughout the day to answer animal questions and share biofacts. Also, guests are encouraged to stop by the Reptile House Lawn at 11 a.m. to meet some of the Zoo's animal ambassadors during an Animal Encounter.

"We are thrilled to present the 20th Annual Sacramento Museum Day and invite the community to join us during this celebratory year," said Sacramento Area Museums Chair Lynda Walls. "And we'd especially like to thank our continuing sponsor – Sutter Health – for helping us to present this important event each year so we can introduce the community to the amazing array of arts, culture and museum offerings available in the greater Sacramento region."

While admission is free at most of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$7.50 for adults, \$5 for children ages 2-11 and free for children under two; Fairytale Town is \$2.88 per person and free for children ages one and under. Due to the popularity of

Sacramento Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at [www.sacmuseums.org](http://www.sacmuseums.org) (click on "News & Events"), or by calling Visit California at (916) 808-7777.

Participating Museums for Sacramento Museum Day 2018\*

Aerospace Museum of California – California Automobile Museum – California Museum – California State Capitol Museum – California State Library – California State Railroad Museum – Don & June Salvatori California Pharmacy Museum – Fairytale Town – Folsom History Museum – Leland Stanford Mansion State Historic Park – Maidu Museum & Historic Site – Museum of Medical History – Old Sacramento Schoolhouse Museum – Old Sacramento State Historic Park – Powerhouse Science Center Discovery Campus – Roseville Utility Exploration Center – Sacramento Children's Museum – Sacramento Historic City Cemetery – Sacramento History Museum – Sacramento Zoo – Sojourner Truth African American Museum – State Indian Museum – Sutter's Fort State Historic Park – Verge Center for the Arts – Wells Fargo History Museum (Capitol Mall) – Wells Fargo History Museum (Old Sacramento)

\*SAM member museums not able to officially participate in the 2018 Sacramento Museum Day include the following: California Agriculture Museum (that is offering special adult programming that day until 2 p.m.); California Statewide Museum Collections Center; Crocker Art Museum (charging \$5 admission that day) and the Governor's Mansion State Historic Park (closed to the public). Also, Locke Boarding House Museum – a SAM Affiliate member – plans to be open for guests that day.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at [www.Facebook.com/SacMuseums](http://www.Facebook.com/SacMuseums), follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

Source: T-Rock Communications ★

## Runner Responds to Brown's Budget

SACRAMENTO, CA (MPG) - Board of Equalization Vice Chair George Runner issued the following statement in response to Governor Jerry Brown's 2018-19 January budget proposal:

"It's a smart move by the governor to boost the state's rainy day fund, since as he warns, the threat of a recession still looms, and California is still very much vulnerable to boom-and-bust

budgeting."

"However, since members of his own party are suddenly and surprisingly concerned about taxpayers, it would be great if the governor would use the budget process to work with Republicans to come up with ways to reduce the overall tax burden of California residents, which is very high." "The governor could start

by refunding the money to Californians who paid the now suspended fire prevention fee, and by reconsidering the need for his catastrophic gas tax hike."

George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner). ★



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Lux in Tenebris | James Whitbourn

Nikki Einfeld, Soprano  
Michael Desnoyers, Tenor

Karin Mushegain, Mezzo  
Matt Boehler, Bass

Saturday, April 7, 2018 at 8:00 pm

Pre-concert talk by Donald Kendrick 7:00 pm

Sacramento Community Center Theater



Nikki Einfeld

Karin Mushegain

Michael Desnoyers

Matt Boehler



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**In the garden of thy heart**  
**plant naught but the rose of love, and**  
**from the nightingale of affection and desire**  
**loosen not thy hold.**  
**Treasure the companionship of the righteous and**  
**eschew all fellowship with the ungodly.**  
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# O So Delicious!

## O Cafe Bakery and Bistro Opens in the Village

Continued from page 1

crafted cakes, is the *galette*, a savory crepe folded over into a square, made from buckwheat flour, served up more than seven ways for breakfast and lunch or brunch, with, for example, egg, onion confit, mushrooms bacon and sour cream, or, should you choose the “La Bay,” salmon, spinach, garlic, béchamel sauce and lime juice.

“The galette is like a crepe, but it is heavier because we use the buckwheat,” said Jusseaume. “It is a savory dish that we make several ways, so it can be a breakfast item or classic lunch dish.”

There’s also sandwiches, like the Cuban with pulled pork, ham, pickle and pepper jack on a French roll, the Poulette, which comes with chicken, avocado, pepper jack, roasted red pepper and pesto aioli, a veggie-lovers option and the classic BLT with chicken on focaccia bread fresh from the kitchen.

The salad lineup includes two classics: the *Nicoise* and the Caesar.

Dinner will come with time, and as the weather warms and daylight lengthens, the hours will expand during the week and on weekends. For now, the focus is on starting slow and building up. Jusseaume has hired five staff members, one of whom is a former co-worker from Coffee Works in Sacramento, his previously employer, who jumped ship when O Café was set to open.

There is a small wine list and makeshift bar at the far end of the pastry counter, but the focus is on bistro-style dining: light, casual and tinged with just the right ingredients for a Village dining experience delivering classic European charm.

