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AMERICAN RIVER Messenger

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Many Healthy Servings

Church Program Blesses Both Guests and Volunteers



Volunteers are ready to prepare and serve at Holy Family Catholic Church Food Service for the Needy, hot dinner and food distribution held every Wednesday. Photo by Margaret Snider

By Margaret Snider

SACRAMENTO COUNTY, CA (MPG) - On nearly every Wednesday of the year, Holy Family Catholic Church hosts dinner for from 50 to 80 homeless or in-need guests. The program brings those who can provide a good meal together with those who really need one.

Nora Martinez started the Holy Family Wednesdays in 1991, but had her first exposure to feeding the needy in the 1980s. Coming home from church she said to her husband, "We go to church, we go to prayer meeting, but we're really not doing the Lord's work. We're really not visiting the sick, or feeding them." The following week, her prayer group forwarded her a letter saying that a soup kitchen was opening up downtown. Martinez's group was invited to the meeting and was the first to serve when that kitchen, Loaves & Fishes, opened. She

helped there for five years.

After another five year stint in North Highlands, where she started another kitchen, Martinez began the program at Holy Family Catholic Church. That was nearly 27 years ago. Martinez, 84, and the program are still going strong.

Stories abound of things that have happened on their Wednesdays. Martinez tells of a huge bowl of salad – it had everything but bananas. A couple of volunteers were driving to the church that day when a box fell off a truck in front of them. They stopped to get it out of the road, and threw it in the back of the car, unable to catch the truck. When they opened it up at the church, it was full of bananas.

Cook Grace Ngatia said a man who came seemed ashamed to take the free meal, in spite of volunteers' efforts to reassure them. After a couple of months the family stopped

coming, but three months later the man came back. "Remember me? You used to feed me here," the man said. "At that time I had just lost my job." The man pulled out some money and said, "I can help with the next meals, can you use \$70? You helped me through when I was having a hard time."

One of the regular guests is Thomas Cooper, who has been homeless for 45 years. "This program is good," Cooper said. "I've been going here for over 25 years. It's a long time." This is the only place locally he knows he can get a hot dinner each week.

All those in need are welcomed at Holy Family Catholic Church, no questions asked, no one turned away. Besides the hot meal, volunteer Ron Schaefer picks up donations each week of produce, canned goods, and baked goods donated by stores and restaurants in Citrus Heights and surrounding

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Santas Needed to Fill Holiday Stockings

*You Can Help Formerly
Homeless Women and Children*

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.

"The women and children in our program have known the coldest, loneliest holiday seasons. The community's simple gift of stockings brings immeasurable joy along with warm winter accessories as they celebrate their first holiday season in a home they can call their own," said Lisa Culp, executive director, Women's Empowerment.

For the list of items needed, visit www.womens-empowerment.org. Those interested also can donate \$35 to have a volunteer elf fill a stocking or donate \$15 Target gift cards. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street, Sacramento.

The award-winning organization has graduated 1,457 homeless women and their 3,500 children. Last year, 92 percent of graduates found homes and 81 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures.

Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation, visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications ★

Teens Helping Behind the Scenes

Kids Helping Kids Planning Big Gala Return

SACRAMENTO COUNTY, CA (MPG) - Tickets are on sale for the upcoming Kids Helping Kids Sacramento (KHK) 6th Annual Benefit Gala, the seminal event for the nonprofit, which is comprised of and operated by 11th- and 12th-grade students at Del Campo High School in Fair Oaks.

The KHK gala is slated for Thursday, Jan. 11 at Harris Center For the Arts in Folsom. The gala will kick off with a silent auction at 6 p.m., followed by food, drinks, stellar musical entertainment at 7 p.m., featuring a return headlining performance by the Charleston, South Carolina-based pop sensation, NEEDTOBREATHE. The band's 2016 release, H A R D L O V E (Atlantic Records) debuted at number one on the Billboard Top Albums, Top Current Albums, Top Rock Albums and Top Alternative

Album charts, and took the number two spot on the Billboard 200.

Launched in 2012, Kids Helping Kids Sacramento is a 100 percent student run nonprofit service organization modeled after the Kids Helping Kids Santa Barbara. The KHK class and nonprofit is open to seniors and juniors at Del Campo, who must apply to serve as a volunteer in class, or for a seat on the senior management team each year. Service positions on the KHK senior management team rotate out upon graduation. The management team is overseen by a board of volunteer business advisors from across the Sacramento Business community.

The KHK's mission is two-fold: empower students with the tools they need to make a difference in the classroom, the community and

Continued on page 9



Proceeds from the KHK annual gala represent the largest chunk of funding for the nonprofit each year. The 2017 gala generated roughly \$146,000. Clara Becerra (above), is currently a KHK volunteer. Photos courtesy KHK

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Bridging the Gap with Loads of Love

Free Laundry Services Provided for the Homeless

**Story and photo
by Jacqueline Fox**

CITRUS HEIGHTS, CA (MPG) - For the homelessness, sometimes it comes down to a simple choice between having the money for clean clothes or food.

When eating trumps hygiene, all kinds of social constructs are in play: Patronizing restaurants, grocery and retail stores, for example, become a challenge if your clothes are dirty and smelly. Enter, Laundry Love, a Southern California-based non-profit creating a fast-spreading network of free laundry service hot spots for homeless and low-income individuals.

