



**Leading the Leaders:
DOVIA Sacramento
Supports Non-Profit
Volunteer Managers**
PAGE 2

**What? Fair Oaks
has a Mayor?!**

PAGE 3



AMERICAN RIVER Messenger

"Written by the people, for the people"

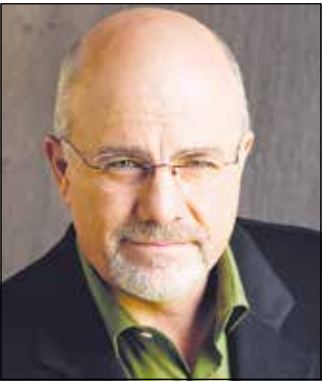
VOLUME 12 • ISSUE 17 Serving Fair Oaks, Orangevale & Sacramento County SEPTEMBER 1, 2017

**FREE MONEY
DOESN'T EXIST**



PAGE 10

**TURN THIS INTO
A BLESSING!**



PAGE 5

**A NEW
INCONVEIENT
TRUTH**



PAGE 8



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!

MPG

To place your legal
advertising, go to

CarmichaelTimes.com

Loud and Proud



The 2017 California Capital Airshow is proud to host the VFA-106 Gladiators and their "Super" Hornet Tactical Demonstration. Photo courtesy CCA.

SACRAMENTO REGION, CA (MPG) - Come out to Mather Airport, September 9th & 10th, and experience the full-tilt capabilities of this extraordinary aircraft. The use of maximum-afterburner will leave you spell-bound as the skies above Sacramento come alive with freedom's roar! Absolutely nothing beats watching this mesmerizing show onsite. Get the inside scoop on the Super Hornet below!

All the way from Naval Air Station Oceana, Virginia, Strike Fighter Squadron 106 is proud to showcase the F/A-18 to audiences around the world. Airshows are the best place to see a Super Hornet in action. The Tactical Demonstration or "Tac Demo" team flies the F/A-18 as close to the "edge of the envelope" as safety and prudence allow. The routine highlights the Rhino's maneuverability and slow-speed handling characteristics and is designed to showcase the mobility, versatility, and power of the F/A-18 for the citizens who look to the Navy for the defense of freedom. From the high "G" minimum radius turn to

the slow speed "high-alpha" pass, the Demo flight puts the Rhino through its paces!

Each maneuver is meticulously rehearsed by Demo Team aircrew, first in the simulator, then in a series of qualification and practice flights. Demo aircrew are Fleet veterans, chosen for their abilities, knowledge, and experience. Throughout the show, adherence to procedure and the safety of observers are paramount. Although the maneuvers are dynamic, Demo team members adhere to guidelines established by VFA-106, the Navy, and the FAA to ensure their safety and that of the local community.

Larger and heavier than the Legacy Hornet, the F/A-18 Super Hornet represents the 21st Century's first truly multi-role fighter. Using the lessons learned from the original Hornet, the "Rhino" brings advances in avionics, weapons capabilities, radar and sensors, and stealth technology. The Rhino not only carries combat artillery but also can provide valuable reconnaissance and air-to-air refueling support to the U.S. Fleet.

After entering service with the Fleet, the Rhino quickly found itself in combat in the skies over Afghanistan and Iraq. Its increased fuel and ordnance carriage make the Rhino an asset to American combat operations around the world. With the capability for future growth in weapons and on-board systems, the Rhino will remain a credible strike-fighter for years to come.

Designed and initially produced by McDonnell Douglas, the Super Hornet first flew in 1995. Full-rate production began in September 1997, after the merger of McDonnell Douglas and Boeing the previous month. The Super Hornet entered service with the United States Navy in 1999, replacing the Grumman F-14 Tomcat, which was retired in 2006; the Super Hornet serves alongside the original Hornet. The Royal Australian Air Force (RAAF), which has operated the F/A-18A as its main fighter since 1984, ordered the F/A-18F in 2007 to replace its aging F-111C fleet. RAAF Super Hornets entered service in December 2010.

Source: CCA

County Working Toward No Place Like Home Grant

SACRAMENTO COUNTY, CA (MPG) - No Place Like Home (NPLH) is a new State program that will provide counties with grants in 2018 to provide critically needed housing for chronically homeless individuals who are also struggling with mental illness. Sacramento County will be applying for NPLH funding as an essential piece of our "housing first" approach to reducing homelessness.

As a first step toward pursuing those funds Sacramento County will be working with a consultant to lay the groundwork for a plan that will align with No Place Like Home specifications.

"Permanent supportive housing options are critical to people experiencing homelessness and who are also in need of mental health services," said Patrick Kennedy, Sacramento County District 2 Supervisor and Governor Brown's appointee to the No Place Like Home Advisory Committee. "Securing these funds will be a critical component of success in addressing the needs of this vulnerable population in the Sacramento region."

Paul Lake, Sacramento County's Deputy County Executive for Social Services, worked to ensure collaboration with key stakeholders when the planning committees began to meet in late 2016.

"Broad representation from advisory bodies, advocates and cities was essential for ensuring the appropriate people were sitting at the table," Lake said. "Collaboration is imperative as we move forward to successfully address issues around homelessness in the Sacramento region."

The NPLH Steering Committee includes Sacramento County's Director of Homeless Initiatives as well as representatives from the County's Departments of Human Assistance and Health and Human Services, the Mental Health Services Act Steering Committee and the City of Sacramento's Mayor's Office.

Additionally, the NPLH Advisory Committee includes the County's Homeless Services

Continued on page 3

Cluck N' Crow Your Best!

FAIR OAKS, CA (MPG) - It is that time of year again for some great food and long belly laughs at the annual Chicken Festival. If you haven't heard it before, be sure to be there by high noon for the Cluck N' Crow Contest. Sometimes it is just plain fun to watch your neighbors make complete fools of themselves in front of others as they try to imitate animals.

The event is scheduled for Saturday, September 16th. The festival begins with a pancake breakfast from 8:00 am to 10:30 am. The cost is only \$6. Throughout the day the festival offers some of the best food trucks and food

vendors in the region. Come hungry, bring cash. The food has always been good.

There are dozens of local crafts booths with quality items available for sale. Bring your own bag and start the Christmas shopping early, or just buy some really neat stuff all for yourself.

Do you enjoy a good brew once in a while? The craft brew tasting begins at 11:30 am and serves until 5:30 pm. Tastes are only \$3 each.

Live entertainment includes Jax Hammer, Cherry Bomb and FBI.

Admission to the event and parking is free. There's lots of shade and cool

stuff to see.

The Chicken Festival is presented by Fair Oaks Recreation & Park District. It is sponsored by SMUD and Big Green Egg. Find out more at www.FairOaksPark.org.



WWW.AMERICANRIVERMESSENGER.COM

Leading the Leaders: DOVIA Sacramento Supports Non-Profit Volunteer Managers

Story and photos
by Jacqueline Fox

SACRAMENTO REGION, CA (MPG)

- With few exceptions, among the most important individuals behind any successful nonprofit organization, including its return on investment, are its volunteers. But how do you find them, keep them motivated and give them the tools to they need to effectively make an impact?

Enter DOVIA, or Directors of Volunteers in Agencies, which has chapters across the country, including Sacramento. The Sacramento Chapter is currently celebrating 40 years of service, providing some 100 volunteer managers from a vast range of non-profit agencies, most of whom are members, with the support they need to successfully build and serve their core of volunteers.

DOVIA workshops and trainings offer ideas for learning how to motivate volunteers, as well as avenues for members to connect with other volunteer leadership professionals and collaborate and exchange ideas.

Rachele Doty, is the volunteer coordinator for First Call Hospice in Citrus Heights. She also serves on the board of directors as vice chair for DOVIA, Sacramento. She views the organization as an indispensable resource, where, through workshops, trainings, networking and annual conferences, she can access an evolving and valuable exchange of information on relevant issues facing professional volunteer managers, no matter the size or scope of their agency's mission.

"I have just on-boarded 20 new volunteers at First Call Hospice, so I have been utilizing every tool and workshop



DOVIA members and presenters at the "Great Presentations" workshop held Aug. 10 at Bayside Church in Midtown, Sacramento.

or training I have under my belt through my membership with and my role on the board of DOVIA," said Doty. "The agency is absolutely critical for anyone who is working with volunteers. You get the support you need to promote your own growth but also the growth and development of your volunteers, whether you're part of an executive team or some other administrative department."

Dues for membership to DOVIA are \$55 for one year for those who are signing up as an employee of a non-profit agency, and that fee allows for the bundling of two employees from the same agency. For individual memberships, the annual fee is \$30.00, all nominal fees for access to support for trainings

and a lot of changing faces, so it's critical that I keep up with new trends in recruitment and retention of volunteers. We depend so much on our volunteers and they deserve the best leadership available to them."

