

AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 13 • ISSUE 04 Serving Fair Oaks, Orangevale & Sacramento County FEBRUARY 23, 2018

LESSONS LEARNED FROM OROVILLE DISASTER



PAGE 7

CONTROLLING THE CHAOS WHEN DISASTER STRIKES



PAGE 2

NON-PROFIT WILDLIFE EVENT COMING TO MCCLELLAN PARK



PAGE 9



Scan our QR Code for a direct link to our online edition!

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



To place your legal advertising, go to

CarmichaelTimes.com

A Workout of the Heart

Fitness 19 Sponsors Fair Oaks Special Olympiads

Story and photos by Jacqueline Fox

FAIR OAKS, CA (MPG) - Olympic fever is running high right here in Fair Oaks and will continue long after the closing ceremonies for those other games in PyeongChang are over.

The 2018 Special Olympics BV/DC (Bella Vista and Del Campo) district trainings and competitions are well underway. And, thanks to one local business, Carmichael resident, Gabby Vaughn, 12, has enjoyed her first season as a VIP player on the BV/DC basketball team, one of 10 participating in year-round sports offered through the Special Olympics Northern California Chapter.

Vaughn's mother, Suzanne, is a trainer at Fitness 19 in Fair Oaks. Ryan Frith is the owner of the fitness center, as well as two other locations in Citrus Heights and Folsom. Frith, a Fair Oaks resident, is currently sponsoring Gabby and the son of one of his Fair Oaks center members in the 2018 BV/DC Special Olympics sports trainings and competitions, which began with basketball in January, followed up with the Zebra Jamboree basketball playoffs and competition February 18 at the La Sierra Community Center in Carmichael.

For Frith, it has always been about giving back. To make it possible for youth and adults, like Gabby, to have the uniforms, the ability to participate in the Special Olympics trainings locally and travel to the regional competitions, he says, just fills a space he's reserved for a work out of the heart.

"I was sponsoring another athlete, one of Suzanne's client's son's, and then Suzanne approached me about her daughter, so of course I agreed to sponsor Gabby, too," Frith said. "I feel pretty passionate about

Continued on page 3

Ryan Frith, owner of Fitness 19 in Fair Oaks, and two other locations in Citrus Heights and Folsom, is sponsoring two BV/DC Team athletes, one of 10 districts in the Northern California Special Olympics chapter.



February Fair Oaks Luncheon Welcomes New Members, Discusses the Future

By Rich Peters

FAIR OAKS, CA (MPG) - The Fair Oaks Chamber of Commerce held their February luncheon on Thursday, February 15 at the Fair Oaks Community Clubhouse. Members gathered to network and discuss the upcoming events around the community, including the 69th Annual Fair Oaks Fiesta, which is set to take place on Sunday, May 6, and the 25th annual Taste of Fair Oaks, which takes place on Friday, June 8.

New members were welcomed and each individual introduced themselves in front of the luncheon crowd, explaining what their business does and why they joined the Chamber. Executive Director Kimberley Pitillo also recognized the Fair Oaks Water District and

Bob's Cycle for being members of the Chamber for over 40 years.

The Chamber is currently accepting applications for both Miss Fair Oaks as well as the Jr. Honorary Mayor. Both applications must be submitted before the second Thursday in May to be considered. Visit www.fairoakschamber.com for more information. Fair Oaks Chamber monthly luncheons are held every third Thursday. Monthly Chamber mixers are held every second Wednesday. ★

New Chamber members were welcomed by those who attended February's luncheon. Left to right: Liz Yoakum of Keller Williams - New Member Ambassador, Nathan Guzman of the Prancing Poodle, Kristina Kuprienko DMD of Fair Oaks Dentist, Pat Mills of Studio Tupos and Phil White of Fish Habit Outfitters.

Photo courtesy of the Fair Oaks Chamber



Contracts Awarded for Gaps in Homeless Services

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors on February 6th, authorized the County Department of Human Assistance (DHA) to enter into an agreement with Wind Youth Services (WYS) for \$380,000 for rehousing and supportive services for youth who are homeless or at risk of homelessness; and \$160,000 to Sacramento Self Help Housing (SSHH) for navigation and rehousing services for unsheltered homeless populations in unincorporated areas of Sacramento County. Services will run February through October 2018 and may be extended further.

In July 2017, the Board approved funding for the implementation of four County homeless initiatives to improve the County's response to homelessness in Sacramento County. The initiatives provide for a range of services, including shelter, transitional housing, and permanent housing services specialized for a variety of households: families, individuals, and those experiencing long-term homelessness. Currently those initiatives are all in various stages of implementation.

In September, the Board approved an additional \$540,000 in funding to address service gaps in the homeless initiatives and to serve vulnerable subpopulations. DHA released a Request for Proposals seeking services for families, individuals, transitional aged youth, ages 18 to 24, and unsheltered homeless in unincorporated areas of the County. The County received five responses to the RFP.

The evaluators determined that the Wind Youth Services program

Continued on page 5

Controlling the Chaos When Disaster Strikes

Verizon's Emergency Response Center Has Connectivity Covered

**Story and photos
by Jacqueline Fox**

SACRAMENTO REGION, CA (MPG) - Likely, as you watched recent television or streaming images of emergency rescue operations following the devastating fires and subsequent mudslides in Southern California, for example, you gave little thought to how first-responders on the ground, in the air and elsewhere were keeping the lines of communication flowing as they scrambled into gear to save lives and prepare for recovery operations.

Behind the scenes, mobile carriers such as Verizon Wireless were doing some of the most critical work necessary in these types of situations: addressing cellular network failures, which are common in natural disasters. Depending on the situation, this can include anything from establishing mobile satellite systems to sending drones into those places humans can't go, including collapsed buildings, tunnels and unstable structures.

Recently, officials overseeing Verizon's Rocklin-based emergency services switch facility held a "Public Safety Day" event, offering some of its clients a tour of their Rocklin switch facility, once of several nationwide keeping an eye on their perspective, regional networking systems, as well as TV news coverage of any and all disasters or emergencies where first-responders are unable to get on the network.

Built in 2003, the facility's sister location is based in Sunnyvale. Roughly 30 people work at the Rocklin facility; however, there are more than 100 others centers set up across the country employing more than 46 teams comprised of roughly 160,000 people.

"We like to think of ourselves as 'pre-responders,'" said Paul Lynch, who manages Verizon's two Northern California facilities. "We monitor situations going on all over the country and we have crews on the ground from the get-go to provide onsite support for first responders to make sure they are connected and talking to one another."

The invite-only tours are offered monthly as a way to show emergency response teams from Cal Fire, police and sheriff's departments, the



Paul Lynch oversees the Rocklin-based Switch Center for Verizon's Emergency Response Team Unit, which provides onsite backup power and cellular communications networking centers during disasters and emergency situations for Northern California first responders.

Department of Fish Wildlife and others exactly how well-prepared and equipped the company is at providing them with on-demand connectivity during a natural or man-made disaster.

The team will mobilize portable networking call centers, mobile satellite stations and deployment of any one of the company's veritable barnyard of "cool tools," such as cells on wheels (COWs),

cells on light trucks (COLTS), HVACs on roadside equipment (HORSEs), and generators on a trailer (GOATs).

The Rocklin switch facility tour included a walk through the engineer's command center or NOC (Network Operations Center), where 24-hour "surveillance" of its networking operations run across wall-to-wall monitors, scrutinized around the clock by a team

of six engineers, three on the day shift, three on at night.

"We don't highlight any of this," said Lynch. "We don't grandstand what's behind our network. But it is important for our customers working in the emergency fields to have confidence in who they partner with and to see up close exactly what we can do and how quickly we can do it."

Verizon's Crisis Response Teams, in Rocklin and nationwide, conduct regularly scheduled drills and emergency tests to ensure that they are ready to roll when they are needed, including shutting down the battery rooms and switching over to generators.

"We don't want to be the last to know that we've got failure," said Lynch.

Tim Kuka, who oversees the Rocklin facility's Network Equipment Center (NET) located right next door to the switch facility, gave a tour of the state of the art building. The tour offered visitors a sneak-peak at Verizon's local 4-G networking nerve center, a mind-blowingly pristine space known as the Data Hall or "cloud room." The building was constructed in 2014 and contains an impressively intricate layout of data backup units and an equally mind-numbing amount of cable.