Launched roughly 14 years ago, Laundry Love's mission is to help homeless individuals redirect funds toward the necessities, such as transportation, food and medication, and still find a way to keep clothes clean. Local charities, churches and even individuals who want to help the homeless by giving them access to free laundry services can create a local, Laundry Love chapter, raise funds to pay for designated free laundry days and partner up with the owners of a coin-operated laundromat in their community to bring it all together.

Currently, Laundry Love has chapters up-and-running in roughly 250 laundromats across the country, 85 on the West Coast.

In Citrus Heights, Michael Holbrook and a group of friends from Divine Savior Catholic Church in Orangevale have taken on the cause and started their own local chapter. The group has partnered up with Deborah Dower, owner of Paradise Laundry on Sunrise Boulevard. Each second Saturday of the month from 8 a.m. to 11 a.m. since December of 2016, Holbrook and a team of four volunteer are onsite, handing out quarters to anyone who



Michael Holbrook, co-founder, Laundry Love, Citrus Heights chapter, and Deborah Dower, owner of Paradise Laundry work together each month to offer free laundry services to the homeless.

comes in for help with the costs of doing their laundry. They even provide the soap, if needed.

Holbrook said he learned about Laundry Love from his son, Gregg, a Danville resident, who launched his own Laundry Love "franchise" in 2015.

"There was a group of us meeting for breakfast every Thursday in the area and we had developed a heart for the homeless," says Holbrook. One day we were just talking about what we could do to offer more help. Then, two days later my son told me about Laundry Love. I went back and told the group and the lights went on. That was September of 2015."

It took a year to find a willing laundromat owner that understood the mission and was open to allowing the project in. Many laundromat owners, said Holbrook, are reticent, fearful the free service days will attract

vagrants and crime.

"It was tough finding a laundromat that was willing to put themselves out there like that," says Holbrook.

Cut back to Danville, where the owner of the laundromat partnering with Holbrook's son's chapter stepped up to help.

"The partner laundromat owner in Danville that had been working with my son's group said she knew a lot of laundromat owners out this way and she made a call to Deborah," said Holbrook. "I'd already been leaving Deborah phone messages. So she called and said she'd been getting my calls and was ready to help."

"I didn't see a downside," says Dower, who owns three coin-operated laundromats in Citrus Heights and two outside the city's borders. Dower purchased Paradise Laundry in 2014 for roughly \$200,000 and, so far,

has put roughly \$250,000 back into the business via renovations.

Dower said, although she is open to approving more Laundry Love days at one or more of her other facilities, for now, Paradise makes the best sense for a partner spot, as it is remains the cheapest of her five laundromats for customers, the majority of whom are low-income and homeless.

Dower doesn't make any money in the process. "This is 100% about being of service," she said. All the funds collected through donations by the local chapter, whether from fellow church members, community events and other channels, is converted to coins and handed out to customers.

Laundry Love guests are given coins needed to operate up to three washers and dryers during the free sessions. Excess donations are used to pay for cookies

and coloring books for children who come in with their families.

"We want the parents to be able to relax so we make it inviting and fun for the children," said Holbrook.

While it isn't possible to confirm who is homeless and who isn't, says Holbrook, doing so would be beside the point. Anyone who comes in during the monthly wash days is offered support. It's up to them to take it or, in some cases, attach themselves to the cause.

"Most of the customers at Paradise are low-income at baseline, and others are truly homeless and in need of our help," said Holbrook. Of course not everyone needs the help, but in many of the cases where they get it, they'll walk over and make a donation once they figure out what it's all about."

The monthly laundry program can accommodate just over 30 guests and their family members, says Holbrook, adding that his chapter typically generates between \$600 and \$700 a month to pay for the services, close to what it costs to provide the service.

While barely breaking even, for now, the Laundry Love chapter is working locally, says Holbrook, to both support the area's homeless and low-income residents, but also build up connections between business owners, residents and homeless individuals all sharing space in the same community.

"We wanted to create a footprint for a community and we are seeing that start to happen as we help more and more people and get the word out," says Holbrook. "Most of our guests now know who we are, what the schedule for the free wash days is, and they are becoming regulars. And, now we have other groups getting involved. Even though the original idea came

"We wanted to create a footprint for a community and we are seeing that start to happen as we help more and more people and get the word out."

MICHAEL HOLBROOK
CO-FOUNDER, LAUNDRY LOVE,
CITRUS HEIGHTS CHAPTER

out of our church, we've invited other churches in the area community to join us and so far we have two supporting our project. This is what it's all about."

For now, there are no plans to expand to other laundromats, both Holbrook and Dower say. Keeping the footprint small makes it possible to strengthen the operation. That said, Holbrook's team is looking for love from other local groups who may want to sponsor monthly wash days.

"We want to keep it simple and sustainable," Holbrook said. "But we are looking for sponsors to support us if they can. I'm sure as the word spreads, we'll start to see other groups get involved and start their own Laundry Love operations and eventually take this thing all over Sacramento County."