Lynne Moore is a member support specialist with the Girl Scouts Heart of Central California Council, one of 112 councils in the nation. She and several colleagues from her agency recently attended a DOVIA workshop at Bayside Church in midtown, Sacramento focused on delivering effective presentations to volunteers. For her, the workshops and DOVIA membership provide unsurpassed support and education needed to oversee the some 300 volunteers that support her council.

"I get so much from my membership," said Moore. "I have a lot of moving parts in my job

and a lot of changing faces, so it's critical that I keep up with new trends in recruitment and retention of volunteers. We depend so much on our volunteers and they deserve the best leadership available to them."

The biggest challenge many non-profit organizations face with respect to volunteers, says Doty, is finding them.

"That's an ongoing battle for everyone in the capacity of recruitment," Doty said. "One of the things we focus on with our workshops and trainings is how to utilize all of the available tools out there to reach potential, new volunteers. That includes social media apps, creating events to attract volunteers and how to effectively get the message out to volunteers in the community about your organization and its mission."

Meredith Holkeboer is the Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento. To say she's landed her dream job would be an understatement. She also finds her membership with DOVIA as invaluable. It has provided her with the tools to network with other volunteer coordinators and share ideas for how to keep volunteers engaged and impassioned about their work.

"The unpaid volunteers that support us are critical to our mission, so I am always on the search for new tips and ideas for how to work more effectively with our volunteers at Shriners," Holkeboer said. "I get a lot out of my membership. I learn new things every time I attend a workshop or a conference and I am reminded that I'm a part of a unique group of leaders out there who are overseeing people who make a choice whether to keep showing up and helping out."

DOVIA will cap its 40th year with participation at the

upcoming annual conference on Tuesday, Oct. 24 at Shriners Hospital. The ALIVE Hybrid Conference: Take the Leap | Embrace Change, will feature presentations for DOVIA members by four internationally renowned volunteer leaders with workshops centered on

are open to both members and non-members. Next year, the chapter will be taking a deep dive into the world of corporate giving, offering members in-depth trainings centered on how to make and maintain strong relationships with corporate giving managers who oversee employee volunteer pools in the community.

Presentations are planned by the heads of corporate giving departments from various companies who will provide DOVIA members with insights on how to recruit from their employee base and what their companies look for when determining which non-profits to support—something that can shift from year to year, depending on the nature of the economy and community needs.

"We are very excited about our plans for working with corporate giving representatives next year," said Doty. "Corporate support is very important to every non-profit, regardless of the size or what their particular mission is, so that is one huge part of what we'll be focusing on next year."

Other areas of focus for upcoming workshops will include stress management, supporting volunteer managers with tips and tricks of the trade to keep their volunteers from



(L-R) Mariann Eitzman, volunteer coordinator, Bayside Church, Roseville, Rachele Doty, volunteer coordinator for First Call Hospice and vice chair, DOVIA, Sacramento, and Meredith Holkeboer, Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento, at a recent workshop lead by Eitzman on giving presentations.

navigating organizational and professional changes.

DOVIA, Sacramento offers two, two-day trainings each year as a part of its membership focus, as well as monthly workshops, speaker events and other educational sessions. These

overpowering or, in some cases, de-railing the mission. And, just as importantly, training support will provide members with ideas for keeping their sanity when volunteers drop off, a phenomenon that, unfortunately, "goes hand-in-hand with our profession," Doty said. ★

FREE

HOME ENERGY CONSERVATION PROGRAM

The Home Energy Conservation program provides free home energy improvements for Sacramento area homeowners with low-to-moderate income.

FOR THOSE WHO QUALIFY, THE FOLLOWING CAN BE PROVIDED AND INSTALLED – FOR FREE:

Weather-stripping

Energy-efficient lighting

Water-saving shower heads

Electrical wall plate and water heater pipe insulation

Visit rebuildingtogethersacramento.org or call **(916) 455-1880**

This program is a joint effort of the Sacramento Association of REALTORS® Charitable Foundation, the Sacramento Metropolitan Air Quality Management District, Rebuilding Together Sacramento and Sacramento Municipal Utility District.

Program operated by

home energy conservation program

Not All Home Care is Alike

Home Care Assistance Provides the Industry's Best Caregivers!

- Home Care Assistance is the only senior care company with a **Home Care University** to train and develop caregiver employees.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.

Call Your Local Office for a Free Assessment Today!

916-485-4663 | www.HomeCareAssistanceCarmichael.com

County Working Toward No Place Like Home Grant

Continued from page 1

Manager, Veterans’ Services Officer, and Behavioral Health Director as well as representatives from Mental Health and Alcohol and Drug Advisory Boards, the Homeless Continuum of Care Advisory Board, the Sacramento Housing Alliance, and the Steinberg Institute, among others.

Members on the Program Development Work Group include representatives from the Cities of Folsom, Elk Grove, Citrus Heights, Galt and Sacramento.

NPLH funding is vital for the County because in order to fund NPLH, the State will be withholding the County’s Mental Health Services Act growth revenues, which will create shortfalls in funding mental health programs.

However, through prudent use of reserves, the County will continue to sustain those programs while pursuing new opportunities the NPLH grant will provide to

address chronic homelessness in the Sacramento region.

The permanent housing would be linked to on- or off-site flexible, voluntary and individualized services to retain housing, improve health, and live and work in the community.

The county’s next step is submitting the grant application, due September 30. Project funding is anticipated to begin in 2018.

Source: Sacramento County Media ★

Local United Way Builds Social Services with IBM Donations

SACRAMENTO REGION, CA (MPG) - United Way California Capital Region has received a SafetyNet technology grant from IBM valued at \$300,000 that will help improve services to the people of the greater Sacramento area. The local United Way was one of only a handful of organizations selected in 2017 by IBM for its new SafetyNet grant program. IBM SafetyNet provides customizable software, pro bono consulting and training services, and hosting in the digital cloud to store information securely, conveniently and reliably.

“As a United Way board member, I know the value that donors place on demonstrable outcomes in choosing where to give. SafetyNet is a foundational tool for evaluating the progress of United Way’s work toward achieving desired outcomes,” said Kim Hewitt, IBM executive in Sacramento. “As an IBMer, I am proud that we are making assets such as SafetyNet available to support the essential work of nonprofits in the communities where we live and work.”

United Way California Capital Region will use

IBM SafetyNet to measure outcomes of the Square One Project, United Way’s 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way believes ending poverty starts in school and is working to ensure kids meet important milestones to prepare for success in college or career. To learn more or make a donation: www.yourlocalunitedway.org.

IBM SafetyNet is helping nonprofits document and evaluate the success of their programs more quickly and effectively – a prerequisite for receiving essential funding from the public and private sectors. Collecting and analyzing client, program and funding contract data can be a time-consuming and arduous task for many organizations. To learn more about IBM SafetyNet: www.ibmsafetynet.org.

Source: Kristin Thébaud Communications ★



From Left to Right: Louis McNemey, Cliff Leiker, Catrayel Wood, Honorary Mayor candidates

FAIR OAKS, CA (MPG)- Did you know that Fair Oaks has a Mayor? An Honorary Mayor, that is! Way back in 1979, the Fair Oaks Chamber of Commerce created a fantastic annual fundraising program designed to give back to our community. And give back it has! Over \$360,000 has been raised so far!!

Candidates for our 39 th Honorary Mayor are: Cliff Leiker, CJL Tax & Accounting, for Never A Victim, a non-profit offering self-defense training for at-risk women and children; Louis McNemey, The Entrepreneur’s Source, for Northridge Elementary School; and Catrayel Wood, Urban Orchards, for Habitat for Humanity. These three join a long list of FO Chamber Members who’ve carried the torch for beneficiaries such as FO Theatre Festival, FO Foundation for Leisure & the Arts, Bella Vista and Del Campo High Schools, Orangevale Food Bank and Phoenix Park, to name several. Recent past Honorary Mayors include Bob Clouse and Karyn BarthMoore and Karyn holds the title of biggest fundraiser in the history of the program!

Honorary Mayor #38, Rachel Griffith, Award-Winning Chef/ Owner of PolkaDot Dinners, has had a fun-filled year of ceremonial duties and has represented Fair Oaks with an abundance of

enthusiasm and flair! Number 39 has BIG shoes to fill! Who will it be? It’s a BIG secret until the envelope is opened at the must-attend Honorary Mayor Reception on September 14 th .

Deadline to vote (open your wallet) is Sept. 11 th ! You can “vote” on-line at the FO Chamber website or contact the candidates directly. Please register for the Reception by Sept. 13 th at www.fairoakschamber.com or call 967-2903. Thursday, Sept. 14 th , North Ridge Country Club, from 5:30 pm - 7:30 pm \$15 in advance; \$20 at the door.

Dot Boyd
Ambassador Chair, Fair Oaks Chamber of Commerce ★

Orangevale Food Bank Holding Fundraiser

ORANGEVALE, CA (MPG)- The Orangevale Food Bank will host its first ever annual Neighbors Helping Neighbors Dinner, Auction and Art on September 30th.