"If you would take all the conduit in this building alone and stretch it out, it would go all the way to San Francisco," said Kuka.

First-responders to man-made emergencies also often require backup power and or connectivity support. Case in



One of Rocklin-based Verizon Emergency Response Team's "cool tools," a drone used to support first responders in natural disasters and other emergencies.

point: Verizon's switch teams worked closely with FBI officials during the mass shootings that occurred at a San Bernardino-based regional center in December of 2015, quickly mobilizing command centers, establishing private networking and satellite communications lines and serving to provide backup power and other services to all agencies aiding victims and overseeing the recovery efforts.

The switch facility and NEC tours culminated with a close-up demonstration of some of those cool tools, including Rocklin's own RAD (Robotic Assistance Device), a four-wheel robot that looks like a scooter with a camera tower perched on its front end.

"She can go into dull, dark, dirty and dangerous places," said Jim Larson a vendor with Robotic Assistance Devices, which partners with Verizon to provide the RAD. "She can be manually operated or put on automatic to handle perimeter security during a disaster or emergency, taking pictures the whole time while emergency personnel are doing their jobs."

Verizon's 46 emergency networking teams across the country also are prepared and ready to help set up networking stations with water, food and other supplies, as well as connectivity support relief efforts, specifically by the Red Cross. Its response teams also will provide first responders and others with handsets, dedicated mobile hotspot devices and private networks.

"Everything we provide is free, except in cases where we have to set up satellites," said Lynch. ★



The RAD (Radio Activated Drone) monitors security and provides 24-seven surveillance patrol during emergencies and natural disasters, one of the "cool tools" offered by Verizon's Rocklin-based Emergency Response Team.



**Sacramento
CHORAL SOCIETY
& Orchestra**
Donald Kendrick, Music Director

**SPRING
SEASON 22**



EUROPEAN MASTERWORKS
Mozart Requiem

Projected
supertitle
translations

Requiem | W. A. Mozart
Exultate Jubilate | W. A. Mozart
Lux Aeterna | Morten Lauridsen
Veni Sancte Spiritus, Agnus Dei – Lux Aeterna
Lux in Tenebris | James Whitbourn

Nikki Einfeld, Soprano Karin Mushegain, Mezzo
Michael Desnoyers, Tenor 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

**SACRAMENTO METROPOLITAN
ARTS
COMMISSION**

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




*I am a caregiver
I am a friend
I am a son
I am a grandson*

*I am
Sagebrook
at Carmichael*




- Angel
Caregiver

**Our Community retains many loving
and kind caregivers like Angel.
Come live where your independence
can thrive and assistance is
readily available.**



SAGEBROOK
SENIOR LIVING AT CARMICHAEL

(916) 481-7105
7125 Fair Oaks Blvd
Carmichael, CA 95608
www.SagebrookCarmichael.com

Lic #342700002

A Workout of the Heart

Fitness 19 Sponsors Fair Oaks Special Olympiads

Continued from page 1

giving back to the community and being able to sponsor participants in the Special Olympics trainings is an honor. Everything we do here is about fitness and health and community, so the Special Olympics ties right into that, my beliefs and my core values.”

“He’s amazing,” said Suzanne, whose daughter, Gabby, was born with autism. It had not occurred to her to enroll Gabby in the Special Olympics trainings, but when her client told her about the joys and benefits it was bringing to her son, she approached Ryan.

The singular purpose of the Special Olympics trainings and games is to enrich the lives of the roughly 20,000 plus children and adults with intellectual disabilities who take part, as well as their communities, through sports and education. The programs are free, but there are costs for uniforms, snacks, as well as travel to and from competitions. A sponsorship, says Vaughn, has helped to remove a few barriers to her daughter’s participation.

“This has been really good for Gabby,” said Vaughn. “The sponsorship is a big deal and I’m really grateful for his help.”

Gabby agrees. Holding a basketball high above head after a practice at Will Rogers Middle School in Fair Oaks, she beams happy all over the place.

The Special Olympics was founded in 1968 by Eunice Kennedy Shriver and is the world’s largest sports organization for children and adults with intellectual disabilities. Roughly six million participants enjoy year-round trainings in various sporting events, including ice hockey, swimming, track and field, soccer, baseball and more.



Suzanne Vaughn and her daughter, Gabby, 12, take a quick break from basketball practice, one of several athletic trainings Gabby is enrolled in through the BV/DC team Special Olympics, Northern California Chapter.

Special Olympics competitions are going on somewhere, every day, across the globe and, including local, national and regional competitions, comprise more than 100,000 Special Olympics events each year.

Locally, the BV/DC district begins with basketball each winter, followed up by track and field in March, summer trainings and floor hockey in winter, according to Gabby’s coach, Doug Thomas.

The Special Olympics Games are held every two years and alternate between winter and summer sports competitions. The 2018 Special Olympics USA Games will be held in Seattle, Washington July 1-6, 2018. More than 4,000 athletes and coaches representing 50

state Programs and the District of Columbia, along with the support of tens of thousands of volunteers and spectators, will compete in 14 Olympic-type team and individual sports.

While there were no selections from the BV/DC district to compete in this year’s games, Gabby and her teammates have all year long to show their stuff on the various fields and courts they’ll be practicing on and, who knows, they may just find themselves traveling to the games in 2020.

Would he sponsor a participating athlete’s trip to the Special Olympics games, should one be selected?

“Absolutely,” said Frith. “I’d love that.” ★

How to Avoid Costly Housing Mistakes Before and After a Divorce

FAIR OAKS / ORANGEVALE - Divorce is rarely easy and often means a lot of difficult decisions. One of the most important decisions is what to do about the house.

In the midst of the heavy emotional and financial turmoil, what you need most is some non-emotional, straightforward, specific information and answers. Once you know how a divorce affects your home, your mortgage and taxes, critical decisions are easier. Neutral, third party information can help you make logical, rather than emotional, decisions.

Probably the first decision is whether you want to continue living in the house. Will the familiar surroundings bring you comfort and emotional security, or unpleasant memories? Do you want to minimize change by staying where you are, or sell your home and move to a new place that offers a new start? Only you can answer those questions, but there will almost certainly be some financial

repercussions to your decision process. What can you afford? Can you manage the old house on your new budget? Is refinancing possible? Or is it better to sell and buy? How much house can buy on your new budget?

To help you know what questions you should ask and how to arrive at the right answer for your specific situation, a FREE special report has been prepared by industry experts entitled "Divorce: What You Need to Know About Your House, Your Mortgage and Taxes".

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 1009. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how to make this part of your current situation less stressful.

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

We’re more than just a great rate

Bank-issued, FDIC-insured

Minimum deposit \$1000
1- Year APY*

1.85 %

*Annual Percentage Yield (APY) effective 02/08/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



Troy T Drennon
Financial Advisor

9580 Oak Avenue Parkway
Suite 11
Folsom, CA 95630
916-989-1004

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



BUCKEYE UNION SCHOOL DISTRICT
MANDARIN IMMERSION PROGRAM

The Buckeye Union School District is exploring the creation of a Mandarin language immersion program beginning with the 2018-2019 school year. This potential opportunity would be for incoming Kindergarten and 1st grade students and would be open to Buckeye Union families and families from surrounding communities.

Please join us on February 15 th at 7:00pm in the Multi-Purpose Room at Oak Meadow Elementary (7701 Silva Valley Parkway in El Dorado Hills) to learn more. Bring a friend!

If you are unable to attend, but want more information or have any questions, please call Principal, Tracy Linyard, at (916) 933-9746. We look forward to seeing you.

Buckeye Union School District

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

Christ The King

Passionist Retreat Center

6520 Van Maren Lane, Citrus Heights, CA, 95621

MAY THE PASSION OF JESUS CHRIST BE ALWAYS IN OUR HEARTS

Experience hope, healing and support through reflections, prayer and sharing and let your memories lift your heart

A 30 acre sanctuary in the heart of Northern California

Bereavement Retreat

Friday March 16, 2018
9:30 am to 3:00 pm
Concludes with Mass
Presented by Father Tom Bonacci CP
\$40 includes Lunch
Please call us or visit our website to register

t (916) 725 4720 | w ChristTheKingRetreatCenter.org

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *American River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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

MPG

We are proud members of these newspaper associations.