For more information about Laundry Love or to start a chapter, visit www.laundrylove.org

To make a donation to Laundry Love locally, support a day of laundry, or get involved, contact:

Michael Holbrook at mich-holb42@gmail.com. ★

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Leading the Small Business Revival

Fair Oaks Chamber Executive Director, Kim Pitillo on Business, Community and Keeping the Lights On

Story and photo
by Jacqueline Fox

FAIR OAKS, CA (MPG) - Four years ago, the Fair Oaks Chamber of Commerce was teetering on the brink of closure. Active membership was roughly 100 and falling and attendance at long-running community events was dwindling. After several years of running the antique car show with her husband at the chamber's annual Fiesta Days, Kimberley Pitillo, an event planner by trade, was asked by the chamber's board to fill the open executive director spot. Active membership to the chamber has nearly tripled since her appointment. She implemented a \$25,000 web site and membership data base upgrade program. The chamber has a fresh logo and tag line. Youth-focused events and ambassador positions are drawing teens away from their smart phones and screens and into service at events that are selling out. Pitillo discusses her strategy for the chamber's revival to, as well as her top areas of focus for the months ahead, including the drive to create a downtown business improvement district for the beloved Fair Oaks Village.

Q: Tell me about how you came to this position.

A: My husband, Joseph and I had an antique car business and we had been running the antique car show at the Fair Oaks Fiesta for many years. We started doing that after we moved here in 1998. That event went from about 60 cars to 300 today, so it is very successful. So we'd been getting involved in the community through that event and then, ultimately, the chamber was going through a turn-over again at the executive level and struggling. It was about to close its doors. I was asked to take over and see what I could do to turn it around. I was literally handed the keys and that was it.

Q: What was membership upon your appointment and how has that changed?

A: I was told it was at about 300 when I started, but when we went in and started culling members who were not renewed, it was closer to 100. I spent a good three-to-four months culling the database to get it down to actual, active members. Today, we've built the

membership base up from 100 active members to about 260. That's a great number.

Q: What was your strategy for expanding membership and keeping the doors open?

A: I started by reaching out directly to local business owners in the community, including expired members, and introducing myself and asking for their support. I also reached out to our board of directors. I wanted every one of them to become part of a team, get more involved with events and attendance at our networking events. I launched a few incentive programs that gave our board members opportunities to win free lunches and gifts in return for their participation. To drive membership, I offered a 50% off membership sale. It was amazing. We got 75 new members in one month. That had never been done before.

Q: What is the average membership renewal rate currently?

A: It's about 90 percent, which is really great.

Q: What other approaches have you incorporated to reinvigorate membership and community support?

A: It wasn't easy, and it took about three years to do it, but I came up with a new logo, a new website and a new brand for the chamber. We have Fair Oaks swag now, like coffee mugs and T-shirts and bumper stickers. Our new tag line is 'We put businesses on the map,' and that's exactly what we are here for. We also have incorporated the use of social media, including Facebook, Instagram and Snapchat and we have created slots for junior members to get involved. They are so great at social media, so we have our younger community residents coming out more and volunteering at our events, tagging our events and getting the word out. That's helped to bring a lot of energy in.

Q: How has social media been used to support your members directly?

A: We've not only begun to use social media to promote our events to help them sell out, but also we've rebuilt our website to include social tools, such as member profiles that link to their social pages, where they can tag events and



Kim Pitillo, Executive Director for the Fair Oaks Chamber of Commerce

post news and updates. The community calendar on the new website is also very effective. A lot of our members are using that tool to keep current and share information. Their own pages on our site are also helping to elevate their search rankings online.

Q: What new events have you created since your appointment?

A: Last year we held our first Business Awards Gala at the Northridge Country Club and it was a successful event. I'd like to grow that event. It was a ticketed event, so it was a fundraiser. But it also served as a recognition event to honor the businesses voted on in the Best of Fair Oaks contest. We also revived the Miss Fair Oaks Pageant, except it isn't about beauty. It's more about choosing a young, local girl to serve as an ambassador for Fair Oaks. We brought that back in 2014 after it had been dormant for about 15 years. We also created a Junior Honorary Mayoral appointment opportunity. We want our youth to be engaged and thrive. They are the future

of our community.

Q: What was the response by the community to you and the changes you've implemented?

A: I've had some struggles. There were volunteers running our annual events for years with absolutely no interest in making any changes, yet they were operating in the red. Our events were upside down. We didn't even have a tent for the chamber to put up at our own events when I got here. So, one of the first areas I had to devote most of my time to was cutting expenses and retooling events. I had to reign in volunteers who were doing and it wasn't always easy. But the fact is, our events are selling out again.

Q: What are your top areas of focus going forward?

A: Now that I have our events retooled, it's all about our brand and supporting the business community. One of the things I'd like to do is expand a member mentorship program linking our members to youth in the community who may have an interest in their line of business or enterprise.

I'd also like to start a 4th Friday event that would draw people in for a day to eat, shop and hang out, perhaps with entertainment in the park around that, something to keep them here not just for a couple of hours, but an entire day. We want to continue build on our brand as a destination opportunity for people living outside Fair Oaks.

Q: The destination opportunity is the concept behind the push to create a Public Business Improvement District (PBID) for The Village. What is the chamber's role in that effort?