“There’s a deep satisfaction that comes from using your time to be part of the solution for the troubles you see in your community. The Orangevale Food Bank offers a tangible way to connect to the needs of our neighbors. The more people

who are involved the richer the experience is for everyone. Together we use our gifts to improve lives,” Orangevale Food Bank Director Tom Carden said.

Doors open at 6:00 p.m. and dinner will be served at 7:00 p.m. Festivities will include live music, a catered dinner, a silent auction, art display, a raffle and a no-host bar.

The Orangevale Food Bank assists hundreds of families each month in the Orangevale, Fair Oaks and surrounding areas. All proceeds will go to the Orangevale Food Bank in their mission to provide food, resources and hope to families in need.

Tickets are available now. Ticket prices are \$35 for an individual or \$300 for a reserved

table of 10. Sponsorship opportunities are available, beginning at \$500 up to \$2,500. Deadline for Sponsorships is September 21st and September 22nd. Visit <https://orangevalefoodbank.eventbrite.com> for tickets and additional information on the Neighbors Helping Neighbors Dinner, Auction and Art.

To learn more about the Orangevale Food Bank and their

mission, their website is <http://www.orangevalefoodbank.org>.

For event questions regarding sponsorship, silent auction, raffle or art display email Lisa@alleventsplus.net or call 916.934.2207.

For additional questions, please contact info@orangevalefoodbank.org The Orangevale Food Bank Tax ID is 47-3548647. ★



POTOCKI FAMILY CHIROPRACTIC

**WE LISTEN
WE CARE
WE GET RESULTS**

THE NATURAL WAY TO GOOD HEALTH

**Consultation, Exam,
X-Rays (if necessary), Repair,
and Adjustment for**


\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)

916-536-0400

www.drpotocki.com



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 # 1948-1918).


**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.

We are proud members of these newspaper associations.







12th Annual Fair Oaks Chicken Festival

Saturday, Sept. 16th
www.fairoakspark.org

10:00 am - 6:00 pm
Fair Oaks Village

FREE
General Admission & Parking

\$5 Kid's Park unlimited wristband

- kids Park Performance Stage
- **Pancake Breakfast - \$6**
8:00 am - 10:30 am
- **GREAT Chicken Contest**
- **SactoMoFo Food Trucks**
- **Cluck N' Crow Contest**
12:00 pm
- **Quality Crafts & Vendors**
- **Craft Brew Tasting - \$3 tastes**
11:30 am - 5:30 pm

visit us  **@fochickenfest**

• Live Entertainment •

Jax Hammer	@	10:00 a.m.
FBI	@	1:00 p.m.
Cherry Bomb	@	4:00 p.m.

Presented by



FAIR OAKS
RECREATION & PARK DISTRICT

Sponsored by



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)

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

Miami Beach

Vature gentleman seeks a person to share the drive and gas to Miami Beach - One Way. 5 days / 10hrs daily. With luxury Lincoln Continental. Leave Sept. 2nd. M/F 916 969-5260.

Antiques Wanted

**Buying Watches**
Will Pick-up
Rolex, Omega, Hamilton, LeColutre
-Private Party-
All wind ups
Running or not
Also buy Gold Rings & Chains, Silver Dollars, Antiques
(916) 607-7890
CASH for Watches

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)

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 to Get LESS Call (916) 798-8388 License No. 998108 (MPG 9-9-17)

Cable/Satellite TV

DISH TV. 190 channels. \$49.99/mo. for 24 mos. Ask About Exclusive Dish Features like Sling® and the Hopper®. PLUS HighSpeed Internet, \$14.95/mo. [Availability and Restrictions apply] TV for Less, Not Less TV! 1-855-734-1673 (Cal-SCAN)

Cut the Cable! CALL DIRECTV. Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1-888-463-8308 (Cal-SCAN)

CONCRETE WORK

Driveways - patios - walkways. All types finishes. Steve Wiezorek. 530-300-2766. Lic# 797744

Financial Services

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-800-966-1904. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar. (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Making Your Fitness Goals Come True!

3 Sessions for \$99, new clients only
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Handyman

QUALITY LABOR & MAINTENANCE
Yard Clean-ups, Hauling, Gutter Clean, Odd Jobs

You Name It! (916) 613-8359

CARPENTER DAVID MACK

Handyman • 25 Years Experience Bus. Lic. # 636425
Honest Man • Quality Work
Doors Specialist • Dry Rot Roof Repairs • Painting Sheet Rock • Texture All Floors, Windows, Decks, Tiles, Patios A to Z Exterior Sidings
Not a Licensed Contractor
916-548-8249

Health & Medical

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

Weight loss/ sleep/ mood issues. Consultant / educator. Small reading and discussion group. See truehope.com and or youngevity.com. Call Tim B. 503-460-7149 12-31-17

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-855-397-8808 Promo Code CDC201725. (Cal-SCAN)

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)

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)

Help Wanted

MUSCLES to help move furniture. 3 days a week . Tues-Thurs. 11-6. 916 706-1737.

Home Maintenance

A Quality Home Maintenance
Gutters Cleaned

By Gutter Dog
(916) 613-8359
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

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 (Cal-SCAN) 1-800-578-1363

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebballbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

Pets/Animals

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

Classified Advertising
773-1111

Pets/Animals

Professional, Loving PET CARE
Established Reputation
Kennel Free Environment
Lots of TLC
Call Madeline
(916) 723-1608

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 RIPPED OFF!


RETIREMENT LIVING

North Idaho Premier 55+ Active Community
Imagine a new home with a Built-In-Network of caring friends and neighbors!
www.goldenspikeestates.com (Cal-SCAN)

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

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

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

Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (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

Work Wanted

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. Tim, 503-460-7149. (MPG 12-31-17)

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call
483-2299



Do you have a family member with memory loss who lives in a care facility?

The University of Minnesota is examining the effects of an educational program to support family members with a loved one in a care facility. It will be led by a trained coach. Learn more about participating in this free study by contacting Professor Joe Gaugler at 612.626.2485 or gaug0015@umn.edu.

Visit <http://z.umn.edu/transitionmodule> to learn more

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.

Crossword Puzzle on Page 5

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

We Buy Property

We buy property any condition or price
call 510-495-9577

SENIOR CARE

Senior will sit senior in my home. M-F 7am-7pm. Lunch provided. CPR certified. 916 333-9931.



SCHOOL OF NURSING
UNIVERSITY OF MINNESOTA



Do you have a family member with memory loss who lives in a care facility?

The University of Minnesota is examining the effects of an educational program to support family members with a loved one in a care facility. It will be led by a trained coach. Learn more about participating in this free study by contacting Professor Joe Gaugler at 612.626.2485 or gaug0015@umn.edu.

Visit <http://z.umn.edu/transitionmodule> to learn more

Sudoku Puzzle on Page 5

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call
483-2299

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

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$197 MONTH - Quiet secluded 37 acre off grid ranch set amid scenic mountains and valleys at clear 6,200'. Near 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. \$22,900, \$2,290 dn. Free brochure with additional property descriptions, photos/ terrain map/ weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

CALL A PROFESSIONAL

Business & Service Directory

LANDSCAPE SERVICES

SLS
Insured
Lic#794551

Superior Landscape Services
Landscaping and Maintenance

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

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

WATCH REPAIR

Watch Batteries Installed for \$5.00
Some models cost more

Frank's Jewelry Shop
7319 Fair Oaks Blvd.
Carmichael, CA 95608
916-481-0176



COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE

Anago
OF SACRAMENTO
Commercial Janitorial Service

The Superior Choice for Commercial Cleaning

Call to schedule your FREE Quote

916.782.3300 • www.ANAGOSAC.COM

Painting Services

QUALITY A PAINT SERVICE
24 Years Experience ♦ Testimonials Available ♦ Bonded & Insured

Prefer Small Jobs
Interior, Also, wood Fence
& Pressure washing
All Seniors get 20% off

916-967-0763 State Lic. 646386



COLLISION REPAIR


Ken Grigg

2341 Fulton Av Sac, 95825

Just want it fixed right?
Bring your claim number & Keys

916.437.0128
Ken Grigg @ Caliber Collision



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

LET'S FACE IT!
Some jobs are just too big to do-it-yourself!
Whatever it is that you need done,
Call A Professional!
Check out the advertisers on this page. They are waiting to hear from you!



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
Zconfig@sbcglobal.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



Our Future is Bright



Commentary by
Senator Ted Gaines

To watch the news is to imagine a politically-obsessed America pulling apart at the seams, with opponents mobbing up and attacking each other at every turn and the two parties and their talking head proxies endlessly screaming at each other about the real meaning of President Trump’s tweets. It’s a phony picture. The essence of this country isn’t government at all and you might never see it on the news. It’s everyday people – hardworking people of every creed and age, living their lives the best they can regardless of what the government is doing – who make this state and nation what they are. It’s those people who make me believe that California’s future is bright.

Recently that belief was driven home to me when I met three very different groups of people in the North State. I came away inspired by their stories.