Publisher,
Paul V. Scholl

American River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field "Attention to Publisher."
If you do not have email access, please call us at (916) 773-1111.

RESTORATION SPINAL CARE CENTERS

Spring into a Healthier You!

Help someone you know to stop living with migraines, backaches, neck pain and more.

Your Gift Certificate

INCLUDES

- Complete Consultation
- Spinal Examination
- All Necessary X-Rays
- Report of Findings Visit

\$368 Value for FREE

Redeemable with this Coupon only
Reserve your appointment for Sat. Jan. 27, 2018
Call Today: (916) 536-0400

We Listen. We Care. We Get Results.
5150 Sunrise Blvd. Suite #F1/Fair Oaks, CA.
www.drpotocki.com

CALL 916-773-1111 TO ADVERTISE

www.AmericanRiverMessenger.com

Adoption

***PREGNANT? CONSIDERING ADOPTION?** Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

CC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated . Same day offer! (951) 805-8661 /WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Financial Services

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. 1-800-966-1904! Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL, Mbr. TX/NM Bar. Local Attorneys Nationwide. (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Allow Your Fitness Goals to Come True!

FREE Fitness Goal Planner 17 Years of Experience

***NEW YEAR* Jumpstart, 3 Sessions for \$99**

- Weight Loss • Injury Recovery
- Senior Fitness • Yoga • Pilates
- Affordable Group Training

Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

FOR SALE

AFFORDABLE MOBILE HOME FOR SALE near Folsom Lake low lot rent. 800 sq ft, corner lot 2 bed 1 ½ bath, double-pane windows, spacious, recently redecorated, all appliances: \$39,500 CALL 916-757-8906

Insurance/Health

Best Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE



Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

Landscaping



Living Elements Landscape

- Landscape design & installation
- All aspects of landscaping
- Hardscape and artificial turf
- Drought tolerant concepts
- Licensed and insured Lic #1013372

Your Local Landscaping Pro's
916-430-3777
bilalb@liveingelementssac.com
www.livingelementss916.com

Pets/Animals

Professional, Loving PET CARE
Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

DOG RESCUE

Gary
(916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU @hotmail.com

PLUMBING

French Connection



Plumbing
(916) 833-7618

If your husband did the job, call me!

- Emergency Plumbing
- New Construction
- Gasline Repipe
- Sewer Inspection

40 YRS Experience

Contractor Lic.#936953

STOP DON'T GET WIPPED OFF!

Senior Living


A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

Are you in **BIG** trouble with the **IRS**? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Tree Service

BP TREE SERVICES



TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
bptreeservices.com
VISA / MASTER CARD
California Contractors Lic #831766

Crossword Puzzle on Page 5

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

Autos Wanted

DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day /vacation, Tax Deductible, Free towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

Handyman

A Quality Home Maintenance



Hauling Demo Gutters Cleaned Yardwork You Name It!

Scott Lehman
Gutter Dog
(916) 613-8359

Handyman

Carpentry, plumbing, painting, flooring, tile, bathtub, & fences. 10% off seniors. Call Tim 916 333-9183. Lic.# 684476.

Landscaping



Living Elements Landscape

- Landscape design & installation
- All aspects of landscaping
- Hardscape and artificial turf
- Drought tolerant concepts
- Licensed and insured Lic #1013372

Your Local Landscaping Pro's
916-430-3777
bilalb@liveingelementssac.com
www.livingelementss916.com

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!

*****FREE ESTIMATES*****
SENIOR DISCOUNTS
Lic.#817945 35 Years Experience
916.920.0100
www.bernardinoroofting.com

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Health background. References. College grad. **Tim, 503-460-7149.** (MPG 12-31-18)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 35 YEARS OF FAST FUNDING
President (818) 248-0000 Broker
WWW.VIPLAN.COM *Sufficient equity required on consumer loan.
Real Estate License #8043073 CA Bureau of Real Estate, NMLS #839327
Please Refer to our website for more information on our services and for further detailed information on our services.

Sudoku Puzzle on Page 5

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

WANTED!

Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 707) 965-9546 (Cal-SCAN)

Bathroom or Kitchen Remodeling ?

WAIT! Before You Spend MORE

o Get LESS Call (916) 798-8388
License No. 998108 (MPG 2-2-18)

Business Opportunity

OWN YOUR OWN DOLLAR, DOLLAR PLUS, BIG BOX, MAIL, *ACKSHIP, OR PARTY STORE. 100% FINANCING. OAC FROM \$65.900. 100% TURNKEY. Call 1-800-518-3064 or www.dollarestoreservices.com/start www.yartystoredevelopers.com/start www.mailboxdevelopers.com/start

Cable/Satellite TV

DISH TV \$59.99 For 190 Channels \$14.95 High Speed internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-844-536-5233. (Cal-SCAN)

OXYGEN

- Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

Weight loss/ increase your energy.

I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Call Tim B. for details. 503-460-7149 12-31-17

ELIMINATE CELLULITE

and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 1-844-703-9774. (Cal-SCAN)

GOT LOCAL NEWS?

Call 773-1111



Lawn / Yard Care

JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters, Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

Medical Supplies / Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Miscellaneous

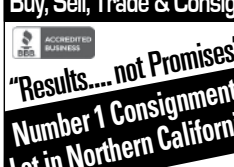
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com Ext.300N 1-800-567-0404 (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-18)

RV Sales

Bill Eads RVs
Buy, Sell, Trade & Consign



"Results....not Promises"
Number 1 Consignment Lot in Northern California

We Pay Top \$\$\$ for clean RVs!

Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

Real Estate Loans

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viplan.com Call 818 248-0000 Broker-principal BRE 01041073. (Cal-SCAN)

Vacation/Tours

Tours, Vacation Packages and Travel Packages since 1952. Visit Caravan.com for details or call 1-800-CARAVAN for catalog. (CalSCAN)

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call 483-2299

Rare US Government Map Copper Engraving Plates from 1880-1950

82 areas including: Malibu-Newport Beach-Capistrano-Acton Simi Valley-Adobe-Kaiser-Oxnard-Chico-Sacramento-Del Sur Created to produce maps of California for the period, these one-of-a-kind sets are hand engraved on 17x21 copper plates (3 plates to a set) and are museum quality works of art. There is only one master set for each area.

Online Auction at: benbenensoncollection.com
Info call (302) 401-6639 or email: benbenensoncollection@yahoo.com

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance
877-205-4138



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call 483-2299

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Senior Software Engineer

IT: Franklin Templeton Investments seeks a Senior Software Engineer in Rancho Cordova, CA to work closely with business teams and technologies teams to support technical project development. Requires a Bachelor's degree in any field or equivalent, and 5 years of experience architecting, designing and developing applications. Prior experience must include at least 5 years generating project related artifacts, including strategic and conceptual planning, technical requirement and specification documents, design documents and deployable documents; designing, building, and supporting systems and applications that provide business capabilities; and in executing duties, utilizing J2EE technologies, including Java and Java Micro services; WebLogic Application servers, SOAP/REST, JMS/MQ, Spring, Maven, Log4J, ESB (IIB) development, Unix shell scripting, ETL tools including Informatica, and Version control tools, including CVS and Subversion. **Employer will accept 3 years of post-secondary coursework and 1 year of relevant work experience in lieu of a Bachelor's degree** Send resume by email to Cindy Ailey at Cynthia.Ailey@franklintempleton.com & indicate job code WH0212-18. NO CALLS PLEASE. EOE.

Costa Rica 9-DAYS \$1295

Volcanoes, Beaches, Rainforests
Fully guided tour with all hotels, meals and activities. Plus tax, fees.