A: The chamber absolutely supports the PBID and will continue to do that publicly. But I've had an uphill battle with this town. People, many business owners in the village in particular, can be stuck in old ways and they do not like the idea of a tax. But the fact is, all of our events are held in The Village, which draw thousands of people. And yet, we have business owners who don't even bother to open their doors during the events. So we view the PBID as a way to attract a more diverse mix of retailers, address parking and security issues especially as they relate to the growth of homelessness.

Q: What else is on your front burner for 2018?

A: I'm on one-woman team, for the most part, in terms of organizing. I have a great board and most of them have been supportive of change since I got here. I want to keep that momentum going, but it's just me trying to come up with ideas and execute them all. When I first got here, the focus was on keeping the doors from closing and cutting expenses. Now, it's about expanding what we've done so far and exploring every opportunity for growth for our member businesses. We have a great community. Everyone wants to come here.

Kim Pitillo, Executive Director, Fair Oaks Chamber of Commerce
Served: Since December of 2013
Hometown: West Hills, CA
Years in Fair Oaks: 19
Professional background: Event Planning and Community Organizer
Married, three children ★



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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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You're under no obligation

Dear Dave,
Our son is about to graduate from law school. He took out a loan to cover the cost, but we've always been debt-free and have been paying on it to help him out while he finishes his studies. The balance on the loan right now is around \$30,000. He has a job waiting for him after he graduates, so we're thinking about telling him it will be his responsibility to finish paying off the loan at that point. Is that wrong?
-Pat

Dear Pat,
There's absolutely nothing wrong with a young law school graduate earning a living and paying off his own debt. I hope he appreciates how generous you both have been, but you shouldn't feel as if you're obligated to continue making these payments after he finishes school and begins working.
Now, if you decide to pay

Dave Says

it off for him as a gift for successfully completing law school — and you're in a financial position to do so without hurting yourselves or your future — that's fine, too. It would be another incredibly generous act. And in my mind, generosity of that magnitude should be met with gratitude and appreciation of equal measure.
If you choose this route, let him know how and why you were able to give him this gift. Don't hold it over his head or beat him up with it, but stress the importance of being wise with money, saving and investing, and staying out of debt in the future. Let him know if he'll follow your example, he might be able to do the same kind of thing for his kids someday. That would be a wonderful thing to see, wouldn't it?
—Dave

Used car mileage?
Dear Dave,
I know you advise most people to buy used cars. Do you have a rule of thumb for a mileage limit when it comes to buying a used vehicle?
-Paul
Dear Paul,
No, not really. Sometimes

mileage alone can be a good indicator of the quality of a used vehicle, but that's not always the case. I would also advise doing a little research, and maybe letting a trusted mechanic have a look to determine if there are any issues that might give you trouble soon.
The more inexpensive, and cheaply made a car is, the more likely it becomes that it would be worn down by higher mileage. Some vehicles start to get a little ragged at 100,000 miles, while others — some of the better makes — are just getting a feel for the road at that point. Of course, a lot depends on your budget, too.
Overall, I would advise you to look for something that has a good reputation, a solid history, and as little mileage as possible. There are good, used cars out there that will last for years!
—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.

Addressing the Damage of Meth with Collaboration

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - While the opioid crisis holds a high-profile spot in national news, methamphetamines (meth) are highly addictive and continue to be a serious issue across the country and for Sacramento County. Through persistent planning, tenacious understanding and far-reaching collaboration, Sacramento County has delved into the complex issues to tackle the devastating consequences of meth abuse on our friends, family and community.
On November 1, more than 130 gathered at the Sacramento County Methamphetamine Symposium. These participants from community-based organizations, public health, mental health, child welfare, homeless advocates, law enforcement, criminal justice, environmental management, hospital systems and members of the public joined together to better understand meth and the impact it has across these systems. The goals of the symposium were to also promote education, awareness and collaboration, explore funding for treatment, set community priorities and work together on addressing meth use and abuse.
“Drug abuse is a preventable behavior and drug addiction is treatable. Those who abuse or are addicted to meth have complex treatment needs that require concurrent and coordinated efforts to address medical, psychiatric and psychosocial problems,” said Uma Zykofsky, Sacramento County Behavioral Health Director and Alcohol and Drug Administrator. “Recovery does happen with the right interventions and supports.”
The Sacramento County Department of Health and Human Services, Alcohol and Drug Services Unit began working to meet abuse and addiction treatment needs by developing a strategic plan in 2015 with the development of a special workgroup that



This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity.

consisted of more than 20 participants from county departments and organizations. This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity. <http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>
“One of the lessons we learned was that for us to get an effective response to methamphetamine use in our community, we had to leverage all community resources and work together to successfully assist people toward wellness and recovery,” said Lori Miller, Sacramento County Health Program Manager for the Alcohol and Drug Services Unit.
Anyone who uses meth is susceptible to becoming quickly addicted and there is no particular socioeconomic status or cultural background the drug targets. However, what is all too common is the devastating impacts the drug has on those who use it and their children and families. Meth also has tremendous economic and social costs for our community, burdening our public health and social services programs, as well as our law enforcement agencies.
At the November Symposium, several courageous people told their stories of meth abuse and their successful treatment to battle addiction — one of whom was Wes Colter. Wes, raised by an alcoholic father, endured neglect and abuse where he ended up on the streets