North State Ranchers have lived off this land for more than a century and have experienced every up and down imaginable, but they’ve persevered. Now, as the dry creek beds and barren mountains of years past have disappeared, they look forward to getting more water and getting their businesses back on their feet.

Illegal marijuana cultivation is stealing rancher water and

polluting land with indiscriminate pesticide abuse, making it harder for legitimate ranchers to thrive and breaking their hearts at the same time. These men and women are the original conservationists. It’s not just words with them; they depend on clean water and healthy soils for their livelihoods. It’s why they have such a deep connection to the land and are such careful stewards of their property. I know that a solid ranching economy in the north state will secure these lands for generations.

Despite these new challenges, the ranchers were ready to fight for their futures in California, and just asked me to try to get government out of their way. They were eager to roll their sleeves up and get to work! They weren’t looking for government handouts or help, just freedom, so they could continue the agricultural legacy their ancestors built.

In Placerville, I visited with the Executive Director of the privately-supported and volunteer-driven Court Appointed Special Advocates (CASA). CASA recruits and trains people from the community to serve as advocates for abused or severely neglected children as they seek justice in our court system.

The CASA advocates usually take one case at a time and build a relationship with the child they are representing. They bond with the child, learn about the child’s special, individual circumstances, and they use that knowledge to report to the judges overseeing these cases, so they can make informed, compassionate decisions about the most helpful services and support for each of these children.

The CASA volunteers, donors, and other supporters together serve as a solid foundation for these kids’ futures, helping during their crises and together forging a more successful life path. One child at a time, CASA is creating healthier,

more loving communities for us all.

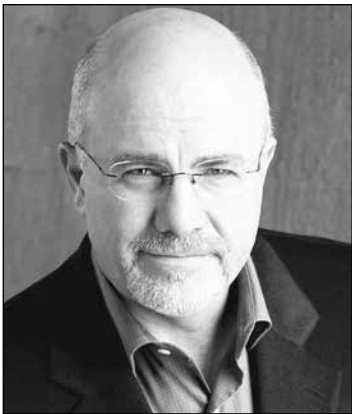
But my favorite visit, one that brings a smile to my face even now as I think of it, was with 11-year old Preston Sharp, the Flag Planter. Starting in 2015, this young man started placing small flags on the graves of local veterans in Redding to honor their service. Since then, Preston has planted an amazing 28,000 flags on gravesites from Redding to Sacramento, and he’s branching out to Reno and wherever else his commitment takes him. I’m proud to know such a young patriot who shows such great empathy for veterans and their families.

I wanted to recognize Preston, and gave him an award from my office to honor his efforts. He appreciated it! But in the end, he said he was not acting to get an award from the government, but because he wanted to give veterans the respect they had earned. He is a fine young man with the right priorities.

These three stories seem unrelated but they aren’t. They are all, in their way, stitching together a unified state - one child, one ranch, one flag at a time. Like a million little streams feeding into one mighty river, these Californians and others around the state are achieving on their own, with their individual accomplishments all pouring into a single California, robust and full of hope. Sacramento can’t mandate these acts, only get in the way.

Politicians come and go, and parties come into and fade out of power all the time. But the California spirit and the talents and desires of the builders, the achievers, the doers, is forever. Our future is bright.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★



Turn this into a blessing!

Dear Dave,

We’re following your plan, and we’re in the middle of paying off all our debts except for the house. My wife just learned she’ll be losing her job at the end of the year. She’s a project manager for a software company in Seattle, and she will be receiving a severance package if she works until year’s end. We were curious as to how you think we should handle the next few months.

- Kevin

Dear Kevin,

I know you guys are scared right now, but from what you’ve told me this could be the kind of thing that turns into a blessing. First, she should already be looking for another job to start right after her current employment ends. That way, any severance pay will turn into a signing bonus of sorts.

I know there are always question marks and uncertainties when you’re job hunting, but this lady is a software project

Dave Says

manager in Seattle, Washington. You’re not in the middle of a cornfield, dude. If she can’t find something in the next four-to-five months, there’s some other issue you’re not telling me about.

Now, in the very unlikely event she doesn’t land another gig, you guys are going to have to put Baby Step 2 on hold for a while, and cut your spending down to the bare necessities until something does come along. But your lady has a super-employable skill set. If she gets out there and really busts it looking for another job, I think you two are going to land on your feet and in even better shape than before!

—Dave

Time to leave

Dear Dave,

My brother-in-law moved in with us several months ago. He’s 32, and he doesn’t have a job or contribute anything in terms of helping around the house or with bills. I think he needs to move out, but my wife is hesitant to say anything. She complains about the situation to me, but she knows her family will be upset if we do anything. How can we handle this?

- Chuck

Dear Chuck,

Responsible adults don’t behave like bums, and I don’t care what the rest of the family thinks. This issue is between you and your wife. You two are the only ones dealing with this, so it’s easy for others to chime in about what should happen.

You shouldn’t just kick the guy out, but you do need to get busy formulating a plan that will allow him to get back on his feet. Have a gentle talk with him about the situation and his future, and tell him things aren’t going to continue on the same path. Let him know he must have a job within 30 days, and 30 days after that he has to move into his own place. Write it down on the calendar, if it will help, but make sure he understands why you’re doing this and the date he must move out.

I know these things can be difficult, but sometimes you’ve got to take the bull by the horns and make something happen. It’s what’s best for him – and both of you – in the long run.

—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. ★

Tax Pros Warned of New Scam to Steal Their Passwords

By David A. Tucker, IRS Media

The Internal Revenue Service, state tax agencies and the tax industry recently warned tax professionals to be alert to a new phishing email scam impersonating tax software providers and attempting to steal usernames and passwords.

This sophisticated scam yet again displays cybercriminals’ tax savvy and underscores the need for tax professionals to take strong security measures to protect their clients and protect their business. This is the time of year when many software providers issue software upgrades and when tax professionals are working to meet the Oct. 15 deadline for extension filers.

These types of phishing scams are why the IRS, state tax agencies and the tax industry, acting as the Security Summit, launched the 10-week Don’t Take the Bait campaign currently underway. This awareness effort highlights the many tactics

of cybercriminals as well as the steps tax professionals can take to protect their clients and themselves.

This latest scam email variation comes with a subject line of “Software Support Update” and highlights an “Important Software System Upgrade.” It thanks recipients for continuing to trust the software provider to serve their tax preparation needs and mimics the software providers’ email templates.

The e-mail informs the recipients that due to a recent software upgrade, the preparer must revalidate their login credentials. It provides a link to a fictitious website that mirrors the software provider’s actual login page.

Instead of upgrading software, the tax professionals are providing their information to cybercriminals who use the stolen credentials to access the preparers’ accounts and to steal client information.

The Security Summit reminds tax professionals that software providers do not embed links into emails asking them to validate passwords. Also, tax professionals and taxpayers should never open a link or an attachment from a suspicious email.

Tax professionals can review additional tips to protect clients and themselves at Protect Your Clients, Protect Yourself on IRS.gov.

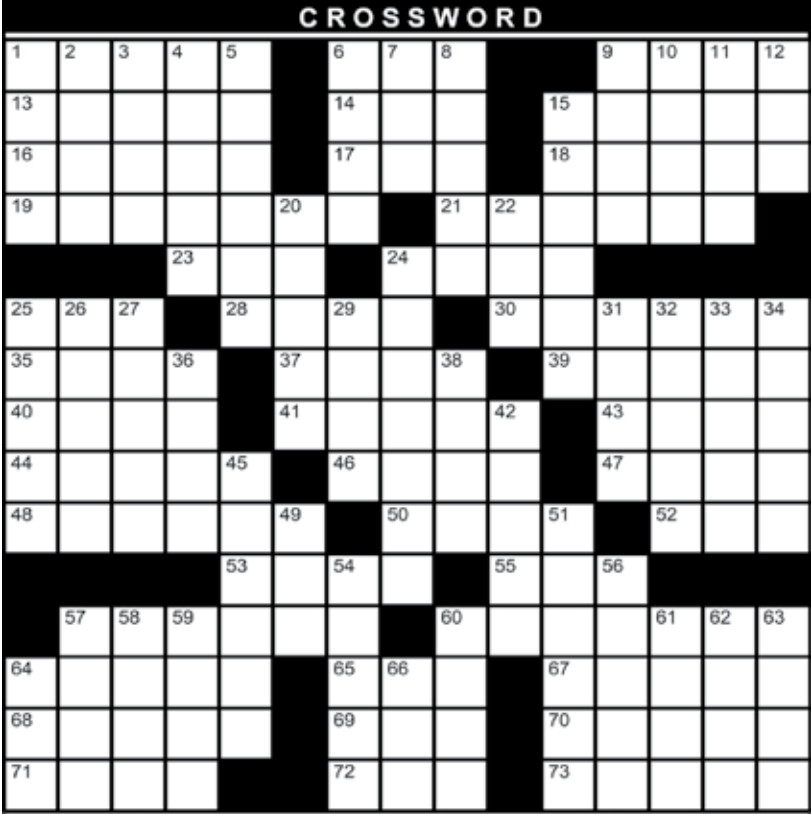
Tax professionals who receive emails purportedly from their tax software providers seeking login credentials should send those scam emails to their tax software provider.