O Café’s arrival marks the slow-but-steady evolving foodie scene in Fair Oaks Village, one that appears to be moving away from taverns and delis toward more contemporary alternatives. Around the corner across from the park, Wild Rooster Bistro has been serving up food from the Americas since opening in



O Café is French-born Chef Christophe Jusseaume's first restaurant in America, but he is no stranger to the Sacramento culinary scene.

late 2017 in the space formerly home to Village Bistro, which had offered American and French inspired dishes prior to closing.

The menu at Wild Rooster includes *sopas*, street tacos, tostadas, flan and other desserts, as well as a list of happy hour items you can wash down with beer or Sangria.

Slowly is the operative word here. Fair Oaks Village is amidst a quiet and slow-paced renaissance, as long-established businesses search to balance a desire to remain as distinctly different from Midtown as possible, while also pushing for a way to draw visitors and residents in after dark. Not an easy task, but with the arrival

of O Café and Wild Rooster, there is no denying the wave of change on the horizon. ★

**O Café Bakery and Bistro**  
**10131 Fair Oaks Blvd. (Fair Oaks Village)**  
**Hours: Tuesday-Thursday: 7 a.m. to 5 p.m.**  
**Friday and Saturday: 7 a.m. to 6 p.m.**  
**Sunday Brunch: 8 a.m. to 2:30 p.m.**  
**CLOSED on Mondays**  
**(916) 436-4951**  
**ocafelfairoaksvillage@gmail.com**

# Fair Oaks Village Group Pushing for PBID Support

By Jacqueline Fox

**FAIR OAKS, CA (MPG)** - A May deadline for gathering the necessary signatures to put a measure on the ballot is looming for organizers behind the push for a Public Business Improvement District in Fair Oaks Village and, aside from bumper stickers and a grass-roots level outreach program, there are signs the plan is failing to gain traction.

“We are struggling to get the support we need, frankly,” said Leon Corcos, newly elected Vice President of the Fair Oaks Village Enhancement Committee (FOVEC), the group pushing for a PBID in the Village. Among them, said Corcos, is the key issue of convincing existing property owners of the need, due in large part to the fact that many of them simply can’t be reached.

“I’m reluctant to say we are excited because we don’t have the signatures we need right now,” Corcos said. “The truth is, we have a plethora of absentee property owners who don’t give a damn about what is going on here. Trying to reach them is difficult because in many cases they are insulated by the commercial property management companies they hire to handle their business for them, and the county doesn’t have numbers for these guys either.”

PBIDs, proved to be successful in other parts of the county, including Citrus Heights and Carmichael, create a funding pipeline through assessments on commercial and residential property owners situated in the PBID zone. Once established, PBID assessments are collected and managed by an elected PBID board, generally comprised of stakeholder members, and used to pay for services to invigorate the local economy, mitigate blight and vandalism and other security issues linked to homelessness and vagrancy.

While FOVEC has the support needed from the county, including the roughly \$50,000 to form a PBID, the group, now comprised of roughly 12 members, failed to obtain the required 51 percent approval from local business and property owners last June to move forward with its application. As such, FOVEC was granted an extension until spring of 2018 to try once more to convince enough business and property owners in the PBID zone to get on board.

“The county has been very supportive of the issues and problems we’re up against, but they’ve given us all they can,” said Corcos.

Fair Oaks residents and stakeholders are pushing for the PBID to help draw a better mix of

businesses in the village to attract a different demographic, including cafes and restaurants, and help invigorate the village’s reputation across the region. According to the report, 87 percent of visitors surveyed for the study live in the area.

But those elements may be happening organically without a PBID in place. In the last several months two new restaurants have opened up in the village: Wild Rooster Bistro, an upscale Mexican eatery now occupies the former space for Village Bistro, and O Café by French-born Chef Christophe Jusseaume, which assumed the former site of Dianda’s Italian Bakery and Café.

The owners of the Fair Oaks Brew Pub have assumed the space next door where a hair salon used to reside and are planning an expansion. In addition, Corcos himself has acquired three commercial parcels in the Village, one the former site of Russ Munroe’s Funeral Services, and is planning to open three separate eateries by mid- to late summer of this year.

“We all want to see a mix of things come in here,” said Corcos. “We want change and we want the types of businesses that are going to attract people here after dark and on the weekends. So, if the PBID doesn’t pass, there’s a good chance it all will happen anyway.” ★

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

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

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

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

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

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-665-3596 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

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

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

## Thousands of Formerly Homeless People to Remain Housed Thanks to Federal Funding

Continued from page 1

formerly homeless individuals will stay housed and thankful that new funding will house people who are currently homeless.”

The grant application was submitted to HUD last September following a six month competitive process to select and prioritize local projects for funding. Great care is taken to ensure that the process is fair and maximizes federal resources for programs dedicated to ending homelessness.

“Prioritizing one program over another, when they are all doing amazing work, is

incredibly difficult, but that is our charge and we do what we think is best for the community,” said Loaves and Fishes Advocacy Director Joan Burke, who also Chairs the Continuum of Care Advisory Board. “Thankfully, we have chosen wisely and have been rewarded with additional resources that will help people end their cycle of homelessness.”

The Continuum of Care (CoC) Program is designed by HUD to promote community-wide commitment to the goal of ending homelessness. As a part of the program, HUD awards grants annually to

nonprofit providers, State and local governments to rehouse individuals and families experiencing homelessness.