at age 12. He was then introduced to meth, becoming a daily user and seller at the age of 15 and was in and out of Juvenile Hall, the County Jail, and ultimately was in prison by age 19. Just before turning 29, Wes began Sacramento County services for alcohol and drug treatment, mental health, homeless/transitional housing and self-help, all of which helped him become clean and sober. “I still have battles and I still struggle, but, now I have the help and support to maintain a healthy lifestyle,” said Colter. Wes now has more than 10 years of sobriety, is married, a father and stepfather, member of his church and is working in the field of substance use disorder treatment.
Prevention and education are key. Learn the signs and symptoms of meth abuse; take the time to talk with your kids about alcohol and drugs; and if you see something in your neighborhood that you are concerned about, contact your law enforcement agency, or if your concern involves children, contact Sacramento County Child Protective Services. These partner agencies have the knowledge to assess the situation to get them the services they need.
Learn more about Sacramento County Department of Health and Human Services, Alcohol and Drug Services and review a compiled list of resources on the Centers for Disease Control and Prevention (CDC).
[See <http://www.saccounty.net/news/latest-news>](http://www.saccounty.net/news/latest-news)
Source: Sacramento County Media

STATEPOINT CROSSWORD • PEARLS OF WISDOM

CLUES

ACROSS
1. "No way" partner
6. Lending letters
9. Basketball star Nowitzki
13. "Love," à Paris
14. ____ date
15. Kind of chisel
16. Infamous Ford model
17. Stuff in a tray?
18. Romanov's edict
19. Bony chest plate
21. *It makes the heart grow fonder
23. *You can't make an omelet without breaking one
24. Border
25. Prune
28. Block of granite, e.g.
30. Whacko one
35. Eye layer
37. Author Murdoch
39. Paparazzo's quest
40. Common allergens
41. *Sure sign of fire
43. Like nay-sayers
44. Rid of obstructions
46. Done to trouble
47. Asian weight unit
48. Cold sore, e.g.
50. Object of worship
52. 9 to 5, e.g.
53. Not of the cloth
55. Famous frat house
57. *Louder than words
61. *They can't be choosers
65. Allocated quantity
66. Famous T-Rex
68. Cereal killer
69. Prodded
70. **No ____ crying over spilt milk*
71. Recycle, in a way
72. H or O in H2O, e.g.
73. **You can't make a silk purse out of a sow's ____
74. Make tea, e.g.
DOWN
1. Middy slumbers
2. Fail to mention
3. Use a whetstone
4. Grossly unconventional
5. *Two of these do not make a right
6. Genesis man
7. Pimple fluid
8. ____ center for help
9. Home of Blue Devils
10. Ali Khamenei's domain
11. CISC alternative
12. Genuflecting joint
15. Serious quarrel
20. Tangerine-grapefruit hybrid, pl.
22. Ballerina's do
24. Non-living
25. *No such thing as a free one
26. Egg cell
27. ____ Cottontail
29. Picture on a coat?
31. Not this
32. Actor Hill
33. Weasel's aquatic cousin
34. *A watched pot never does this
36. Hurry up!
38. Row of vagrants
42. With a jagged margin
45. Follows aim and shoot
49. ____ Diego
51. They're usually golden or amber
54. Question in dispute
56. White heron
57. Caribbean color
58. Like a short reply
59. Burkina Faso neighbor
60. Big-ticket ____
61. Duff in Springfield, e.g.
62. Flu symptom
63. Kate Winslet in "Titanic"
64. *Beginning of a thousand mile journey
67. "This land is your land..."

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19					20			21	22				
			23				24						
25	26	27		28		29		30		31	32	33	34
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				

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Crossword Puzzle Solutions on Page 4

SUDOKU

GOT KNEE PAIN?

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

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

Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

Many people have never heard and/or realized Almighty God is interested in them. They have never considered that it was out of love - God created them, and/or in fact everything. He recognized His own need to experience love and acceptance from intelligent human beings. Often people never consider God and/or don't know about Him at all. Knowing a magnificent God is an abundant experience full of blessings.

Maybe others were raised

Your Destiny is to Connect With God – Become ‘Who’ God Designed You to Become!

in one religious denomination or another and as they grew older discarded any thought of it. There is an obvious reason why all religions seem to bring some form of “conviction” into a person’s life. It is human nature to be threatened and demonstrates we all were created with a conscience to know right from wrong. God’s plan is to guide and help each one of us in life’s experience to become ALL we can become to help and build up our world.

God is not only the Creator of every life, but He is also the Divine Director who has designed a specific plan for each life and He seeks to be known and heard. When we grow-up we realize that our Creator’s Divine plan is for each individual to become exactly “WHO” He desires us to become. And unless we know and recognize that fact, we will strive in many different directions that will take us away and off the path our

Director planned when He created us. (Note: the enemy of God does everything possible to cause separation to occur. Do not listen to him.) Yet, God’s Holy Spirit is there and will do everything possible to help us move in the right direction. Our Creator desires an intimate personal relationship with us. One - that will last forever throughout all eternity.

Because we do not have to do-it-alone, we can accept that when God is in it, we will become more than we ever imagined we would be. Our Divine Director is also our best friend, helper, encourager and inspiration. His promise in His book, the Bible and tells us that He will never leave or forsake us!