For Windows users, follow this process to help the investigation of these scam emails:

1. Use “Save As” to save the scam. Under “save as type” in the drop-down menu, select “plain text” and save to the desktop. Do not click on any links.
2. Open a new email and attach this saved email as a file.
3. Send a new email containing the attachment to the tax software provider, as well as a copy to Phishing@IRS.gov. ★

STATEPOINT CROSSWORD • THE 1970s

- CLUES**
- ACROSS**
1. Private instructor
 6. It’s shining in “America the Beautiful”
 9. Not all
 13. Lickety-split
 14. Eyeball shape
 15. Take a chance
 16. Pull strings
 17. * ____ People’s Democratic Republic
 18. Not quite right
 19. *Poison to members of Peoples Temple
 21. *Olympic massacre location
 23. Weary traveler’s destination
 24. Competently
 25. Cha-____ dance
 28. ____ ex machina
 30. Buddhist doctrine
 35. Centers of activity
 37. “Hey ... over here!”
 39. Result of pitcher’s dominance
 40. *Islamic Revolution locale
 41. Romanov rulers
 43. Deity, in Sanskrit
 44. Singular of loci
 46. Iranian coin
 47. The sun, e.g.
 48. Brain teaser
 50. France’s third-largest city
 52. *Heavyweight champion
 53. Ice ____ or Middle ____
 55. Short for detective
 57. *First U.S. space station
 60. *Gregory Peck horror film
 64. Declare invalid
 65. Be in the red
 67. Blind alternative
 68. Gaelic-speaking Celts
 69. Neither
 70. In accordance with law
 71. Fencing weapon
 72. Old-fashioned “far”
 73. Declaration of Independence, e.g.



Our Best Deal Ever!

DISH TV

\$39⁹⁹ MO

2 Year Price Guarantee

INTERNET

\$14⁹⁵ MO

where available

Free Installation!

Call Today, Save 30%! **1-800-318-5121**

for more information

- DOWN**
1. It needs to be done
 2. “ ____ no good”
 3. Hawaiian tuber
 4. Pantheon and Jefferson’s Rotunda windows
 5. Put behind bars
 6. Auctioneer’s final word
 7. *Unsuccessful amendment to Constitution, acr.
 8. Manhattan Project invention
 9. Big rig
 10. Like ear infection
 11. Pit at a concert
 12. Lt.’s subordinate
 15. India’s national tree
 20. All thumbs
 22. Final, abbr.
 24. Goes after
 25. *Pinochet’s home
 26. Great lake
 27. Primitive calculators
 29. *Kabul invader
 31. Show of agreement, pl.
 32. Kappa Alpha ____
 33. One to beat
 34. *Pong manufacturer

36. Like a bug in a rug
38. Cafeteria holder
42. Three-toed tree dweller
45. S on garment, pl.
49. Turkish military leader
51. Goad or provoke
54. Jet black
56. Like apple prepped for cooking
57. Ginger cookie
58. Proposal joint
59. Eggnog time
60. Seaside bird
61. New Testament sages
62. *Record label of The Jacksons and ABBA
63. Post-deductions amount
64. “This is the dawning of the ____ of Aquarius”
66. Go a-courting



© Suncoast Media

Solutions on Page 4

Got Local News? Call 773-1111

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 accomodate our automatic car wash!

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

coupon

\$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. 09/30/17



By Marlys Johnsen Norris,
Christian Author

Many many people have their own idea about who God is! Actually their god is one made up using their own particular value system of right and wrong. They may claim to pray or even worship "it" but "it" is not the God who created heaven and earth, including everything in it, you and I! The Word of God proves this! However isn't their god also a

Worship God Only!

god spelled with a small g?

God IS so very much more! He is the great I AM! He is Love! He is a merciful God! He is the same yesterday, today and tomorrow and He never changes. He is our Creator/ Deliverer/ Healer and a Sovereign God who loves us completely and unconditionally..

A god of your own making is *not* good enough for any of us - but it is good that you recognize you do need the One true God. It is a beginning and when one does truly invites the God of the Bible into their heart and life, they will be amazed at the many ways He shows His perfect love just for them. It is only then His very Spirit comes to reside in ones heart and life, He forgives and promises never to leave or forsake you. He is

a healer, deliverer, transforming power that empowers and blesses your life in many many ways for many years!

To KNOW and LOVE God - is an exciting adventure and He is the only One who can take you on the greatest adventure of your life. He EMPOWERS ones life as they read His Holy Book (Bible) of instruction and then to, SEEK HIS PERFECT WILL, live and do it - giving a testimony to bless others lives as well. (Matthew 6:33)

Marlys Johnsen Norris
Christian Author of 6 Books
*God Moves Mountains,
It Was A Miracle!*

Marlysjn@gmail.com

★



By Pastor Ray Dare

Your time is God's gift. You don't earn the time you have and what you've got right now. It's all a gift. You wouldn't have any time if God didn't give it to you. What do you do with a gift? Enjoy it. God wants you to enjoy your life not just endure it.

Appreciate all the time you have. Live each moment with an attitude of gratitude. "Be grateful for every year you live." On your birthday, are you grateful for every new year?

Every morning, God deposits 86,400 seconds into a daily time account. You get to choose how you use it. But if you don't use it, you lose it. You don't get it again. It is a gift to be used for good and to be enjoyed. Philippians 4:11 says, "I've learned, in whatever state I'm in, to be

Pastor Ray's Encouraging Words

The Purpose behind the Problem

content." This is Paul talking. We know he was a southerner. He says, "I thank God for you all..." But we know he was not a Californian because he says "I've learned, in whatever state I'm in, to be content." He could not have been a Californian!

The secret of happiness is the ability to accept life as it comes to you, not always be longing for something else. Accept life and enjoy life as God gives it to you, as it comes to you.

Paul says, "I've learned to be content". Contentment is something you learn. It doesn't come natural. I'm not naturally content and neither are you. We're always wanting something else. We need to learn to be content. The Bible says, one day, at the judgement when we stand before God to give an account of our life, God is going to evaluate you on how contented you were with the times He gave you. God is not going to ask for your list of accomplishments. But He's going to say, "Did you enjoy the life I gave you? Were you

content with the blessings I did give you or were you always comparing yourself to somebody else? Were you always complaining that you didn't have enough time or money or whatever? Were you always griping and ungrateful, taking what I had given you for granted? Or did you learn to be content?"

I have just enough time to do God's will. I have just enough time to do what God wants me to do with my life -- no more, no less. What God has planned for your life, He has given you the exact amount of time for that. If you say, "I don't have enough time", it means a) you're doing something that God never intended for you to do, or b) you're doing the right thing in the wrong way. You have just enough time to do God's will. Enjoy the gift time God has given you by learning to be content.

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

★



Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses, we offer comprehensive and intuitive payroll that's perfect for any size business from 1 employee to 100's

- Direct Deposit
- File Quarterly Taxes
- Pay Payroll Taxes
- Accrual Tracking
- Reporting and Filing
- Payroll App

Call Now
and
Receive
One Month
of
Payroll Processing
FREE!*

Call Now 916.760.7227
www.pinnaclehro.com

PINNACLE
EMPLOYEE SERVICES
HR | Payroll | Benefits

YOU'RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

"We do Church Differently"

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



New Beginnings CHURCH

5510 Diablo Drive
Sacramento, CA



Senior Produce Market


Episcopal Senior Communities
Saint Francis Church Center Parish Hall
11430 Fair Oaks Blvd. Fair Oaks, CA 95628

Every Tuesday 10 - 11am

Outstanding quality produce at low wholesale prices!!
CASH ONLY

For more information - saintfrancisfair Oaks.org/senior-produce-market

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722
In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm



Saint Francis Episcopal Church

welcomes you

SUNDAYS AT 9 AM, WORSHIP WITH MUSIC
MONDAYS AT 10 AM, HEART AND SOUL
TUESDAYS AT 10 AM SENIOR PRODUCE MARKET

11430 Fair Oaks Blvd. Fair Oaks, CA 95628 | www.saintfrancisfair Oaks.org



Union Gospel Mission Sacramento

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



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



POPPOFF!

with Mary Jane Popp

The Relationship Fix

Like to improve communication, connection, and intimacy in your relationship? Would you like to do it in six-easy steps? Count on **Dr. Jenn Mann**, author of “**The Relationship Fix**,” and psychotherapist. She is a regular on “The Today Show” and more. She wants to make it easier to make you the master of the skills, and that’s what she shared with me on POPPOFF.