In Sacramento, the Continuum of Care is led by 25 community stakeholders who make up the Continuum of Care Advisory Board. Stakeholders include representatives of homeless service providers, advocates, local government, business groups, law enforcement, and individuals who are formerly homeless. Sacramento Steps forward is a nonprofit organization and has been the lead agency for Sacramento’s Continuum of Care since 2011. ★



**Publisher, Paul V. Scholl**

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## AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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## MEMORIAL NOTICE

### Joseph F. Dixon

It is with deep sorrow we announce the passing of Joseph F. Dixon. Joe passed away on November 2, 2017 from a massive heart attack. Joe was born in Pittsburgh, Pennsylvania. He grew up in Orangevale with his parents John and Mary and brother's Herschel and Gary. He was married to Arline, whom passed away in July 2016.

Joe was a very hard working, generous, loving and caring man. He had a heart of gold and always had a good joke to tell.



Joe is survived by his brother Gary, sister-in-law Bobby, children Lynette, Gary, Janet and Valerie. His many grandchildren and great grandchildren as well as countless family and friends whom he loved dearly.

He will be missed by many.

Please join his family at his Celebration of Life which is being held on Saturday, February 3, 2018 at the Orangevale Grange 5805 Walnut Ave in Orangevale, Ca from 11 am to 2 pm.



## St. Mel Catholic School

### Immediate Openings for Pre-K through 8th Grade



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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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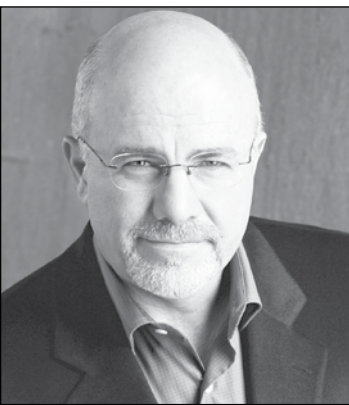
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**No cash businesses?**  
Dear Dave,  
What is your opinion of businesses that no longer accept cash?  
- Heath

Dear Heath,  
Honestly, I think the whole scenario is kind of silly. Businesses that are suddenly into the “no cash” thing lose out on a lot of transactions. Believe it or not, there are still tons of people out there who make purchases only with cash. So, from a business owner’s perspective this philosophy can cut into your market share.  
I really don’t spend a lot of time thinking or worrying about the situation, though. When it comes right down to it, most businesses are doing that kind of thing for one or two reasons. Some of them just think cash is old school, and they want to give the impression they’re cutting edge and into technology. Others do it — depending upon the space they’re in — because their

# Dave Says

sales using plastic are higher than with cash.  
I’m a cash guy. There are some situations where I might walk away if someone wouldn’t accept hard, cold cash, but in most cases I don’t think anything about it. I’ll just use my debit card, and buy what I need.  
—Dave

**When can I have some fun?**  
Dear Dave,  
At what point can you spend, and have a little fun, when you’re following the Baby Steps plan?  
- Jen

Dear Jen,  
Everyone likes having fun, and there’s nothing wrong with spending some cash if you can afford it. I just want people to make sure they have their finances in order first.  
I recommend completing the first three Baby Steps before you run out and buy a bunch of toys. Just to review, Baby Step 1 is saving \$1,000 for a starter emergency fund. Baby Step 2 is where you pay off all debt — except for your home — using the debt snowball method. In Baby Step 3, you go back and fully fund your emergency fund

with enough cash to cover three to six months of expenses.  
Completing the first three Baby Steps puts you on pretty solid financial ground. At this point, once you’ve saved up the cash, it’s okay to take a vacation or buy a reasonably-priced toy. But don’t have so much fun that you forget about the other Baby Steps. Baby Step 4 means putting 15 percent of your income into pre-tax retirement plans, like mutual funds and Roth IRAs. Don’t neglect saving for college if you have kids. That’s Baby Step 5. Baby Steps 6 and 7 are paying off the house early, and building wealth and giving like never before.  
Remember, there are only three things you can do with money — spend, save, and give. You can do all three without putting yourself in a bind by following my plan!  
—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.* ★

# California Must Follow Trump’s Lead and Cut Taxes Now



By Senator Ted Gaines

President Trump’s federal tax reform held up a mirror to tax-loving California politicians and they are afraid of what they saw.  
At major issue to the panicked Progressive political class is the state and local tax (SALT) deduction, which, until now, has allowed taxpayers who itemize the ability to deduct their state and local taxes on their federal tax returns. The average California SALT deduction per claimant was nearly \$39,000 in 2015, but the deduction is now capped at \$10,000. California was the largest beneficiary of the now-reduced deduction, with tax filers claiming roughly \$100 billion in 2014. This deductibility has softened the blow of our state’s punishing tax regimen and helped cover up the fact that our politicians have been shoving our taxes into the stratosphere.  
With the capped deduction, coupled with California’s sky-high taxes, could California

taxpayers lead another Prop. 13-like revolt and tear down the high-tax, high-spending edifice that so comfortably houses fat cat politicians and their political allies?  
It’s this fear that’s led to the absurd, over-the-top howling about the tax bill, with embarrassingly apocalyptic rhetoric about this much-needed reform and the tired talking point that the Trump plan, by letting people keep more of their own money, was somehow “looting” the treasury. That would only be true if all money you earned belonged to the government and was doled back out to you by their grace. But that belief says much more about entitled legislators than the legislation itself.  
The problem is not SALT deductibility, it’s the taxes themselves.  
California’s top marginal tax rate of 13.3 percent is the nation’s highest, by far. Our state’s base sales tax rate of 7.25 percent is also the nation’s highest, and local add-ons push it above 10 percent in some cities.  
Even those punitive rates might be tolerable if California delivered first-class infrastructure or schools, for example, but our roads are crumbling and our schools hug the bottom of the achievement curve. What exactly have California taxpayers been getting for their money, whether it’s deductible or not?  
At the very least, SALT changes could spotlight the terrible bargain California taxpayers get and drag state legislators into an era of greater accountability.  
But until then, California politicians will be working overtime