Marlys Johnsen Norris
Christian Author of 6 Books
God Moves Mountains,
Marlysjn@gmail.com



By Pastor Ray Dare

If you have food in your refrigerator, cloths on your back, a roof over your head, a place to sleep at night, you’re already richer than 3/4th’s of the world’s population! If you have any money in the bank, a little money in your wallet, spare change laying around, you’re in the top 8% of the richest people in the world! You are blessed! Not to mention the freedom we enjoy in America. We can attend church and read the Bible without fear of harassment, arrest, torture and even death...there are 3 billion people on this planet that cannot do that. You are blessed! Why?

Why would God allow you to live in one of the wealthiest counties, in one of the wealthiest states in the wealthiest country in the world? Why

Pastor Ray's Encouraging Words

You Can Learn Happiness

would God allow you to live at this point and time in the history of the world, in this place? God blesses you so you can be a blessing to others.

God doesn't want to just bless your life. He wants to use you in a great way. God doesn't want to just bless you so you can feel good and go, "Isn't God good...I feel so blessed." No! He wants to make you a blessing to others. The more you share the more God is going to bless your life.

"God can bless you with everything you need, and you will always have more than enough to do all kinds of good things for others." 2 Cor. 9:8 (CEV) God says, "I've blessed you abundantly so you can bless others abundantly." You may think, "Pastor Ray I don't have an abundance." Oh yes you do! You have more than 92% of the world! You live in the richest nation in the world and most likely you have more than most in this nation. So you can't give that excuse.

Here's how it works. You start with what you've got. You start blessing others with what

you've got and God will give you more. I've practiced this in my own life for over 37 years. You start sharing what you've got and God will give you more. You don't say, "When I get to a certain level...When I achieve a certain thing...When I get more time...When I get this paid off." No! You start with what you've got and God will give you more. God wants to bless you so you can bless others so He can bless you more...so you can bless others more...and on and on.

Here are some things to ask yourself: What am I good at, that I could do for other people? Just to be a blessing. What do I have that I could give to somebody who needs it in order to be a blessing? Not loan somebody, but give expecting nothing in return. If you want God's blessing start being a blessing to others.

Pastor Ray
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Public Reminded to “Be Flood Ready” Before Winter Storms

SACRAMENTO, CA (MPG) - The California Department of Water Resources (DWR) recently commemorated California Flood Preparedness Week by encouraging residents to prepare for flood season. “Extreme weather and natural disasters are a way of life in California,” stated Jon Ericson, acting chief of the state’s Division of Flood Management. “Taking the right steps now can mean all the difference to you and your family if flooding occurs.”

More than 7 million California residents are at risk of flooding, and many don’t realize it. Flooding happens throughout the state, from rural communities to urban areas, at the base of hills and along the coast. In fact, every California County has received a flood-related emergency declaration in the past twenty years.

This year many communities

are at an extra risk for flooding because of wildfire damage. Flooding after wildfire is often more severe, as debris and ash left from the fire can form mudflows. These mudflows can cause considerable damage that is not covered by homeowner’s insurance, however if the mudflows are related to flooding then NFIP flood insurance may cover the damage. Please check with your insurance provider for details.

Be Flood Ready by following these steps: Talk to your insurance agent about buying flood insurance, or contact the National Flood Insurance Program for information. 1-800-427-4661; Make an evacuation kit. Tips are available at: www.redcross.org/ ; Make an evacuation plan. Familiar routes may not be accessible during a flood; Stay informed during heavy storms; Don’t walk or

drive through flood waters. Just 6 inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.

More information is available at: <https://www.ready.gov/floods>

DWR also cautions the public not to wait if they are told to evacuate, as first responders may not be able to reach residents later.

The state, through DWR’s Emergency Rehabilitation Program, is coordinating with local, state and federal agencies to support repair and rehabilitation work on project levees damaged during the 2017 storm season. The state has committed \$80 million to repair 30 critical sites this year, prepare designs for 10 more future sites, and jointly prepare contingency plans for 100 additional sites in preparation for this year’s rainy season.

Source: DWR



POPPOFF!

with Mary Jane Popp

Life Journaling

Would you like to access the more expansive spaces in your mind? Would you like to tap into positivity to boost happiness and confidence? Would you hope to achieve internal and external healing resulting from awakening to a higher consciousness? What if I told you that you can find personal meaning by journaling? Lots of questions, and **Briana Borten and Dr. Peter Borten** told me on POPPOFF you can do it. Their book “**Rituals for Transformation**” tells us how in a 108 day journey to your sacred life. **Briana** is a Mastery coach and certified practitioner of Ayurvedic medicine and **Peter** is a Doctor of Asian medicine. According to both, studies show that a regular writing practice enhances self-awareness, helps release and reframe the past and supports goal achievement.

Sitting down with a blank sheet of paper can be daunting.