Begin with **CREATE A CONNECTION**. Connection is the greatest vaccination against infidelity. There will always

be someone younger, hotter, thinner, perkier, fitter and better endowed than you are. But if you are nurturing a sense of connection with your partner...striving to make him feel loved and adored, and providing something unique that no one else can provide overnight, or provide it the way you do...

you have the home court advantage. Next is **FIGHT FAIR**. Conflict in a relationship is inevitable. How this conflict is handled often determines whether or not a relationship lasts or goes down in flames. All of us have said things we regret. When we get hurt, angered, triggered or scared, we are most likely to lash out. The goal is to learn to recognize those moments and have the impulse control to stop yourself so you can turn a difficult moment into a productive discussion, instead of escalating it. Then **NEGOTIATE**. Once we get past the honeymoon stage of a relationship, we move into the negotiation stage. This usually occurs sometime between six and eighteen months. We start to let go of the fantasy person with whom we’ve fallen in love and begin to see who our partner really is. While this awakening may be jolting, it is not unhealthy...in fact, it is necessary for a couple, in order to forge a mature, emotionally intimate, connected relationship. And **WORK THROUGH YOUR CHILDHOOD**. The single most important, poignant, and dramatic group session **Dr. Mann** does every year with her Couples Therapy clients is what she calls the

“childhood trauma group.” It’s often the turning point for couples. The experience of sharing their childhood pain, trauma, and struggles opens the door for connection, compassion, and understanding in their relationships. Of course **FORGIVE AND MAKE AMENDS**. **Dr. Mann** is not one who blindly believes in forgiveness. Too many people have been guilted into “forgiving” because someone told them it was the right thing to do. Forgiveness in a partnership is unique because of the special, multilayered bond two partners have with each other. We are invested in our relationship, our future, and in many cases, share our finances, work, or family. There is a due process needed to heal and move past the offense. Finally, **IGNITE YOUR SEX LIFE**. Most people underestimate the importance of sex in a relationship. If you are in a monogamous relationship, sex is something you do only with your partner. It is an activity that forges a connection and sets that person and the relationship apart, making it special.

Go with “**The Relationship Fix**” and Check out www.doctorjenn.com for the good life! ★

RODRIGUEZ TREE SERVICE

PRUNING • THINNING • SHAPING • REMOVING
PALM CLEAN-UPS • CROWN REDUCTION
STUMP REMOVAL

Reasonable Rates
Call Anytime

Cell: (916) 284-9149

Established Since 1981



Bonded
Workers Comp.
Liability Ins.
Contractor’s License #698645



Lou Rodriguez
FREE ESTIMATES
ALL WORK GUARANTEED

SUMMER SEASON 2017 FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL



A Jazz Age Musical Romp



August 11 – September 17

Friday, Saturday & Sunday at 8:00pm

General Admission \$18 Discounts for Seniors & Students

Veteran’s Memorial Amphitheatre
Fair Oaks Village • 7991 California Ave.
www.fairoakstheatrefestival.com

\$2.00 Off

\$2.00 off the price of an admission ticket. Only 1 ticket with each original ad.

International MARKET

10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

SEPTEMBER 1-5, 2017

WED	THU	FRI	SAT	SUN	MON	TUE
30	31	1	2	3	4	5

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

WEEKLY MEAT SPECIALS

59¢
Chicken Drumsticks
Pernas de Pollo
40 lb Box...\$21.99 ea

\$2.59
Beef Tri Tip
Boneless & Trimmed
Colita de Caudril

\$3.99
Beef New York Strip
Steak-Boneless
Filete de Res Estilo Nueva York sin Hueso

\$2.49
Beef Cross Rib/
Shoulder Clod Roasts
Trozo de Res sin Hueso

\$2.79
Espaldilla/
Shoulder Clod Steak
Espaldilla de Res sin Hueso

\$6.99
Filet Mignon Steak
Filete Miñón

1.99
Pork Ribs-Single
Pak (St. Louis Style)
Costillas de Cerdo Estilo St. Louis

99¢
Meaty
Pork Hocks
Huesos del Cuello

\$1.69
Pork Loin Chops or
Roast-Boneless
Chuletas de Cerdo o Asado
de Cerdo sin Hueso

Advised 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 AUGUST 30 - SEPTEMBER 5, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Might Diagonal Cutter (nfg Nam Yang), Picnic Pad (nfg Dum Co.) and Happy Animal Tumbler (nfg Adams Glass). Please return these items to the store to receive a full refund.

HAPPY HOURS

DRAFT BEER \$2.00

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

KARAOKE SPECIAL

Come before 6pm (Valid Time)

\$1 FOR 6 PEOPLE \$60.00

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

\$2 FOR 8 PEOPLE \$80.00

3 Hours Karaoke • 2 Pizzas • 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 (Family Room) (14 inch) (Up to 5 pitchers) (10 Dishes To Choose From)

\$4 FOR 18 PEOPLE \$180.00

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

10 DISHES TO CHOOSE FROM

OPEN 7 DAYS A WEEK:
Mon-Thu 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

Broccoli Bunch 99¢	Green Cabbage 3lbs/\$1	Green Bell Peppers 99¢/lb	Navel Oranges 99¢/lb	Garlic 5 ct 2/\$3	Lettuce Cello 69¢/lb
Gala Apples 99¢/lb	Green Grapes 2lbs/\$3	Popeye Spinach 12/10 oz 2/\$3	Mangoes 5 ct Box 4.99	Yellow Onions 3 lb Bag 99¢/lb	Bartlett Pears 99¢/lb

AMERICAN/HISPANIC GROCERY

Tecate 12 pk Cans 12 x 12 fl oz \$7.99	Lipton Iced Tea 5 x 1 Gal \$2.69	El Compadre Charcoal Mesquite 1 lb Bag \$3.99	Mazola Corn Oil 40 fl oz \$3.49	Coca Cola Classic 20 pk Cans 20 x 12 fl oz \$5.99
--	----------------------------------	---	---------------------------------	---

ASIAN GROCERY

Benetton Drink Variety 11.5 fl oz \$4.45	Clear Chicken Broth 11.5 fl oz 3/\$2	Donna Tea 20 Tea Bags \$2.99	Tapioca Flour 14 oz 2/99¢	Roasted Corned Jalisco 16.9 oz 3/\$2
--	--------------------------------------	------------------------------	---------------------------	--------------------------------------

EUROPEAN GROCERY

Goldwin 100% Avocado Oil 5 L \$3.49	Salmon Bellini 1 lb Bag \$2.99	Condensed Milk 12 x 4.2 fl oz 99¢	Mama Mia Sweet Condensed Milk 370 gr \$3.49	Tazoh Sesame Cripes 300 gr 79¢	Guarana Brazilian Soda 12 fl oz \$2.99
-------------------------------------	--------------------------------	-----------------------------------	---	--------------------------------	--

KOREAN/JAPANESE GROCERY

Caj Rice 15 lb Bag 6.99	Soya Tofu 2 Kinds 15 oz 99¢	Gomgyo Wheat Flour 5 x 4.93 oz 2.99	Hot Spicy Ramen 2 Kinds 5 x 4.93 oz 3.99	Korean Style Starch Noodle 32 oz 2.99	Roasted Seasoned Layer 12 x 4.2 fl oz 2.99
-------------------------	-----------------------------	-------------------------------------	--	---------------------------------------	--

HOUSEWARES

SAFARI 12 PK SET \$5.99	TEA SET 12 PK \$6.99	TEA SET 12 PK \$13.99	TEA SET 12 PK \$1.99	TEA SET 12 PK \$3.99	TEA SET 12 PK \$5.99
-------------------------	----------------------	-----------------------	----------------------	----------------------	----------------------

FROZEN DEPARTMENT

Shrimp 16 oz 1.99	Small Octopus 16 oz 2.99
-------------------	--------------------------

EUROPEAN DELI

Schick's Roast Beef 1 lb \$3.99	Schick's Roast Beef 1 lb \$3.99	Schick's Roast Beef 1 lb \$3.79
---------------------------------	---------------------------------	---------------------------------

Advised 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 AUGUST 30 - SEPTEMBER 5, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Might Diagonal Cutter (nfg Nam Yang), Picnic Pad (nfg Dum Co.) and Happy Animal Tumbler (nfg Adams Glass). Please return these items to the store to receive a full refund.

THE ENTREPRENEUR'S SOURCE[®]
"Your success is our only business"

A New Inconvenient Truth



Louis McNerney

One can only keep their blinders on for so long. If you've been in denial about the state of our economy and the effects it's having on the job market, now is the time to face the truth. Inconvenient, yes, but it's a reality and pretending that it doesn't exist is no longer an option.

It's highly likely that you or someone you're close to is already a victim of the New Career Economy. Downsizing and the impending threat of layoffs are forcing many people to reevaluate their current professional situations.

For example:

- "Am I really happy with my career choice?"
- "Am I where I thought I would be 10 years ago?"
- "Where do I see this career path taking me in the next 10 years?"

Is the road you are on getting you closer to your Income, Lifestyle, Wealth and Equity expectations?