to figure out an end-around on the President’s tax plan that will keep taxes high but allow continued SALT deductions, so they can pull the veil back over the people’s eyes.  
I have a better solution and I’m going to introduce a bill to make it happen: Cut California taxes. By lowering our income tax rates, we could help people in every tax bracket keep more of their paychecks, spreading prosperity throughout the state.  
Instead of investing time and energy scheming a way around the Trump plan, let’s take this opportunity to provide tax relief to California’s citizens.  
Instead of complaining about deductibility, let’s take a page from the majority of states with far lower taxes and give Californians lower taxes themselves. Why not aim to add to the tally of the six states, including deep blue Washington, with no state income tax at all.  
Letting people and businesses keep more of their money expands our economy and personal freedom. Trump knows this far better than California’s leading politicians, who will fight tooth-and-claw to keep state taxes among the highest in the country.  
Here’s hoping they fail, and President Trump’s tax cut becomes the catalyst for a tax cut in the Golden State.  
*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.* ★

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CLUES

ACROSS

1. Got ready for a close up

6. Cookbook abbr.

10. \*Super Bowl number

13. Flow-controlling device

14. Like pulling teeth

15. \*Tight one?

16. Do like ivy

17. Half human, half cobra in Hinduism

18. Ring like a bell

19. Flying north in fall, e.g.

21. High school breakout

22. Distress signal

23. Choice word

25. One who increases bid

29. One of “12 Angry Men”

31. Kick out

32. Extinct flightless birds

34. Tony on a cereal box

38. Of short duration

40. \*Extra point

41. Blood vessel

42. Drawing support

43. Life saver

45. \_\_\_\_\_ precisely

46. Minimal in magnitude

48. Mortar and \_\_\_\_\_

50. “\_\_\_\_\_, I” said Piglet

53. Winter blues, acr.

54. Getting warm

55. \*Only undefeated NFL team

60. Marchers in a kids’ song

61. Albany-Buffalo canal

62. Royal topper

65. \*The \_\_\_\_\_ Bowl” in 1967

66. Actress Campbell

67. Happen

68. Communist color

69. Three-\_\_\_\_\_ sloth

70. Button on electrical outlet

DOWNS

1. Pipe material

2. Crew propeller

3. Multitude

4. Never without “n”

5. Remove from a throne

6. Grabbing tool

7. Fine, in Scotland

8. It’s a long story

9. \*One of 11 on field

10. River-dwelling phlebotomist

11. Absurd

12. Lazybones

18. \*Team with most Super Bowl appearances

20. “Cheers” regular

24. Itty-bitty bit

25. Sonia Sotomayor’s garb

26. Heavenly glow

27. a.k.a. The Islamic State

28. \*Team with most Super Bowl wins

29. \*Justin’s “Wardrobe Malfunction” partner

30. Drug abuser

33. Sounds of amazement

35. Little cave

36. Et alibi

37. Birth \_\_\_\_\_ or mortality \_\_\_\_\_

39. Pestilence pest

44. Moonfish

47. Impassioned

49. Author’s co-worker

50. Broadcast in progress

51. From this time

52. Old hat

53. r in d = rt

56. Sandwich cookie

57. \*Like Super Bowl broadcast

58. Cote d’Azur locale

59. Pouches

63. Poe’s Morgue

64. \*Former Ravens owner or HOFer Donovan

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Crossword Puzzle Solutions on Page 4

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Solutions on Page 4

## CHP Special Release

**SACRAMENTO REGION, CA (MPG)**  
- The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort to inform and to reduce motor vehicle collisions in California, California Highway Patrol (CHP) North Sacramento area will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.  
Recent collisions involving teenagers in our area demonstrate the importance of these

types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.  
The CHP’s Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15-19 and their parents/guardians.  
The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and

parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.  
Persons interested in signing up for the class will need to register for the class by following the link to our Eventbrite page on our Facebook account at Facebook.com/chpnorthsac or Twitter account at @chpnasac. It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP’s Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA. ★

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By Marlys Johnsen Norris,  
Christian Author

Every one of us has some kind of need in our lives! God allows those needs to teach us many things we need to learn and realize. He uses them to teach us about himself and knows just the right time to answer those prayer requests. God reaches down often and His desire is to connect with us and draw close to Him. Once we really know Him