FREE Brochure
800-CARAVAN, Caravan.com



caravan
Fully Guided Tours Since 1952

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

Painting Services

QUALITY A PAINT SERVICE
Over 20 years Experience ♦ Testimonials Available ♦ Bonded & Insured

Especially on small kitchen cabinets
Interior jobs to 1,200sqft, includes mobile homes
For seniors: The bigger the job, the bigger the discount
Exterior power wash on drive ways, etc.
Small Exterior Jobs



916-967-0763 State Lic. 646386

LANDSCAPING

Living Elements Landscape

Experience the power of curb appeal

- Landscape design & installation
- All aspects of landscaping
- Hardscape and artificial turf
- Drought tolerant concepts
- Licensed and insured Lic #1013372

Your Local Landscaping Pro's
916-430-3777
www.livingelements916.com bilalb@liveingelementssac.com
✓Warranty all work ✓Quality materials✓Convenient ✓Reliable



JUNK REMOVAL

The JUNK Revolution



Full Service Junk Removal • Commercial and Residential
ONE CALL - WE HAUL
(916)-500-JUNK

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 **SOBER LIVING (916) 961-2691**

PSYCHIC READINGS

PSYCHIC READER
57 Years Experience

PSYCHIC READER AND ADVISOR ON ALL PROBLEMS OF LIFE

LOVE • BUSINESS • MARRIAGE • MONEY • HEALTH
She can and will help you solve your problems!
Why worry when you can have the answer?

(916) 353-1161

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$219 MONTH - Quiet secluded 37 acre off grid ranch set amid scenic mountains and valleys at clear 6,200'. Near a historic pioneer town & large fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Evergreen trees /meadowland blend with sweeping views across uninhabited wilderness mountains and valleys. Self-sufficiency quality garden loam soil, abundant groundwater & maintained road access. Camping & RV's ok. No homeowner's Assoc. or deed restrictions. \$25,500, \$2,550 down. FREE brochure with additional property descriptions, photos/ terrain map/ weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

Advertise Your Business Here
CALL 773-1111

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconf@sbglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com



Print Your Flyers With Us!

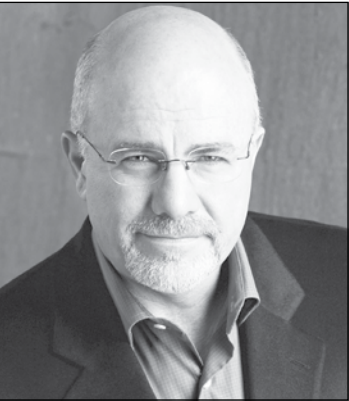
Low Cost • High Volume • Quick Service

Specialties Plus

- Machine Repairs (all makes and models)
- Toner Cartridge Refills
- FREE Cleaning (with our cartridge)

(916) 723-8430
specpluscopiers@gmail.com





Dave Says

you’ve got the other debt knocked out, then save up and pay cash for school. You could slow down your debt snowball, and use some of that to pay for school, but I’d hate to see you lose the momentum you have when it comes to getting out of debt.

The choice is yours, but don’t tack on anymore student loan debt. I know her income will go up with a master’s degree, so from that standpoint it’s a good thing to do. But if you do a good thing a dumb way, it ends up being dumb!

—Dave

Pre-planning explained

Dear Dave,

My grandmother passed away a week ago. She was 98, and I know both she and my grandfather had pre-paid for their funerals in 2004. However, there were outstanding costs of \$1,500 with the funeral services we had to pay out of pocket, because she had outlived the insurance policy attached to the pre-payment plan. I know you say it’s always better to pre-plan, not pre-pay, for a funeral. Can you refresh my understanding of this?

- Rebecca

Dear Rebecca,

Let’s use a round figure, and say the cost of a funeral is \$10,000. What would \$10,000 grow to 25 years from now if it were invested in a good mutual fund? Now, juxtapose that number with the increase in the cost of a funeral over that time. The average inflation rate of consumer-purchased items is around four percent.

So, the cost of funerals, on average, has risen about four percent a year. By comparison, you could’ve invested that money, and it would’ve grown at 10 or 12 percent in a good mutual fund.

Now understand, I’m not knocking folks who are in the funeral business. But lots of businesses that provide these services realize more margin in selling pre-paid policies than they do in caskets. In other words, they don’t make as much money selling the casket as they do selling a pre-paid policy on the casket.

Do you understand my reasoning? If we knew the exact date she pre-paid, and how much she pre-paid, that figure invested in a good mutual fund would be a whole lot more than the cost of a reasonable funeral. It’s the same principle behind the reason I advise folks to not pre-pay college, or just about anything else, that’s likely far into the future. The money you could’ve made on the investment is a lot more than the value of pre-paying. Pre-planning, on the other hand, is a great idea for many things — including funerals.

I’m truly sorry for your loss, Rebecca. God bless you all.

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

Student Exchange Seeks Host Families for Upcoming Year

By Sheryl Longworth

SACRAMENTO REGION, CA (MPG) - Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children should consider hosting a teenage exchange student for an academic semester or year. Children and adults alike, by interacting daily with a new, international family member, broaden their perspective on the world and discover new facts and ideas.

NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are obvious: honing their English language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values; and establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values; they can view the U.S. through another’s eyes, and thereby gain a broader understanding of our own country.

Families do not need to have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. NWSE places students from dozens of countries who have varied interests. I will do my best to match a student to your family’s lifestyle and interests.

Those who cannot host can earn financial incentives for referring to us families who do host. While host families are not compensated for hosting, tax deductions may be available. Check with your tax preparer.

NWSE exchange students are closely screened for appropriate motivation, academic and language skills; our students have solid emotional and practical support from NWSE professional partners abroad, and from the students’ natural parents in their own countries. Our students come with their own spending money and health and accident



NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Visit the NWSE web page at <https://www.nwse.com> and click on Host an Exchange Student for more info.

insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

My family has personally hosted students from France and China and we keep in touch with every student even years later! While they stayed with us, they shared games they play with us and cooked their favorite meals for my family. We also have been invited to stay at their family’s homes when we go to their country. One of our French students even calls me his “American Mom.”

It’s easy to get more information about hosting. Potential hosts can call me, Sheryl Longworth, Area Coordinator at 916-833-1218 or sheryl6663@yahoo.com; or by contacting NWSE at 877-850-3312 or info@nwse.com. Or, you can visit the NWSE web page at <https://www.nwse.com> and click on Host an Exchange Student. Student placements for the fall must be made before 8/31/18. Spring semester-only placements will be available towards the end of this year.

Contracts Awarded for Gaps in Homeless Services

Continued from page 1

integrated a spectrum of services through a strong partnership among three youth service agencies working to not only support youth experiencing homelessness stabilize in housing and employment, but to help this population avoid homelessness altogether.

Evaluators also determined Sacramento Self-Help Housing’s (SSHH) proposal addressed a gap in homeless services by expanding

engagement and rehousing services for persons experiencing unsheltered homelessness in unincorporated areas of the County. This program will involve a strong partnership with SSHH, neighborhood leaders, such as the Carmichael Homeless Assistance Resource Team, law enforcement and DHA staff.

All of the selected programs will provide services that further the County’s objectives to fund

services that promote permanent housing placement, residential stability, and increased skill level or income in order to prepare participants to live more independently.

For more information on the state of homelessness in Sacramento County, visit the Responding to Homelessness website at <http://www.saccounty.net/Homelessness/Pages/default.aspx>

Source: Sacramento County Media



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

916-483-2299

All Legal Ads Published by Messenger Publishing



STATEPOINT CROSSWORD • THE OSCARS

CLUES

ACROSS

- Can't stomach
- Styling goo
- Hightailed it
- Ten million, in India
- "_____ takers?"
- Like a girl
- Spanish small plates
- School of thought suffix
- Pay hike
- *Oscar nominated meet-the-parents thriller
- *He played Getty
- Right-angle building extension
- Splints site
- Mammoth site, e.g.
- Write on a tombstone
- Self-centeredness
- Land measure
- Crucifix
- "Sesame Street" regular
- *In 1992 De Niro was nominated for "Cape _____"
- *Best category
- Tiresias in "Oedipus Rex"
- Desert mirage
- S-shaped molding
- Dionysus' party
- "_____ the unexpected"
- Celestial bear
- Rolodex abbr.
- Purple precipitation
- Before, old English
- *Evacuation location
- *Olympic hopeful's story
- Deprive of weapons
- *Sarandon was nominated for "Lorenzo's _____" in 1993
- Unfit
- Like anchor aweigh
- Zilch
- *Cathy Bates' or Louise Fletcher's role
- Google _____
- Bro's sibling
- Had supper

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
	19					20			21	22			
25	26	27		28		29			30		31	32	33
35			36		37			38		39			
40					41				42		43		
44				45		46					47		
48					49		50			51		52	
				53		54			55		56		
57	58	59	60				61				62	63	
64						65	66			67			68
69							70				71		
72						73					74		

DISH DEALS!!