These are some things to keep in mind when you're considering a possible change. Remember how big and limitless your dreams were when you were a child? You were able to focus on the end result without being daunted by the journey to get you there. You never considered failure

to be an option. What if you could think that way again?

You can! Let the New Career Economy be your catalyst. This is your chance to revisit those dreams you may have set aside at some point in the past. Even if you still have the same personal and family goals you originally set out with, who says you can't alter the journey to get you there? Remember, nothing is set in stone—you can begin to transform your future today.

That's right, the onion, with all its intricate layers, can be likened unto the needs, wants, likes, dislikes and desires that make you who you are. To "peel the onion" is to take a mini journey in self-discovery to uncover your core – we can help you to discover what motivates you along your own personal journey.

By discovering what motivates you, you can begin to decipher what you may need to change. Another way we open possibilities at The Entrepreneur's Source is the determination of your I.L.W.E. (Income, Lifestyle, Wealth, Equity). These are key components that contribute to your overall happiness and satisfaction with life.

Once you begin the discovery process, so many factors come to the surface that you'll reach a point of clarity about what you want your life to look like. At that point, the solution, or, really a way to get where you want to go ultimately presents itself. We provide the tools, you draw the conclusions. Since this is a discovery process, you are in charge of how fast or how slow you want to go through the process.

Want to start your journey today? Give me a call. Lou McNerney, 916-335-1126

For More Information contact Louis McNerney,
Contact Lou at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney

Capitol Pops and more at Music Festival

By Linda Glover

SACRAMENTO COUNTY, CA (MPG)

- The Capitol Pops Concert Band continues its landmark 20th anniversary season with a free, public concert from 7 p.m. to 8 p.m. Saturday, Sept. 9, 2017, at Christ the King Lutheran Church, 5811 Walnut Ave., in Orangevale.

The band's performance is part of the church's second "Songs of September Music Festival" event, which will be held outdoors on the church grounds, from 5 p.m. to 8 p.m.

Also scheduled to perform is the RC Swing Dance Band out of Rancho Cordova. The 17-piece swing band performs all the big band and swing standards, great dance music for multiple generations. RC Swing's concert is scheduled from 5 p.m. to 6 p.m.

From 6 to 7 p.m., festival attendees will be entertained

by the Guemmer & Myers Trio. Composed of Scott Guemmer, pastor of Christ the King Lutheran Church; Jenny Guemmer and Owen Myers, the trio specializes in inspirational, passionate music.

Under the baton of Director Emeritus Jerry Lopes, the CPCB performance will include some of the band's traditional American favorites that have entertained Northern California audiences for nearly 20 years.

There is no admission charge to attend the event. Voluntary donations will be accepted on-site by both the CPCB and Christ the King Lutheran Church.

Hot dogs, chips and beverages will be available for purchase. Attendees are encouraged to bring lawn chairs and blankets to enjoy the show on the church green adjacent to CTK's patio area.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. The Citrus Heights-based, self-supporting, nonprofit community band of about 60 musicians represents a wide cross-section of the Sacramento area. Christ the King Lutheran Church is the band's rehearsal site.

For more information on the Capitol Pops, visit www.capitolpops.org or its Facebook page. The Guemmer & Myers Trio website is <http://guemmerandmyers.weebly.com>.

The RC Swing Dance Band website is www.rcswing.com.

More details on the Sept. 9 event can be obtained at www.christthekingov.com, on the church's Facebook page or by calling 916-988-2484. ★



Save 20%!
*Save 20% on your Entire Transaction!
Online code: 20AD
Citrus Heights
Sunrise Mall
Sep 21 - 25
Folsom
Lakeside Church
Sep 28 - Oct 2
Roseville
Westfield Galleria
at Roseville
Oct 5 - 15
CircusVargas.com
BUY NOW!

SEASON 22
2017
2018



Donald Kendrick, Music Director

SAT, OCTOBER 21
8 PM
Fremont Presbyterian Church

STAINED GLASS
REVELATIONS OF LOVE

The Ecstasies Above | Tarik O'Regan
Fern Hill | John Corigliano

SAT, DECEMBER 9
2 PM & 7:30 PM
Sac Memorial Auditorium

WELLS FARGO
HOME FOR THE HOLIDAYS

Back from last year—
Matt Hanscom and the Grinch Puppets!

SAT, APRIL 7
8 PM
Sac Community Center Theater

EUROPEAN MASTERWORKS
MOZART REQUIEM

Lux in Tenebris | James Whitbourn
Agnus Dei-Lux Aeterna | Morten Lauridsen

SAT, MAY 12
8 PM
Sac Community Center Theater

PRAISE AND JUBILATION

Te Deum | Antonin Dvorak
(West Coast Premiere)
Jubilate | Dan Forrest



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, Sunrise Mall Farmers Market behind Sears.



Health, Fitness, and Wellness
Body, Soul, Mind & Spirit Fair
Hosted by The Living Smart Farmers Markets

Meet local health professionals as you visit the Farmers Market on Saturday, June 24 from 8 am to 1 pm and learn about the products and services available to help you live healthier and happier! Learn about Cancer Fighting foods during the Free Chef Demo. FREE EVENT.

ILoveMyFarmersMarket.com

STAINED GLASS | Tickets on sale August 1

Purchase online
SACRAMENTOCHORAL.com

December, April and May concerts
Tickets on sale August 15*

*Purchase by September 1st and save \$5/ticket
CCT BOX Office | 916.808.5181

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



The Privilege of Planning

A 25-minute free presentation. We'll provide 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., July 19
Wed., Aug. 9 (Dinner @ 6:30 pm)
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**

Thurs., Aug. 3 (Dinner @ 6:30 pm)
Thurs., Sept. 7 (Dinner @ 6:30 pm)
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**

Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)
East Lawn
Andrews & Greulich Mortuary
3939 Fruitridge Road, Sacramento, CA 95820
To RSVP or More Info: **916.732.2026**

Thurs., July 13 (Dinner @ 6:30 pm)
Wed., Sept. 13
11:30 am to 12:30 pm
East Lawn Elk Grove Memorial Park & Mortuary
9189 E. Stockton Blvd., Elk Grove, CA 95624
To RSVP or More Info: **916.732.2031**

RSVP to the location of your choice

Reservations Required

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

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.



www.EastLawn.com



Make It Fun and It Will Get Done!
The Secret to Being Organized

Pam Young's Corner

Let's Try to Be More Tolerant

Let's Try to Be More Tolerant

A few years ago my son Michael and his wife Meredith were invited by the FOX network to go to the Super Bowl and Terry and I were invited to babysit our two grandchildren Jack, age eight, and Brooklyn, age eleven. I have such fun with these two!

The first night we were with them, when it was bedtime they both wanted me to tell them a bedtime story. Since they slept in separate rooms I sat in the hallway with the light on so they could both see me if they sat up and it was easy for them to hear me. I love to make up bedtime stories because I never know what I'm going to say myself. I guess I should say Nelly (my inner child) loves to hear my stories or maybe she's the one who makes them up? Whatever, I love to do it.

Here's the story I told that night:

Rabbit Ears, Elephants, and Donkeys

Once upon a time there was a wonderful family that was happy and healthy. There was a mom and a dad and a boy, eleven and a girl eight. (I reversed the ages for the story so the kids wouldn't think this story was about them.) The family lived way out in the country and the mom homeschooled the two children (neither of them knew what that was). There was one small, genetic problem with the family; they were born with bunny

ears. Beautiful, long soft bunny ears. The parents raised the children to be thankful for their ears. They showed them pictures of human ears and of course their ears were much better looking because human ears are just plain ugly!

One day the parents told the children that Mom was going to have to go to work and she would no longer be able to home school them and they would have to go to public school. They explained to the children that when they got in school there probably would be some children who would be mean and tease them about their bunny ears, but that they should just ignore them.

Sure enough, on the first day of school, the boy was out on the playground and a nasty, mean girl came up to him and said, "Hey rabbit ears, want a carrot?" The boy ignored the wicked girl, but she wouldn't relent. "Hey, can't you hear with those big ears or are you just stupid?" She was just one of those people who is intolerant of people's differences.

At this point in my story, Jack, my sweet eight-year-old love, said, "Was she a republican?"

Now I was already sitting on the floor so I didn't have far to fall in my hysterics! I laughed till I couldn't breathe and then I said, "Jackie, did you know I'm a republican?" Both children sat up in bed and stared at me as if I'd said, "Did you know I'm a witch and I'm

going to eat you alive?"

When their liberal parents came home, I forgot to tell them about the incident, but a few weeks later I was on the phone with Michael and remembered to tell him what happened. He laughed and said, "You know Jack came to me a few days after you guys left and said, 'Dad, did you know Gramma's a republican?' I told him I did."

Then I said, "Michael, you know it might just be the right time to explain to the children that we need to respect each other's differences. You'd have thought I'd confessed to murder with the shocked reaction I received." It was quiet on the phone.