**Power of Prayer**

and connect we hear His voice of encouragement and direction He desires us to follow. When we listen, He guides us into the perfect planned path He has designed before our birth that brings fulfillment and blessings. Scripture states He is closer than a brother and He will never leave or forsake us when we search for Him with all our heart. It may be hard for some to understand that a powerful magnanimous loving God/Creator desires an intimate personal relationship with every one of us. How can that happen? It is only when each one prays and accepts His Beloved Son, Jesus who willingly came and gave His life on a cruel cross to purchase us and redeem us from our sinful natures that we inherited from Adam and Eve. That prayer and Jesus shed blood takes us into the mercy and grace of God the Father and His Holy Spirit enters. (Note since Old Testament times: There is no forgiveness without the shedding of blood.) That first seeking prayer takes each one into the presence of God forever. The deliverance, transformation, healing and blessings that will take place in every life is truly miraculous. The power of God is truly amazing and follows us every day as we experience His amazing grace and power as we offer our words of prayer to Him. He kneels and prays for every one to come and know Him. He knows everything about us, there are no secrets and in spite of His knowledge but He loves you unconditionally . . . always. Maybe today is your day of understanding God loves you. Do not wait another moment, just be obedient and do what His Spirit is guiding you to do.....now! *In His Love,* Marlys Johnsen Norris Award Winning Christian Author ARM Columnist since 2006 Marlysjn@gmail.com ★



By Pastor Ray Dare

Have you ever had “One of those days”? A dozen minor problems equal one bad attitude. They just all add up, it gets to you; the frustrations. The acid test of your Christianity is how you handle the little things in life. That’s the bottom line; how you handle the little, insignificant irritations and daily frustrations of life. The Bible says what makes a Christian different from anybody else is their attitude, your attitude towards the little irritations in life. Philippians 2:14, *“Do everything without complaining or arguing so that you may become blameless and pure children of God without fault in a crooked and depraved generation in which you shine like stars in the universe.”* If you have an attitude of being a grateful person, a positive person, not a complainer, you will be so unique that you stand out

## Pastor Ray's Encouraging Words

### How to Cope With Daily Frustrations

and shine like a bright star in a dark night.

Your faith is not so much determined by how you act on Sunday, but how you act on Monday. It's the real issues of life and your attitude that make the difference. So how do you handle the daily frustrations of life?

**Ask God to fill you with His love.** The difference is what's inside of you. That's what makes the difference. Not the situation. The difference is how you choose to respond to the situation. If I squeeze a tube of toothpaste, what comes out? Not necessarily Crest. Whatever that tube is filled with is going to come out. If by mistake they had filled that toothpaste tube with Colgate, then when you squeeze it, Colgate is going to come out. If they filled it with Silly Putty then Silly Putty's going to come out. What I'm saying is, whatever's inside, when it's squeezed and put under pressure, is going to come out. Question, when the world puts the squeeze on you, what comes out? When you're under pressure what comes out? Whatever's inside of you is going to come out. People or

situations don't make us angry; they simply bring out what's already inside. The key is to be constantly filled with God's love and peace on a moment by moment basis.

1 Corinthians 13 says *“Love is never irritable.”* We get irritated, frustrated, mad, uptight because we think everyone and everything has to revolve around us. When it doesn't, we get irritated. Love concentrates on other people. A loving person would realize that the waitress has probably had a tough day and already had fifteen people griping at her. Love says, “I can be patient, I understand, I can wait.” That's the type of people we want to be.

Pray, “Jesus, I need Your help with daily frustrations. Help me not to be negative. I don't want to be a complainer. Help me to respond to daily frustrations with love. Fill me with Your love

so that I see the needs of others around me.”

Pastor Ray  
New Beginnings Church  
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# Sacramento County DA Reports

## Defendant Convicted of Assault and Torturing Toddler

DATE: January 5, 2018

CASE: Lovely Ocean Williams (Case #16FE012205)

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Lovely Ocean Williams pled no contest to torture and assault by means of force likely to cause great bodily injury.

Between February and April of 2016, Williams was in a relationship with the victim, who had a daughter younger than 3 years old at the time. During the two-month period, Williams assaulted the victim and tortured the victim's daughter. Williams burned the child with the heated end of a drug pipe and a hand-held butane blow torch. The child was burned over her entire body, and was specifically burned on her genitalia with the blow torch. Many of the burns have resulted in permanent scars.

Williams will be sentenced to 7 years to life in prison. Sentencing is scheduled for March 6, 2018, at 8:30 a.m. in Department 61 before the Honorable Michael Sweet.

## Defendant Sentenced for Deadly Stabbing

DATE: January 5, 2018

CASE: Rodney Bruno (Case #16FE019105)

PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Michael Kenny sentenced Rodney Bruno to 86 years to life in prison. On October 10, 2017, a jury convicted Bruno for the first-degree murder of Virgil Torres. The jury also found that Bruno used a deadly weapon in the course of the murder. Bruno was sentenced under the three strikes law and the court found that Bruno had previously been convicted of a 1980 strike conviction for voluntary manslaughter and a 2008 strike conviction for robbery.

On October 2, 2016, Rodney Bruno was upset with Virgil Torres. Bruno and Mr. Torres were at a home in the Tahoe Park area when they began to argue. The argument quickly escalated into a physical fight. Bruno stabbed Torres multiple times in the course of the altercation. Torres died as a result of those stab wounds.

## Former Police Officer Sentenced for Drugs, Weapon Possession

DATE: January 11, 2018

CASE: Isaac Richard Knutilla (Case #16FE021432)

PROSECUTOR: Deputy District Attorney Neil Ferrera, Special Investigations Unit

Isaac Richard Knutilla pled no contest to all charges filed in this case; specifically, felony possession of controlled substances with a firearm

and felony possession of an assault weapon. The Honorable Lawrence Brown sentenced Isaac Richard Knutilla to 150 days in jail and five years formal probation.