190 Channels Now only ...

\$49.99/mo.

for 24 months

ADD HIGH-SPEED INTERNET

\$14.95/mo.

where available

CALL TODAY PROMO CODE: **FreeEchoDot**

1-888-416-7103

Requires credit qualification and convenience



Crossword Puzzle Solutions on Page 4

DOWN

- *Do this and hope for an Oscar?
- Toot one's horn
- *18-time Oscar host
- Speak from a podium
- Fix a shoe
- Manner of walk
- Ensign, for short
- Bodily fluid
- Thailand, once
- "_____ and proper"
- Additional
- Indigo user
- Nirvana genre
- Extremist
- Bald-faced _____
- "I call passenger seat!"
- **The Florida Project" nominee
- Mountaineer's tool
- Comprehend
- *Best Animated Feature and Best Original Song nominee
- Guesstimate phrase
- Apathetic
- Lay _____ to a castle
- *21-time nominee
- Albany-Buffalo canal
- Opposite of talker?
- Button on electrical outlet

SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734

100% paid by our partner organizations.



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

© StatePoint Media

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


5 Year FIXED RATE Home Equity Line of Credit Loan

4.25%

Initial APR*

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



Member FDIC

EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Espanol • 800-874-9779

LENDER

* The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 6.25%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We accept all competitors' coupons!

Locally owned & operated.
Professional auto detailing.
No extra charge for trucks, vans or SUV's that accommodate our automatic car wash!



5927 San Juan Ave. Between Madison & Greenback
Citrus Heights • 916.967.3083

\$2.00 OFF

Any Car Wash

BAUER CAR WASH

Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 03/31/18



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 and connect we hear His voice of encouragement and direction

Power of Prayer

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

You are a person of destiny. You are here in God's divine plan. And He has strategically placed you here at this particular time in history because He has great confidence in you to be the person, the leader He's made you to be for Him. God didn't choose Moses, or David, or Paul to live in this hour, He chose you, to make a difference with your life.

The Bible tells us in 1 Timothy 1, to "Stir up the gift of God..." that is within us. God is counting on you to make a difference and He has given you incredible gifts and talents that must be developed. The enemy will tell you you're just a housewife. You're just a clerk, a businessperson. You're just a plumber. You're just an accountant...whatever. No!

God has given you something very important to do for

Pastor Ray's Encouraging Words

There's Greatness Inside You

Him. You've got to be obedient, you've got to be open to following the God-given dreams and desires He's put on the inside of you. So many people are waiting for a big voice to boom out of heaven to instruct them what to do. But most of the time, it's not like that. It's going to be a simple desire. The Bible talks about "A still, small voice". You may be sitting around waiting for the right time to do what God's been telling you to do, thinking, "Whenever the right time comes, then I'm going to do what God's calling me to do." But friend, there will never be a right time. There is no better time to do it than right now. The hour is late. The time is short. And we've got to quit making excuses. Every day you put it off you're missing out on God's best for your life.

Jesus told a parable of the talents in Matthew, chapter 25. I encourage you to read it. God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you

making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular basis? Are you letting the enemy deceive you into thinking you don't have what it takes to do what God's telling you to do?

Let me challenge you; don't hide your talents anymore. We must be the difference makers God wants us to be. You've got to stir yourself up and step out in faith and do what God's been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He's put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you ever imagined.

Pastor Ray
New Beginnings Church
10am Sundays, You're invited!
www.NBC4U.org ★

The Roseville Rock Rollers Gem and Mineral Society 501(C)

56th Roseville Gem, Jewelry, Fossil & Mineral Show!

Family Fun!

March 24 & 25

Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
Roseville (Placer County) Fairgrounds

The Big Show!!

60 Vendors
Family Fun ♣ Exhibits

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

PARKING! \$5

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com

Kids & Scout's "Education Station"

YOU'RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

"We do Church Differently"

www.nbc4u.org | (916) 992-1997

New Beginnings CHURCH

Roseville Road
Diablo Drive
Elk Grove Blvd
Graceland Lane
I-80

5510 Diablo Drive
Sacramento, CA

EAST LAWN

CEMETERIES • MORTUARIES • CREMATION • PREPLANNING

Make your final arrangements, then go enjoy the rest of your life.

The Privilege of Planning
A 25-minute free presentation. We'll serve you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

Wed., March 7
Wed., May 9
11:30 am to 12:30 pm
EAST LAWN
Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane,
Sacramento, CA 95841
To RSVP or More Info:
916.732.2020
Lic. #FD-1242

Thurs., April 5
Thurs., June 7
11:30 am to 12:30 pm
EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
To RSVP or More Info:
916.732.2000

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

www.EastLawn.com

Union Gospel Mission Sacramento

JESUS SAVES

WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules
Sunday Schools (All Ages) 9:45am
Sunday Worship 11:00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information

OUR KIDS ARE
OUTSTANDING!

OUTSTANDING
CONCENTRATION

OUTSTANDING
CONFIDENCE

OUTSTANDING
ACHIEVEMENT

ONLY
\$29⁹⁹
QUICKSTART
PROGRAM
WITH FREE
UNIFORM!



Serving the Greater Sacramento
Area Since 1975

www.ROBINSONSTKD.COM



Lessons Learned from Oroville Disaster

Commentary by Senator
Jim Nielsen (R-Tehama)

Sunday, February 12, 2017 was a day many of us will forever remember.

I was working on our property when an aide called to inform me that the integrity of the Oroville Dam Spillway was compromised that an estimated 30-foot wall of water was about to uncontrollably rush out of the spillway, and that Butte County Sheriff Kory Honea had called for a mandatory evacuation.

Knowing Sheriff Honea to be a measured person, I knew he would not call for such an order without strong evidence. He must have weighed all the factors in his thoughts and deliberation.

Immediately, I contacted him to offer my full support.

Soon thereafter, nearly 200,000 people of the North State, from Plumas Lake to Oroville, quickly loaded their treasured possessions and pets and evacuated via congested highways.

Despite heavy traffic, residents – no doubt fearing the unknown and dealing with anxiety – evacuated without chaos.

Law enforcement officials and volunteers directed citizens to where they needed to go. Hundreds of first responders assisted and transported those who were most vulnerable. Residents of neighboring regions opened their homes to displaced families.

In this time of high stress and unease, the citizens of our region held their heads high and acted admirably.

Over the next few days, Assemblyman James Gallagher (R-Yuba City) and I visited residents at the evacuation centers. We talked and shared cookies



Senator Jim Nielsen (R-Tehama)

and donuts with our friends and neighbors.

Between the visits, I called the Governor's Office and the director of the Department of Water Resources (DWR) for status updates.

After this alarming incident, thousands of workers from Kiewit Corporation and its subsidiaries descended onto Oroville to make the necessary repairs to the spillway. Their hard work is greatly appreciated. But there's more to be done.

A year later, sediment and debris from the spillway disaster still clog the channels of the Feather River and are strewn along the riverbanks. This disregard for the environment forced Butte County, the City of Oroville and local jurisdictions to file lawsuits against the state. Penalties can be as high as \$51 billion.

At the state level, I have held many meetings in my office to discuss repair and communication efforts with state officials and community members. My staff and I continue to work with Sutter Butte Flood Control Agency to get funding to shore up the levees.

Along with Congressman Doug LaMalfa (R-Richvale), the Oroville Strong Coalition, Assemblyman Gallagher and I travelled to Washington, DC

to lobby federal officials. Our request to have the Federal Energy Regulatory Commission (FERC) delay the license renewal is pending.

This disaster has united our community. We are now stronger than ever.

On the one-year anniversary of the evacuation, community members and leaders, businesses, and public officials affected by the order gathered on the steps of the Capitol to commemorate the event and call for efforts to prevent any similar disaster in the future.

In the coming year, we will continue to encourage the Governor to sign Assembly Bill 1270 (Gallagher), a measure to require more thorough dam inspections which I shepherded in the Senate.