I love America! I am a republican and some of my best friends are democrats. My husband is a democrat and our votes probably cancel each other out, but that's what makes this country great! We can never go too far left or right. If you are a democrat, be nice to a republican today. If you are a republican, be nice to a democrat today. That's all I'm ever going to say about politics.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **483-2299**

All Legal Ads Published by Messenger Publishing 



SACRAMENTO COUNTY
presents
CALIFORNIA CAPITAL AIRSHOW
in partnership with
RANCHO CORDOVA
CALIFORNIA

saluting
bold
stripes,
bright
stars,
brave
hearts

JOIN US IN CELEBRATING PATRIOTIC PRIDE
AS WE SHOWCASE ALL BRANCHES OF THE UNITED STATES ARMED FORCES



SEPTEMBER 9-10, 2017
MATHER AIRPORT

BECOME AN AIRSHOW INSIDER FOR
DISCOUNT TICKETS
AND EXCLUSIVE PERFORMER DETAILS!

www.CALIFORNIACAPITALAIRSHOW.COM

GENERATIONS MEMORY CARE



Come by for a Personal Tour Today

And See Why We Are Different....

- Private Suites with Oversized Bathrooms
- Resident-Centered Culture
- Gated Community and Secured Outdoor Courtyard
- Individualized Memory Enhancement Programs

- Management team has specialized in dementia and complex care needs
- Meals are home cooked made from scratch
- Family is included as care partners in the residents' journey



SAGEBROOK

SENIOR LIVING AT CARMICHAEL

7125 fair Oaks Blvd • Carmichael, CA 95608

(916) 481-7105

www.SagebrookCarmichael.com



Lic# 342700002



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.

If someone were to offer to give you a modest down payment on a car that you otherwise couldn't afford, but left you the burden of paying expensive monthly loan payments, repairs, insurance, registration, gas, and all other ongoing expenses, would you consider that car to be "free?" I wouldn't, and I suspect most readers of the American River Messenger wouldn't either, because you would now be obligated to pay for something that you cannot afford. Yet that is exactly what the Sacramento Bee is claiming when they suggest that Sacramento County has "ignored millions in free money for homelessness."

To fill you in on the back-story, there is a federal grant that local municipalities can apply for called "Whole Person Care," which would fund a program designed to help move the homeless people who use emergency rooms the most into more appropriate facilities for treatment. Sacramento City wanted to partner with Sacramento County to accept the money and jointly run a program. Sounds great, right?

Unfortunately, accepting this money doesn't make sense for several reasons.

Orangevale Community Update

Free Money Doesn't Exist

First, this money isn't for ongoing funding, it's for a three year program - and after that three years is up we will be left to fund ourselves a program that costs \$64 million dollars annually. We would then need to either boot the homeless back to overcrowded hospitals, cut funding from other county-wide services like police and roads, or raise taxes. None of those options are particularly attractive.

Second, the money would need to be used in a way that isn't very helpful to Sacramento County. This is because the money doesn't allow the spending on the two things we need most to help solve this problem, which are mental health services and housing. We don't need money to more efficiently connect the homeless with services, because we simply don't have enough services to connect them with (as can be witnessed by looking at the huge waitlists we currently have).

And last, in order to get the money Sacramento County would have to match the federal funds at a time when we have *virtually no reserves*. There is a significant cost associated with participating in this program, in addition to the fact that if we couldn't demonstrate improvements in certain health outcomes, the federal portion of the money could be withheld.

In the end, Sacramento County decided to not apply for the "free money", and I am in complete support of that decision.

Instead of risking our money on this program, Sacramento County has focused its time and resources on programs that will offer more of what the homeless actually need. To help mental health we are investing in three new mental health crisis centers, opening a mental health urgent care center that can service 300-400 people, and increasing

capacity at the Mental Health Treatment Center. And to help the housing problem we are creating a 24-hour homeless shelter to house 75 people each night, redesigning the family shelter system to provide housing for 33 families each night, and providing a shelter to high-risk families who cannot be diverted to permanent housing immediately while we assist them to find housing.

I recognize that these programs are not going to eliminate homelessness, because to be honest, we could probably throw hundreds of millions at this problem and still not eliminate homelessness (*San Francisco spent \$275 million on homelessness last year*, and their problem is only getting worse). But our programs are a good step forward to address our immediate needs while also refraining from spending outrageously. There are roughly 2,000 unsheltered homeless on any given night in Sacramento County, and 1,000 churches - perhaps a good, free solution would be to proactively help engage the faith community as part of the solution and build volunteer support.

Finally, I want to invite everyone to my next Orangevale community meeting on October 6th at 7:30am at Annie's Breakfast & Steaks (8800 Greenback Lane). It will be 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 6 month subscription for only:

\$15⁰⁰



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!

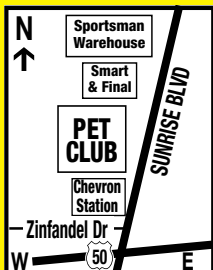
Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

PET CLUB is Excited to Now Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, Season's Natural, & Royal Canin Pet Foods

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
*Short term promotions from vendors
(NO ADVERTISING 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 8/30/17 - 9/5/17



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 8/30/17 - 9/5/17

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 338 ARM Limit: 1 Coupon Per Family Effective 8/30/17 - 9/5/17

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
AS MARKED \$8 OFF
Our Regular Low Prices!
Effective 8/30/17 - 9/5/17

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
20/\$9.00
Effective 8/30/17 - 9/5/17

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 8/30/17 - 9/5/17

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)
Limit 2 Cases Per Family
20/\$13.00
Effective 8/30/17 - 9/5/17

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag
•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
•Salmon/Sweet Potato
•Venison/Sweet Potato
Limit 2 Bags
ON SALE
Effective 8/30/17 - 9/5/17

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Multiple Cat Formula
Limit 2 Jugs Per Family
\$6.99
Effective 8/30/17 - 9/5/17

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$8.99
Effective 8/30/17 - 9/5/17

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 8/30/17 - 9/5/17

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 cases
On Sale

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9.99

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢

OKOCAT CLUMPING WOOD LITTER
•Regular
•Soft Step
11-13 Lb
\$3.00 OFF
10.7 Lb
\$4.00 OFF
Dust Free Natural Paper
12.3 Lb
\$4.00 OFF
OUR SUPER LOW PRICES

EVERCLEAN PREMIUM CAT LITTER
•ES Unscented •US Ever Fresh •Multiple Cat
25 Lb. Box Limit 2 Boxes
\$10.99

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.99

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

WELLNESS DRY DOG FOOD
(3 Free Wellness 12.5 Oz Can Dog Food With Each Purchase)
•Chicken •Lamb
•Healthy Weight 26lbs •White Fish •Senior
\$51.99 **\$52.99**

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
Limit 2 Bags
•Turkey •Lamb •Duck •White Fish
•Trout/Salmon •Zsential •Venison
•Salmon •13.5 Lb •27 Lb
20% OFF OUR REGULAR LOW PRICES

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor/Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$17.99

CORE GRAIN FREE DRY DOG FOOD
3 FREE Core Dog Food 12 Oz Can With Each purchase
Original **\$54.99** Ocean Reduced Fat **\$59.99**

SCIENCE DIET CANNED CAT FOOD
Selected Varieties
5.5 Oz Limit 1 Case
95¢

CASUAL PET BEDDING PRODUCTS
•Loungers •Orthopedic Beds •Cat Beds
20% OFF OUR SUPER LOW PRICES
ALL VARIETIES EXCEPT:
ORTHOPEDIC MAT 30"x 40" - **\$23.99**

TRUE CHEWS PREMIUM JERKY CUTS
All Varieties
100% Natural Dog Treat 12 oz pkg
\$7.99

VAN NESS CAT PAN LINERS
All Sizes
•Regular •Drawstring
20% OFF OUR SUPER LOW PRICES

SENTRY FIPROGUARD & ADVANCE GUARD 2 Flea Control & Treatment
•Regular •Plus •Max All Sizes
20% OFF OUR SUPER LOW PRICES

SCOOP FREE LITTER TRAY CARTRIDGE
(Automatic Litter Box - \$99.99)
\$15.99

FLUVAL FILTER SALE
MODEL.....TANK.....PET CLUB SALE

106...25 GAL.....**\$84.99**
206...40 GAL.....**\$99.99**
306...70 GAL.....**\$129.99**
406...100 GAL.....**\$174.99**

TETRA BOXED 10 GALLON TANK
Just add Heater For Tropical Fish
\$36.99 Limit 1 Per Family

REPTILE SUPPLY SALE
Zoo Med Reptibark 8 Qts.....**\$5.49**
Tetra Reptomin 3.7 Oz.....**\$3.79**
Tetra Reptomin 10.59 Oz.....**\$8.49**

O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish
•Marine •Spirulina
20% OFF OUR SUPER LOW PRICES

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/30/17 - 9/5/17
\$15.99 ARM PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/30/17 - 9/5/17
\$12.99 ARM PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties
Except Elegant Medley
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 8/30/17 - 9/5/17
53¢ ARM PLU 361