On November 4, 2016, Isaac Knutilla was contacted at a local hotel and found to be in possession of heroin, methamphetamine, cocaine, and marijuana while armed with a loaded .40 caliber firearm. Police officers later searched his residence and located an illegal assault weapon. At the time of these crimes, Knutilla was employed as a police officer with the Sacramento Police Department.

District Attorney Anne Marie Schubert states, "The men and women in law enforcement do a tremendous job in protecting and serving our community. However, if a law enforcement officer or any citizen engages in criminal activity, they will be held accountable regardless of their profession or any other status they may have."

## Defendant Convicted for Kidnapping, Car Jacking, Sexual Assault

DATE: January 12, 2018

CASE: Eddie Ray Jones Jr. (Case #16FE019308)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit

Eddie Ray Jones Jr. was convicted by a jury of two counts of kidnapping during a carjacking, two counts of robbery and one count of oral copulation by force or fear with kidnapping and use of a dangerous or deadly weapon or firearm allegations. The jury also found true a use of a firearm allegation on all counts.

On September 10, 2016, Jones was inside a restaurant on Mack Road when the female victim entered the restaurant with her 2-year-old granddaughter. After purchasing food to go, the victim returned to her vehicle and began placing her granddaughter in her car seat. Jones approached the victim from behind, told her he had a gun and pointed it at her through his coat pocket. He proceeded to order the victim into the vehicle and to drive. Over the next hour, the victim was forced to drive around while Jones smoked drugs. He then pulled out the gun, switched seats with the victim and drove to a secluded area where he forced the victim to orally copulate him. He then stole money from the victim's purse, dropped her and her granddaughter off on the side of the road and drove off in her vehicle. Jones was arrested later that month after leading police on a high-speed vehicle chase and attempting to escape on foot.

The victim was able to describe Jones' distinctive tattoos and picked him out of a photo lineup. DNA evidence found on the victim's shirt was also analyzed by the District Attorney's Crime Lab and was a match to Jones.

Jones faces a maximum sentence of 69 years to life in prison. Sentencing is set for February 8, 2018, at 1:30 p.m. in Department 62 before the Honorable Patrick Marlette. ★



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# POPPOFF!

with Mary Jane Popp

the messy side...not terrible...but could use some help. First question I put to her, what about those Ten Commandments of organization? Here goes.

- 1) Knowing who you are is the key to organization, mainly because if you're pretending to be someone else, it's hard to remember where that pretend person put something.
- 2) Change is hard, so be honest about organization tasks. People who never hang up their coats in a closet, probably never will. Get a coat rack and call it a day.
- 3) Perfect isn't real. Magazine perfection is styled by a professional whose job it is to make everything perfection for the millisecond it takes to snap a photo.
- 4) No shame, no blame! Your liking clear, spotless surfaces doesn't make you OCD (it's not a personality disorder), it's your personality type.
- 5) Box it. When you cannot part with a useless item, store it away in a box and revisit that box in a few months (a year), and whatever you missed keep, whatever you forgot, let it go.
- 6) If it ain't broke, don't fix it.

Change is hard, so if storing TP right next to the toilet works for you, do it, but for heaven's sake try to make it look nice, unless you live alone on Antarctica. Then... who cares!

7) Organizing at its core is about retrieval. Period. Can you easily find and get things when you need them? Everything else is an argument about aesthetics.

8) One-step solutions are golden. Hanging up your coat is a five-step process whereas popping it on a hook is a one-step. Light bulb (at least it was for them).

9) Be loud and proud. So you write important "To Do's" on your hand in a pinch. Who cares? Don't apologize or defend it, and tell any scolds where they can go.

10) There's no best way to organize, so just be the best one for you.

That's a start. You can always check out **Katie** and **Kelly**'s website [www.pixiesdedit.com](http://www.pixiesdedit.com). Don't fret. We all have to start somewhere. The key is you have to START! Stop procrastinating. Sorry, that's another column altogether! Good Luck! ★

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Trump and Mental Fitness

“They’re Still Our Boys”  
Heroes and Now Movie Stars

**Commentary**  
by **Dennis M. Scholl, PhD**

To my knowledge there is no published guideline, guidebook, code of conduct or the like for someone to behave “Presidentially.”

As a Licensed Professional Psychologist with forty-three years of doctoral level experience I do know there are professional standards, ethical guidelines, and codes of conduct in my profession as well as for physicians and for other mental health specialties – including psychiatry.

I acknowledge many, especially Democrats and the MSM (Main Stream Media), are concerned about the “Unpresidential” sometimes blunt, perhaps hurtful to others, brash, and at times crude comments and “tweets” by our Commander-In-Chief.

But more troubling to me as a responsible mental health professional is the audacity of other mental health specialists rendering “professional” opinions and even diagnoses for anyone, let alone our President, when they’ve not met a person face-to-face!

We may not like some of President Trump’s behaviors – but such emotional reaction does not ethically justify rendering professional opinions or diagnoses about mental or emotional stability or sanity! It is

harmful, if not outright wrong, for qualified mental health professionals to make public technical pronouncements about our President’s stability and character.

Such unprofessional behavior further amplified by biased MSM could lead the public to unduly worry there is present some genuine danger to our national security from unsubstantiated attribution of mental and emotional problems for our President.

Knowing President Trump is a “counter puncher” I would not be surprised to learn his personal attorney files lawsuits or complaints to appropriate professional licensing authorities against unprofessional actions – although malpractice might be excluded because the President WAS NOT A CLIENT/PATIENT OF THE “Professionals” involved nor was any responsible party such as Congress or the President’s physician!