I will continue my efforts to push for \$100 million in state funding for flood control efforts and to clean up the Feather River system.

It is also my goal to have DWR include our community in their decision making process. We want a seat at the table when DWR decides to either send more water to Los Angeles or hold back water, among the other decisions they make.

That's why I authored Senate Bill 955. This measure would create a citizens advisory commission for Oroville Dam and the Feather River system. This commission would allow for participation by the residents who are directly affected by the dam's operations and strategic plans.

With the strength and support of the community, I am optimistic that we will achieve these goals for the safety of our people and the prosperity of our local economy. ★

Thank a Veteran Today!



International
MARKET

FOOD COURT NOW OPEN
"Come Enjoy the Flavors of the World!"

10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

PRICES EFFECTIVE FEBRUARY 21 - FEBRUARY 27, 2018

WED	THUR	FRI	SAT	SUN	MON	TUE
21	22	23	24	25	26	27

kpinternationalmarket.com
[/kpinternational](https://www.facebook.com/kpinternational)
[@kpinternational](https://www.instagram.com/kpinternational)
[@kpinternational](https://www.youtube.com/kpinternational)

WEEKLY MEAT SPECIALS

GREAT VALUE



Beef New York Steak - Boneless
Filete de Res Estilo Nueva York sin Hueso

\$3.99
/lb

USDA CHOICE



Beef London Broil & Top Round Roast-Boneless
Pulpa Para Hornear Roast sin Hueso

\$2.69
/lb

BONUS BUY



Beef Flap Meat
Carne de Aleta

\$4.59
/lb



Chicken Drumsticks
Piernas de Pollo

69¢
/lb

USDA CHOICE



Beef Top Round Steak/
Pulpa-Thin Sliced Steak

\$2.99
/lb



Pork Loin Chops - Bone In
Chuletas de Cerdo con Hueso

\$1.19
/lb



Tyson
New York Roast-Bnls

\$3.79
/lb



40 lb Box.....

\$21.99/ea

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 21 - FEBRUARY 27.

HAPPY HOURS



DRAFT BEER
\$2.00

Mon - Thu
4:00 PM - 9 PM
Fri - Sat
2:00 PM - 9 PM

KARAOKE SPECIAL

Come before 6pm (Valid Time)

\$1 FOR 6 PEOPLE \$60.00

3 Hours Karaoke • Pizza • Pitcher Soda • 2 Main Dishes (Small Room)
(12 inch) (Up to 3 pitchers) (10 Dishes To Choose From)

\$5 FOR 28 PEOPLE \$280.00

3 Hours Karaoke • 4 Pizzas • Pitcher Soda • Fruit • 7 Main Dishes (Party Room)
(14 inch) (Up to 14 pitchers) (Assorted) (10 Dishes To Choose From)

\$2 FOR 8 PEOPLE \$80.00

3 Hours Karaoke • Pizza • Pitcher Soda • 3 Main Dishes (Medium Room)
(14 inch) (Up to 4 pitchers) (10 Dishes To Choose From)

\$3 FOR 14 PEOPLE \$140.00

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Large Room)
(14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

\$4 FOR 18 PEOPLE \$180.00

3 Hours Karaoke • 3 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room)
(14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

10 DISHES TO CHOOSE FROM



OPEN 7 DAYS A WEEK:

Mon-Thurs 4PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM

10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670

916-853-2006 • WWW.KP-KARAOKE.COM

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM



Artichoke

99¢



Asparagus Large

2lbs/\$3



Aloe Vera

79¢



Jicama

2lbs/\$1



Cleaned Diced Cactus 1 lb

1.99



Green Beans

99¢



Cilantro

4/\$1



Grape Tomato 12/1 pt

2/\$3



Sleeved Celery

59¢



Navel Oranges 72 ct

69¢



Lemon 140

4/\$1



Grapefruit

2/\$1



Yellow Onion 3 lb

99¢

AMERICAN/HISPANIC GROCERY



Herdez Salsa 15.7 oz

\$2.29



Mila Mole 12.5 oz

2/\$3



Dona Maria Mole Ready to Serve 19.4 oz

\$1.99



Saladitas 14.7 oz

\$2.79



Garden of Eatin' Salsa 14.7 oz

\$1.99



Crystal Geyser Alkaline Spring Water 24 x 16.9 fl oz

\$2.79



Western Family Whole Smoked Oyster 3.25 lb

\$1.99

ASIAN GROCERY



OX & PALM CORNED BEEF 15.5 oz (42%)

\$4.99



On & Palm Bread

\$3.49



Three Crabs Bread

\$1.99



Wing P PHO

\$1.99



Soup Pho Bo Beef 2.2 lb

\$1.99



Dragonfly Brand

\$1.29



Mama Mia All Purpose Flour 11 oz

\$1.99

EUROPEAN GROCERY



Santitas Salsa 15.7 oz

\$4.29



Santitas Extra Virgin Olive Oil 16.9 fl oz

\$4.99



Klondike Smoked sausage 10 lb bag

\$15.99



Nissin Arroz 500 gr

\$2.29



OT Martina Sunflower Seeds 140 gr

\$5.99

KOREAN/JAPANESE GROCERY



Suzuki Rice 4.4 lb bag

\$4.99



Hot Pepper Paste 3 kg

\$6.99



Hot Spicy Beans 2.5 kinds 8 x 4.95 oz

\$3.99



Korean Rice Cakes 2.2 lb bag

\$1.99



Seasoned Seaweed Dashi 12 x 4.95 oz

\$2.99



Bokchoi 2.2 lb

\$5.99



Ancho Dried Seaweed 6 oz

\$2.99



Korean Red Ginseng Drink 20 x 1.69 oz

\$15.99



Ancho Beer 12 Pack 12 oz can

\$7.99



Seaweed & Bonito 2.2 kinds 1.69 oz

\$1.49



Urashima Tama Seaweed 1.69 oz

\$1.99



Japanese Style Noodles 3 kinds 16.75 oz

\$3.99

HOUSEWARES



Cuckoo Electric Rice Cooker

\$109.99



ELECTRIC KETTLE

\$29.99



ELECTRIC TOASTER

\$19.99

ELECTRIC BLENDER

\$29.99

ELECTRIC COOKING RICE POT

\$109.99

FROZEN DEPARTMENT



Black Type Processed Chicken 12 Pack 12 oz can

\$14.99



Doritos & Tostitos 2.2 kinds 1.69 oz

\$2.99



Clam Meat 1 lb bag

\$2.99

EUROPEAN DELI



Andy's Deli Canadian Style Bacon

\$4.99



Schmalz's Pork Butte

\$4.99



Schmalz's Kielbasa

\$3.69

Alex's Meat Bologna

\$3.99

German Sausage

\$3.99

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 21 - FEBRUARY 27, 2018.

Thank You from Union Gospel Director, Pastor Tim Lane



Pastor Tim Lane

I would like to thank all of the donors who have come alongside the Union Gospel Mission Sacramento! We can, and should, look across accomplishments of

this last year and give thanks to God from whom all blessings truly flow.

We need to give thanks for donors like you that understand that along with feeding, clothing, sheltering and the Recovery Program, that we have the privilege and duty to present the life-changing power of the Gospel.

We take no money of any kind that would limit the presentation of the truth God Himself has given us in His Holy Word.

There are those that would donate if we would water down our gospel or abandon it all together; we will not! The way of the cross is not always easy, but God never promised it would be easy, only that it is worth it!

2017 was a year of provision

and blessings, however, we cannot stand still. Many people are out there who need our help and, especially, need Jesus! We must move forward with the work that God has given us to do while there is still time. And, like a lighthouse in the darkness, we will continue to proclaim God's grace and mercy, His goodness and salvation in Christ!

Again I thank each of you who pray for us and who donate to the Mission, for His Kingdom come!

May God keep you and bless you!

John 14:6

"Jesus said to him, 'I am the way, the truth, and the life. No one comes to the Father except through Me.'" ★



POPPOFF!

with Mary Jane Popp

about you (i.e. something is different about you and are you okay)?

3) YOU RELY ON SUBSTANCES TO COPE. You need a drink to relax or go to sleep more often than not.

4) YOU START THINKING ABOUT DEATH OR HURTING YOURSELF. This is a very severe path to be on. Seek help immediately and if the pressure seems too great to resist, call 911 right then.