To get past that first step of putting pen to paper, you can use any of the following topics to get you started. **1) DESCRIBE YOUR GOLAS AND RECORD YOUR PROGRESS.** You’re much more likely to achieve your goals if you simply write them down. The process of writing your goals signals your brain that they are important, and then your brain organizes and prioritizes based on that information. Journaling also lets you expand upon those goals and push yourself to dream more. Then, write about your progress. **2) EXPLORE AND RESOLVE CHALLENGING EXPERIENCES AND EMOTIONS.** We all face difficulties in our lives and relationships, but it’s what we do during these times that make the difference in our overall happiness. Journaling can relieve the stress of these situations and put things into context so you can process and release the emotions. **3) TAKE TIME FOR SELF-REFLECTION.** Tap into what’s going on with you. How are you feeling? What’s taking up room in your thoughts? Putting your musings, ideas and feelings onto paper will help you understand and assimilate them so you can move

forward with more joy and grace. **4) DEVELOP YOUR INTUITION.** Journaling is like speaking to yourself and listening at the same time. If you have any concerns, issues or questions, write them down and ask your unconscious to come on board while you’re meditating or sleeping to bring answers beyond your normal awareness. You might be surprised what creativity and inspirations come to you. **5) REFLECT ON THE POSITIVE THINGS IN YOUR LIFE.** Writing about a positive experience lets your mind relive it, which boosts confidence in your ability to create happiness. Start by simply making a list of five things for which you are grateful. As you do this, you’ll become aware of the awesomeness that’s already present in your life. Writing about good experiences changes your orientation from scarcity and stress to abundance and peace.

Naturally this is the just the tip of the iceberg for achieving happiness and peace. The rest of the story is in “**Rituals for Transformation.**” Check out www.dragontree.com. The next step is taking that 108 day journey to your sacred life. **HAPPY TRAILS!**



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With Vocalist Christa Burch And Irish Dancers

Fri, Dec. 8, 2017 7:30pm

St. Michael's Episcopal Church
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- Compliance before or after a regulatory inspection?
- One-on-one onsite help at your business with local, state, federal regulatory compliance and permits?
- Compliance with new and existing regulatory and permit procedures?

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County of Sacramento including the cities of Sacramento, Folsom, Citrus Heights, Rancho Cordova, Elk Grove, Galt.

The Business Environmental Resource Center (BERC) is a free and confidential non-regulatory consultation service designed to help start-up, new and existing businesses navigate and comply with environmental and regulatory permit requirements. BERC Consultants clearly help guide you through the process, which **saves you time and money!**

Regulatory and Permit Assistance : Hazardous materials and wastes (including electronic reporting), Health Permits for food businesses (food trucks/carts, restaurants, markets, gasoline stations, including homebased operations), Air quality, Building inspection, Business license, Economic Development, Planning/Zoning, Solid Waste & Recycling, Cal-OSHA, storm water and Waste Water.

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ILoveMyFarmersMarket.com

Teens Helping Behind the Scenes

Kids Helping Kids Planning Big Gala Return



KHK is being of service to those less fortunate. Willy Lopez (above), a KHK volunteer and senior at Del Campo. Clay Stevens (at right, graduated already) with a student. Photos courtesy KHK

Continued from page 1

the world at large, while learning the ins and outs of running a nonprofit. Secondly, be of service to those less fortunate.

To date, KHK Sacramento has raised roughly \$500,000 for individuals and families within its four core areas of service, according to Lindsey Terra, the nonprofit’s director of marketing, currently a senior at Del Campo. Those include a tutoring and mentoring program for youth; the College Bound program, which offers foster and at-risk youth support with the transition from high school to college; financial aid for families with children fighting cancer through a new partnership the Roseville-based Keaton’s Child Cancer Alliance launched this year; and, on a global scale, funds to support the Love, Light + Melody Foundation, which works with underserved children in Nicaragua.

“This is our signature event and it is going to be amazing,”



Terra said. “We start planning this just about as quickly as we wrap up the previous gala, so a lot of work goes into it. And although we do have mentors in the community, it is primarily executed from top to bottom by the KHK team of students.”

Proceeds from the KHK annual gala represent the largest chunk of funding for the nonprofit each year. The 2017 gala generated roughly \$146,000, Terra said.

The KHK gala’s silent auction will offer opportunities to bid on a range of high-end gift baskets, donations from local restaurants and retail shops and several big-ticket items, including Napa Valley wine tours, passes to big sporting events and other “vacation experiences.”

The gala is a fundraiser, to be sure, but it’s also the organization’s annual recognition event,

spotlighting the teens behind the scenes who put time and effort into the operation and management of its core programs, as well as KHK’s sponsors, mentors and supporters.

“This is truly our largest fundraiser of the year,” said Terra. “But it is also our annual party to recognize all of the great people who work to put everything together, as well as our generous supporters. We couldn’t do it without them. It’s the one place we can get everyone in one room to say ‘Thank You.’” ★

IF YOU GO:
Kids Helping Kids
2018 Gala
Harris Center
for the Arts
Thursday, Jan. 8, 2018
Tickets: www.kidshelpingkids.org

Many Healthy Servings

Church Program Blesses Both Guests and Volunteers

Continued from page 1

areas. The program gives these to guests attending the dinners.

Volunteers from many different churches or no church at all help with the program. Martinez still cooks for the program, and her “sidekick,” as she calls Ngatia, helps her. “She’s wonderful,” Martinez said. “She loves to cook, so when she came to help it was a blessing.” On a recent Wednesday, 85 homeless or needy men, women, and children received dinner and additional food. Around 16 volunteers helping that day found the project on JustServe.org and joined the 15 volunteers who serve there regularly, such as Martinez, Ngatia, and Schaefer.