It is doubly unprofessional for mental health “experts” to opine or publish derogatory or defamatory assessments of anyone, let alone the US President, without first engaging the health/medical professional having a doctor to patient relationship. And, of course, the actual professional/physician involved must first receive the patient’s permission to disclose the information.

It is a blessing in America that we are free to express personal

opinions – but I would not, ethically, render a “professional” opinion without having done a qualified professional assessment and evaluation up to appropriate standards – and I would only provide my professional findings to those with a legal right to the information.

My personal opinion is Americans, and others, should be more confident about the truthfulness of statements and more comfortable about the stability of behavior of a duly elected President [who from the outset stated he would not be politically correct - if attacked personally he would respond in kind, and who has been a successful businessperson, entertainer, and now effective Leader from outside the political class] than they should be in “Experts” who appear unable to act responsibly within the ethical guidelines of the Professions to which they claim adherence.

Certainly, those professionals who are behaving badly should be aware they have done harm to the public reputation of their professions.

*Dennis Scholl, PhD, an eminent psychologist for 42 years and has done psychological analysis of personnel for both the US military and civilian agencies.*

*Dennis M. Scholl, PhD  
Licensed Psychologist  
LtCol, USAF, Retired*



Carmichael Neighbors for 20 years, Heidi Hansen (left) and Joyce Eskel are moms to Paris train heroes Alek Skarlatos and Spencer Stone. Together with friend Anthony Sadler, the young men are stars of a new Clint Eastwood movie, in which they play themselves.

Continued from Page 1

screen,” explains Hansen. Gobsmacked, the boys asked if they should get acting lessons. “Clint said no,” says Eskel. “He wanted them to be themselves. He took a risk but he was right; the boys did a great job. The way they interact on screen is exactly how they are together. They hardly had to act at all.”

The 90-minute drama leaps from their childhood to August of 2015. Then Sadler was at college in Sacramento; Skarlatos was in the Oregon Army National Guard; Stone served the US Air Force at Travis. Spencer and Alek had been inseparable since grade school. They battled war games in Schweitzer Grove and played on the Del Campo High football team. “The script explains how they grew to trust each other; how they always had each other’s back,” explains Eskel. “Though Anthony Sadler and his family lived further away, the three boys had been friends most of their lives.”

Carmichael scenes were restaged in an Atlanta

neighborhood. Actors played the two moms and Anthony’s dad, Pastor Anthony Sadler. “They never met us or got a chance to get to know us,” says Eskel. “Heidi and I are always laughing. The two screen moms are so serious. But the movie’s a drama and actors have to play the script they’re given.”

The reenacted train attack was painful for all the parents. “It brought back how August 21 could have been the worst day of my life,” explains Hansen. Watching the same scene, Pastor Sadler reached for his son’s arm.

“I was aware of the violence from what the guys had shared with me,” he said. “It was challenging to watch. I really felt how close we came to losing Anthony. Our pride in him is secondary to our gratitude to God for saving his life.”

“The moment when the attacker lifted his gun to Spencer’s face and pulled the trigger was overwhelming,” says Eskel. “Even though I knew the gun malfunctioned. It was awful watching all the other weapons come out and

seeing my son being slashed. It was a miracle everyone survived. I was worried when the boys told me they were taking that train to Paris. I was uneasy; I asked God to watch over them.”

The morning after the film screening – as often before -- the young men attended Pastor Sadler’s Shilo Baptist Church in Sacramento. All three were raised in Christian homes and have good reason to believe providence shaped their lives. Before Alek served his 10-month National Guard tour in Afghanistan, his mom invoked divine protection. “I prayed and felt God telling me Alek would be all right in Afghanistan,” says Hansen. “But He also told me that something very exciting was in store for him. I told Alek this.

“After the train attack, Joyce and I flew to Paris and met the boys at the American Embassy. I remember running up the embassy stairs, holding my son and saying: ‘this is what God was talking about.’ Alek just smiled.”

Both now 25, Alek and Spencer are honorably discharged from military service. Alek placed third in Dancing with the Stars and Spencer bounced back after a stabbing incident outside a Sacramento restaurant; he now lives in Southern California. Alek has returned to Oregon and Anthony (also 25) has graduated from CSUS with a degree in sports medicine. All three are interested in acting careers and for now, are committed to weeks of promotional touring for their movie.

“They’re living exciting lives and it’s thrilling we get to share it,” says Joyce. “But our sons are still the boys they always were. When they visit, they sleep in their own beds. I still tell Spencer to pick up his room.”

“Alek leaves candy wrappers around,” reports mom Heidi. “America may see them as heroes and movie stars but to us, they’re just our boys.”



Sadler (left) is pictured with his dad, Pastor Anthony Sadler, from Rosemont.

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**February 8, 2018**  
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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.

As I enter my second year as your County Supervisor, I find myself reflecting on what I have learned about the communities that I represent. I have learned that we have a community of people in Orangevale who love where they live and constantly want to help pitch-in to improve things. I have learned that people are passionate about keeping Orangevale more rural than surrounding communities. And I have learned that people here are generally happy if the roads are in good condition. Unfortunately, the roads are in a horrible condition and Orangevale residents are rightfully upset.