5) YOU ALWAYS ASSUME THE WORST. Worrying and stressing about what might happen tends to overwhelm people and they tend to get nothing done. 99% of what might happen never does.

6) YOU SEE YOURSELF TAKING RESPONSIBILITY FOR OTHER PEOPLE'S PROBLEMS. You are always overwhelmed trying to help other people cope with their problems. Like when a family member is always calling to talk about what is bothering them and how you need to help them with their depression or relationship.

1) WHEN THINGS ARE GOING WELL. This may sound silly, but people with good teeth go and see their dentist every six months. It's a checkup. Mental health checkups help you maintain and/or build a relationship with your therapist so when the world crashes in on you, you already have a trusted therapist that knows you.

2) WHEN SOMEONE THAT KNOWS YOU AND CARES ASKS IF YOU'RE ALRIGHT. They may even tell you they are concerned

7) YOU FEEL HELPLESS WHEN STRESS HITS YOU. Many individuals have a problem with an "external locus of

control". This is the belief they are not able to exercise any change in their environment. The perception is that it doesn't matter what they do, they cannot change the problem or their situation.

8) YOU FIND YOURSELF TRYING TO MEET EVERYONE ELSE'S IDEA OF WHAT YOU SHOULD BE. When you live your life for the praise of others, you might find yourself making compromises that aren't true to yourself. Mentally healthy people make decisions from the inside out. They don't put their beliefs and goals up for a vote.

9) NOTICE YOU ARE FEELING JUST "NOT YOURSELF." You may usually love being with your friends, but suddenly find yourself wanting to be alone most of the time. Maybe you find yourself getting angry often, when you never used to feel angry. It can be healthy to want alone time, but becoming isolated is not.

Need more info? Check out www.mainstreammentalhealth.org for some great things to think about from

Dr. John Huber and stay healthy in every way! Get ready! Get set! And live your life to the fullest! You deserve the BEST! ★

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting
February 8, 2018

at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.

★ Meeting starts at 1030 hrs and we have a speaker **David Grantam**. Come on out and enjoy a cup of coffee, cookies and meet new friends. ★

Questions can be referred to our volunteer staff at **916-640-8446**, Monday through Thursday, 0900 to 1500 hrs.



**"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
Everlasting."**

from the *"Hidden Words"* of Baha'u'llah

More info: Isacarmichael@yahoo.com

Telephone: 1 800 22 unite

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a
monthly site tour

For more information, visit
FairOaksEcoHousing.org

The Exciting New World of Snap On Dentures!



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

**Now there is a solution to these issues:
Implants with "Snap On" Dentures!**

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

Implants as low as \$99.00 per month

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

**Carmichael
Dental
Group**

www.YourCarmichaelDentist.com

916-944-1197

\$1,200. Off

**2 Implants with
attachments to a Denture**

Offer Expires 03/31/18

**8329 Fair Oaks Blvd., Ste A
Carmichael, CA, 95608**



**Sunrise Mall
FARMERS MARKET**

Every SATURDAY, 8 AM - 1 PM

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted

2nd Saturday



Artisan & Crafts Show
SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm.



Present this coupon for a chance to win the OCTOBER FARMERS MARKET GIFT BASKET and receive 5 Raffle Tickets at the Farmers Market. One Per family. Expires October 31, 2017.

ILoveMyFarmersMarket.com



Share your heart
Share your home
Become a Mentor today

California
MENTOR
Family Home Agency

Everyone Deserves a Home Like Yours!
Make a real difference in the life of someone who needs you!
Become a Mentor!

For over 30 years California **MENTOR** has been the leading host home provider for adults with Developmental Disabilities. Today we serve over 750 individuals throughout California. California **MENTOR** is seeking individuals/ Families with a spare bedroom to support adults with Developmental Disabilities who might not have the opportunity to live with a loving home like yours.

**Receive ongoing support
and a generous monthly stipend
\$1,100 - \$3,900 per month**

Call a California **MENTOR** recruiter today to learn more about this special program.
(916) 383-9785 x 28

And join us for one of our info sessions:
Monday – Friday at 11am
Wednesday at 4pm
7801 Folsom Blvd, Ste 375,
Sacramento CA 95826

Visit our website at
www.mentorwanted.com

Non-Profit Wildlife Event

Coming to McClellan Park

Give Wildlife Another Chance to Live to Get Fabulous Prizes with Nuts & Berries



Visit www.wildlifecareassociation.com to learn more about Nuts & Berries tickets. \$75.00 each or two for \$140.00. Photo courtesy of the Wildlife Care Association

By Rick Reed

SACRAMENTO REGION, CA (MPG) - Help the volunteer heroes of nature at the non-profit Wildlife Care Association of Sacramento and give small animals and birds brought to them injured, orphaned and displaced across our region that second chance by participating in the annual Nuts & Berries Fundraiser.

The event will be a raffle for more than \$10,000 in prizes. The Nuts & Berries event will be held on Sunday, February 25, 2018 from 12pm-3pm at McClellan Conference Center located at 5411 Luce Blvd, McClellan, CA 95652.

The festivities will begin at 12 pm when Wild Things Inc. will hold several presentations with exotic animals such as a Capuchin Monkey, an African Crested Porcupine, and a Crocodile. This will be a casual event which will include door prizes and refreshments.

The event is open to the public, \$5.00 at the door, admission is included with raffle ticket purchase. In addition, we will live stream the raffle draw, so you can watch to see if you won, even if you can't make the event. The raffle draw will begin at 2 pm and will be live streamed on Facebook @ [wildlifecareassociation](https://www.facebook.com/wildlifecareassociation).

These regional volunteers in wildlife rehabilitation need your support to help thousands of small birds and animals recover to return to the environment. The Wildlife Care Association depends on your donation of time and money to save them.

Visit www.wildlifecareassociation.com to learn more about Nuts & Berries tickets. \$75.00 each or two for \$140.00.

If you've found injured wildlife call 916-965-WILD. Wildlife Care Association of Sacramento serves the public 10am-6pm seven days a week year-round at 5211 Patrol Rd. McClellan Park. ★



Wanted: People with Belly Fat!!!

Are You At Your Wit's End Trying to Get Rid of It?

HOSTED GOURMET DINNER SEMINAR AT PIATTI RESTAURANT & BAR

Spirited International Speaker and Wellness Expert, Dr. Bud Walker DC

Dr. Walker will tell you about the latest scientific breakthroughs and methods that will help you permanently and safely remove unwanted belly fat while quickly reclaiming your health, your youth and your life!

MARCH 7TH, 2018 AT 6:00PM

- Learn how Hormone Imbalances - Man or Woman - can distort your midsection into a large belly and prevent weight loss even with dieting and exercise
- Learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning.
- Learn why "Counting Calories" doesn't work for belly fat.
- Learn the Biggest Mistake that people make with Exercise that prevents weight loss.
- LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges. Safely. Healthfully!

Dr. Walker is a wellness mentor, functional wellness practitioner, a national and an international speaker. He is the clinical director at Walker Chiropractic Wellness Center in Sacramento. He advocates natural, non-invasive programs for gaining and preserving wellness through broad lifestyle enrichment rather than disease management through medications.

Piatti Restaurant & Bar
571 PAVILIONS LN. – "PAVILIONS SHOPPING CENTER"
SACRAMENTO, CA 95825
CALL NOW FOR RESERVED SEATING
Free Admission & Gourmet Meal, Please RSVP to 916-484-1661
(This is for you men too!)

Limited seating!
Contact 916-484-1661 to reserve your spot now.
Call Today!

THIS PROGRAM IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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.

Helping those caught in homelessness is an act of compassion — part of our duty as human beings. But handing out free stuff doesn't really solve the problem or provide a path out of homelessness — but a job might.

Homelessness is increasing in Orangevale every year, and the community is demanding action to reverse this worrying trend. Last year, Sacramento County introduced four new homeless initiatives geared primarily towards increasing access to homeless shelters and free/affordable housing, which is in critically low supply compared to the enormous demand. But while these programs are important, I can't help but feel that we are neglecting to adequately address the issue of helping them get a job, which is the biggest thing that can be done to ensure people experiencing homelessness break the cycle and become self-sufficient.