You can sign up to volunteer for the Holy Family Catholic Church Food Service to the Needy project by going



Bella Vista High School students help slice bread for the needy at Holy Family Catholic Church in Citrus Heights. In front are Bella Vista High School seniors Sydney Hart, 16 (left), Anna Lower, 17, and Sarah Dunham, 17. “I feel like I’m helping the community in a special way that not a lot of people realize,” Sydney said. Photo by Margaret Snider

to the JustServe website at <https://www.justserve.org/projects/c26eaa1b-31c7-48a3-99f6-2fb6311ea6f7>. Or go to www.justserve.org and enter your town or zip code to find a variety of projects and ways to serve in your community.

Holy Family Catholic Church is located at 7817 Old Auburn Rd., Citrus Heights. The program is closed only on the Wednesday before Thanksgiving and the Wednesday between Christmas and New Year. ★

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Wed., March 7**
11:30 am to 12:30 pm

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To RSVP or More Info: **916.732.2020**

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If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

www.EastLawn.com



**By County Supervisor
Susan Peters**

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

California International Marathon

Thousands of runners are expected to be racing through our neighborhoods on Sunday, December 3, during the annual California International Marathon. The 26-mile grueling trek begins 7 am in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand out of town visitors travel here to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc.

Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route so Fair Oaks, Carmichael and Arden Arcade residents south of that roadway may find themselves "land-locked" while the race is in progress

FAIR OAKS COMMUNITY UPDATE

due to street closures.

These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon's webpage at runcim.org.

Sac International Airport Update

Do your holiday travel plans involve going to the airport? A new map on the Sacramento International Airport parking webpage can show you what parking spaces are available -- and where. Check it out by going online to sacramento.aero.

There is no app available but you can access the information through the airport website via a smart phone or tablet that will display a graphic using a green-yellow-red scale, with green indicating ample availability, yellow showing limited availability and red indicating almost full along with a map showing the number of spaces available at each parking facility -- and these maps are updated dynamically on the website and refreshed every five minutes.

And remember you can avoid circling around the terminals to pick up passengers by using the Free Waiting Area -- also known as the Cell Phone Lot. Located near the Interstate 5 entrance/exit, this lot has convenient access to both terminals so once your intended arrival is ready all they have to do is call you on your cell phone and you can

proceed to pick them up at curb side.

Holiday Gift Ideas

Need help looking for some unique gifts this holiday season? Here are few suggestions that may help you with your shopping and assist a good cause at the same time.

The Sacramento Sheriff K-9 Association has an online store available at ssdk9.com featuring a number of specialty items including calendars for 2018 and clothing, etc. Proceeds benefit this non-profit organization that supports our four-legged canine deputies.

Show your support for the American River Parkway by purchasing a yearlong unlimited Parks Pass which is a great gift for joggers, bicyclists as well as outdoor recreationists who frequent the Parkway. Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pond Recreation Area or online at arpf.org.

And the Effie Yeaw Nature Center offers a wide selection of unique and personal gifts for nature-lovers through its Discovery Shop available online at sacnaturecenter.net or visit the center at Ancil Hoffman Park in Carmichael.

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



You're Invited!

Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event. This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks, CA 95628

When: Thursday January 25, 2018 • 5:30 to PM-7:30PM

Cost: Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call 916-967-2903 or go to FairOaksChamber.com.

Contest Rules

Business must be located in Fair Oaks.

All votes must be received no later than December 31, 2017 at 5:00 pm at the office of Messenger Publishing Group.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.

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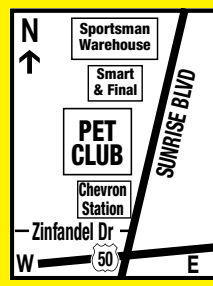
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With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family ARM
Effective 11/29/17 - 12/5/17

COUPON

\$750 OFF

ANY PURCHASE OF PET OR FISH SUPPLY
(Excluding Pet Food or Litter)
Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324
Limit: 1 Coupon Per Family ARM
Effective 11/29/17 - 12/5/17

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

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Effective 11/29/17 - 12/5/17

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Effective 11/29/17 - 12/5/17

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16 Lb Bag
•Surfing & Turfing •Seafood •Indoor

Limit 2 Bags **\$9.99**

Effective 11/29/17 - 12/5/17

9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 11/29/17 - 12/5/17

FANCY FEAST GOURMET CANNED CAT FOOD

All Varieties except Elegant Medley

3 Oz Limit 2 Cases per Family **20/\$11.00**

Effective 11/29/17 - 12/5/17

JONNY CAT PREMIUM CAT LITTER

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•Regular •Multiple Cat Formula

Limit 2 Bags **\$3.29**

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STOKES SELECT BELLE FLEUR Hummingbird & Wild Bird Feeders

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OUR SUPER LOW PRICES

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PENGUIN 150B	30 Gal.	\$24.99
PENGUIN 200B	50 Gal.	\$29.99
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Effective 11/29/17 - 12/5/17 ARM PLU 569

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Effective 11/29/17 - 12/5/17 ARM PLU 449