I get it because I am upset myself. I see the deterioration of the streets that have needed repaving for years, and just last month I had to pay \$500 for new tires that my mechanic directly attributed to poor road conditions (tires I bought only 2 years ago). Because of this frustration, the question I get more than any other lately from residents in Orangevale is, “why can’t you prioritize road repairs in our community?” I wish it were that simple, because if it were I would have done it many months ago. So I wanted to take this opportunity in my monthly article to explain to you why it’s not so simple, and what we can do to change things.

What many people do not understand is that the vast majority of funds that are spent on local roads

Orangevale Community Update

High Speed Rail is Slowing You Down

are from the state and federal government. Not only that, but many of these funds are competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening happening right now on Hazel Avenue. So even if I wanted to prioritize local road resurfacings, the money Sacramento County could divert towards roads would be insignificantly small compared to what the state and federal government have the ability to do. And this completely ignores the fact that Sacramento County has virtually zero reserves in our budget (if we had to rely solely on reserves, we would only have enough money to last us eight days).

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as of last count our state had over \$57 billion in road maintenance that has been postponed due to not having enough money for our roads, highways, and bridges (also called deferred maintenance). This enormous deferred maintenance bill would feel more understandable if California was broke, but at the same time we have this bill we are spending outrageous amounts of money on California High-Speed Rail (CAHSR), which in my opinion is only a fraction as important as having reliable roads. CAHSR has the potential to benefit a small fraction of the population, specifically those that would use it to commute. Meanwhile, roads are used by everyone, including passengers, freight, fire service, police service, etc. To top it off, the train doesn’t even come close to Orangevale, as the furthest north it goes is San Francisco.

When voters approved CAHSR, it was supposed to cost \$40 billion.

As of today, the current estimate has risen to \$79 billion, and experts are now expecting that by the time the project is completed it will cost nearly \$100 billion. The first segment of CAHSR is currently being constructed - it is 118 miles through the Central Valley from Merced to Shafter and is supposed to be the easiest part of the construction. Just how easy is the “easy” part? It was expected to be done this year and cost \$6.4 billion, but is now expected to be finished in 2024 and will cost \$10 billion.

Even if we let CAHSR continue to build the central valley line, and we abandoned CAHSR after that we would save enough money to pay for every cent of deferred maintenance for all roads, highways, and bridges in California. Not only that, but we would also save enough to pay for all deferred maintenance in every department across the State, including things like water systems, courts, parks, colleges, fairs, etc. The California Legislature and the Governor have the capacity to fix our roads, they just need to change their priorities and focus on what California needs the most.

Finally, I want to invite everyone to my next Orangevale community meeting on March 14th at 6:00pm at the Orangevale Community Center (6826 Hazel Avenue). This is an opportunity for you to get an update from me and to ask me any questions you may have. I always stay after the meeting to make sure that every person has an opportunity to ask their questions. 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.

“Peeling the Onion” of Recovery Housing

By Don Troutman, Founder, Clean & Sober Transitional Living

SACRAMENTO REGION, CA (MPG) - To the casual observer, Clean & Sober Traditional Living’s “Main House” at the corner of Madison and Hazel seems to be just another house on a busy urban street. If you look closely, you may spot “One Day at a Time” inscribed across the façade of the building. Still, most people drive by without knowing how this community has been intentionally designed to support growth, change and possibility within those walls.

It’s like peeling an onion: The deeper you slice, the more layers you reveal. Very superficially, CSTL is a place where people in early recovery from alcoholism or drug addiction can find affordable, sober housing and nutritious meals. As part of the “social model approach” to recovery from alcoholism and addiction, residents here also encounter a broad community of recovery that offers guidance, understanding, connections for new jobs and more.

Alcoholics and drug addicts tend to isolate themselves, which reveals another asset of the social model approach: At CSTL, you are never far from someone who has been down the same rocky road. Some of the CSTL residents have chosen to live here for many years, so collectively this community of 14 homes and 120 residents offers decades of wisdom to newcomers learning how to navigate life’s ups and downs without the anesthesia of drugs or alcohol.

As Alcohol Research Group Senior Scientist Doug Polcin et. al. write in the Journal of Psychoactive Drugs (2014), “The social model approach to alcohol and drug problems shifts the focus to the household and community environment as a way to foster a culture of recovery. Residents are invited to draw on the strengths of the household and utilize peer support to shed their addictive lifestyle and reconstruct their self-identity as a person in recovery. Because recovery is a reality that is exemplified by recovering peers and their staff, recovery grows out of hope and results in a process of self-redefinition and the rebuilding



For over twenty-five years, residents have volunteered at community events like the annual Fair Oaks Chicken Festival, helping ourselves when we help others.

of a life in the community.” This is the approach CSTL has taken, with demonstrable results.

Peeling that onion even further, when CSTL residents support the community, they build altruistic and spiritual “muscle.” For over twenty-five years, residents have volunteered at community events like the annual Fair Oaks Chicken Festival, helping ourselves when we help others.

I’ve intentionally designed the “layers” of recovery to build a strong foundation for long-term sobriety, and it works. The CSTL community’s success is one of the few sober living communities in the nation whose impact has been scientifically affirmed by the Alcohol Research Group. We’ve also been recognized by Sacramento County Supervisors and given a resolution from the California State Assembly. Usually those honors are reserved for non-profit institutions, so I am especially proud to receive them as a validation of intentional living. If you’d like to see intentional living in action, call us and we will show you how it works.

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

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