When I am in Orangevale talking with my constituents, many people tell me we need to make more services available to people experiencing homeless. But an equally large number of people tell me that the more services we provide, the more homeless are attracted to the area, and the more we

Orangevale Community Update

A Working Approach to Homelessness

are making them dependent on government handouts.

This was especially evident to me during my most recent survey of Orangevale residents, where over 65% of respondents told me that they think we need to have a mix of "compassion" and "tough love" when trying to decrease the explosion of homelessness. I believe helping connect people to a job allows them to regain their sense of self-worth, establish a level of trust with their local government so they can be connected to available services, and eventually become productive members of society again (and potentially even give back). This is a concept that everyone should be able to agree with.

Many of the people experiencing homelessness have simply lost hope and given up; they do not remember what it is like to work for a paycheck and they lack self-confidence. By getting paid for doing work, they can help to restore their sense of self-worth, and also begin to establish a level of trust with their local government so they can be connected to available services designed to help them get back on their feet.

To that end, earlier this year I began working with staff to create a program to connect homeless individuals with jobs and training. We do not have to reinvent the wheel, there are programs across the country that have seen great success that we can use as a models. I'm not predisposed to one model over another — as long as we create something that works for Sacramento County.

One program that has been utilized now in 15 cities is where a local non-profit is contracted to drive to areas frequented by panhandlers and

offer them day labor, such as landscape beautification and garbage removal — or even homeless camp cleanup. This reminds them of the dignity and pride of what it is like to earn a paycheck, and has proven to be a catalyst for real change (in one city alone, this program has directly contributed to over 70 full time jobs and dramatically reduced panhandling). Another program in a nearby California city works with specific businesses to offer incentives to hire people experiencing homelessness.

As the plan is drafted, I will be inviting the Orangevale community to give me feedback so the best possible plan can be put forward for possible funding. I want to hear from everyone, so that it isn't just political leaders and staff who have a say in the process. If you want to stay up to date, please sign up for my e-newsletter by going to www.saccounty.net/suefrost and click on the link that says "E-Newsletters".

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. 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. ★

Triple Play!

1. Guaranteed Delivery of the American River Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$799 value)

Get a great deal on this one year subscription for only: **\$28⁰⁰**



YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

☐ * To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:

MESSANGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

ARM

*Some delivery restrictions may apply.

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

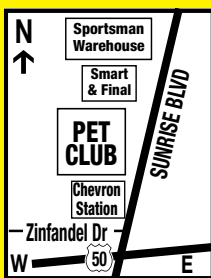
IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

Look for Advertised Sale Items Everyweek at
www.petclubstores.com

PET CLUB
FOOD AND SUPPLIES
EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 2/21/18 - 2/27/18



PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

COUPON
\$2.50 OFF

ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items. Limit 1 PLU 331 ARM Limit: 1 Coupon Per Family Effective 2/21/18 - 2/27/18

COUPON
FREE PURE NESS PET BOWL

Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 349 ARM Limit: 1 Coupon Per Family Effective 2/21/18 - 2/27/18

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon
30 Lb Bag **\$39⁹⁹**
Effective 2/21/18 - 2/27/18

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family
35¢
Effective 2/21/18 - 2/27/18

NUTRO MAX ADULT RECIPE DRY DOG FOOD
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice •Mini Chunk
NEW SIZE 25 Lb Bag **\$22⁹⁹**
Limit 2 Bags Per Family
Effective 2/21/18 - 2/27/18

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz Limit 2 Cases Per Family
20/\$11⁰⁰
Effective 2/21/18 - 2/27/18

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight
24 Lb Bag **\$8⁰⁰**
NEW LOW PRICE
Our Regular Low Prices!
Effective 2/21/18 - 2/27/18

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags Per Family
\$3²⁹
Effective 2/21/18 - 2/27/18

FRISKIES DRY CAT FOOD
16 Lb Bag
•Seafood •Indoor •Surfing & Turfing
Limit 2 Bags per Family
\$9⁹⁹
Effective 2/21/18 - 2/27/18

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags Per Family
\$12⁹⁹
Effective 2/21/18 - 2/27/18

PRO-PLAN DRY DOG FOOD
30-35 Lb Bag **\$3⁰⁰**
Limit 2 Bags Per Family
•Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds
OUR SUPER DISCOUNT PRICE

EARTHBORN HOLISTIC CANNED CAT FOOD
•Grain Free •Selected Varieties
Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1²⁹**

GRAVY TRAIN DRY DOG FOOD
35 Lb Bag **\$13⁹⁹**
Limit 2 Bags

UNDER THE SUN DRY DOG FOOD
•Adult •Grain Free Lrg Breed •Grain Free Chicken •Grain Free Lamb •Grain Free White Fish (23.5 lb) 25 Lb. Bag Limit 2 Bags
As Marked **\$10⁰⁰**
OUR DISCOUNT PRICES

FUSSIE CAT PREMIUM DRY CAT FOOD
Market Fresh Recipe
•Chicken & Turkey •Salmon •Chicken & Chicken 2 Lb, 4 Lb, 10 Lb bag
As Marked **20% OFF**
OUR REGULAR LOW PRICES

CAREFRESH PET BEDDING
60 Liter (Ultra Not Included) **\$14⁹⁹**

MEOW MIX CAT FOOD
Market Select 2.75 Oz Cup Limit 1 Case **49¢**

PRECIOUS CAT CLUMPING CAT LITTER
20 Lb Box **11⁹⁹**
Limit 2 Boxes Cat Attract Touch of Outdoors **\$7⁴⁹**

WELLNESS CANNED DOG FOOD
Limit 2 Cases Natural 12.5 oz. Regular **\$1⁸⁹** •Stew **\$1⁹⁹** •Core

FELINE PINE HEALTHY CAT LITTER
20 Lb Bag Limit 2 Bags **\$7⁹⁹**

SCIENCE DIET DRY DOG FOOD
28.5 lb-33 lb Bag **\$4⁰⁰**
Limit 2 Bags •Lite •Active Maturity •Perfect Weight •Oral Care •Sensitive Stomach
OUR DISCOUNT PRICES

CORE NATURAL DRY CAT FOOD
3 FREE Core Cat Cans 5.5 Oz With Each Purchase
•Original •Indoor •Turkey Grain Free 12 Lb Bag Limit 2 Bags **\$35⁹⁹**

ADVANTAGE FLEA CONTROL & TREATMENT
Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple)
Limit 2 Per Family. Cannot be combined with any other offer
\$4⁰⁰ OFF
OUR REGULAR LOW PRICE

CRAZY PET TRAIN Me Treats - 3.5-16 Oz PET BOTANICS
Training Rewards - 20 Oz Grain Free Omega Treats All Varieties
20% OFF
OUR SUPER LOW PRICES

BOODA BONE & TUG
•White •Multi-Colors All Varieties
20% OFF
OUR SUPER LOW PRICES

KAYTEE BIRD FOOD & SMALL ANIMAL FOOD
(Small Bags 2 lb-5 lb) All Varieties
•Fiesta •Forti-diet •Extract Including Wild Bird 10 lb Song Bird 7 lb
15% OFF
OUR SUPER LOW PRICES

CARDINAL GOLD MEDAL PET SHAMPOO
•Fur-ever •Viva La Dog Spa •Crazy Dog All Varieties
20% OFF
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. **\$17⁹⁹**
PENGUIN 150B30 Gal. **\$24⁹⁹**
PENGUIN 200B50 Gal. **\$29⁹⁹**
PENGUIN 350B75 Gal. **\$39⁹⁹**

TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish **\$36⁹⁹**
Limit 1 Per Family

KENT MARINE WATER SUPPLEMENTS
20% OFF
OUR SUPER LOW PRICES

REEF CRYSTALS
50 Gal. Salt Mix **\$14⁹⁹**

BONUS COUPON
FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
45¢
Effective 2/21/18 - 2/27/18 ARM PLU 367

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/21/18 - 2/27/18
\$1⁰⁹
ARM PLU 573

BONUS COUPON
JONNY CAT CAT LINERS
Jumbo Drawstring - 5 Ct
Limit 1 Box with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/21/18 - 2/27/18
\$1⁸⁹
ARM PLU 449