



**Free Clinic on Free
Fishing Day at Mather
Regional Park**
PAGE 2

**Student Exchange
Seeks Host Families
for School Year**
PAGE 8



AMERICAN RIVER Messenger

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AUGUST 18, 2017

**SINGLE-PAYER: COMING
TO A THEATER NEAR YOU?**



PAGE 9

**FIVE NATIONAL
CHAMPIONS BRING
GOLD, SILVER AND
BRONZE TO ROBINSON'S**



PAGE 5

**ONE FAMILY'S JOURNEY
OUT OF HOMELESSNESS**



PAGE 2



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Paying it Forward

Neighbors Pulling One Weed at a Time



Gary Schwalbach, left, and Sofia Reidel, far right, flank homeowner Debbie Bowen in her yard, where their group, Pay It Forward Yard Crew, is wrapping up its first donated clean up project.

Story and photos by Jacqueline Fox

FAIR OAKS, CA (MPG) - It began with a complaint delivered via the online app called Nextdoor, which allows residents of specific geographic areas to create online communities where they can trade information, connect and operate their own virtual "neighborhood watch" of sorts.

This complaint was not about crime, or graffiti, or having a speed bump put in. It was about weeds, weeds growing half a house tall, tree limbs dragging over sidewalks, foxtails smothering flowerbeds, decaying shrubs and unkempt yards that were becoming a drag on the neighborhood and property values.

"It's an abomination," part of the initial complaint read.

Debbie Bowen, who has lived in her home on Laurel Oak Way in Fair Oaks for more than two decades, was a regular on the app. She dug into the thread of complaints growing by the hour about all the overgrown yards in the area and noticed the comments were getting nastier by the second, with several suggestions pouring in about how to

file formal complaints about code violations against the homeowners' in question.

As the string got longer, it hit her: her house was among those being targeted. Now it was personal.

"It is true," says Bowen. "My yard was completely overgrown and we were embarrassed about it. But when the nasty comments started growing and there were calls to turn people in, I decided to say something."

Instead of retaliating with anger, Debbie implored the group to consider what may be behind the issue and informed the group that taking care of her yard had exceeded the scope of her abilities, as she was diagnosed with a brain tumor roughly four months prior and currently undergoing radiation treatment, and suffers from symptoms of Multiple Sclerosis. In addition, her husband is also recovering from a stroke and, although her mother has moved in to help the couple, she, too, is incapacitated, over-coming surgery on her left foot.

"We just aren't capable of getting out there and we are on a budget of about \$1,000 a month," Bowen said. "I got mad at first,

reading those comments, and then I decided to type in and tell them that I was unable to handle the property because of my illness. I invited the woman who started the conversation to stop complaining about it and maybe offer some help. From there, it all just kind of snowballed."

The group swelled to roughly 261 users, according to Bowen, and, as they began to get the details of her illness and why her yard was so badly neglected, the tone of the conversation shifted dramatically. Then, instead of threats came compassion.

"One of the people on the app suggested that we do something to help, to find out what the stories were and go out and see what we could do," says Sofia Riedel, a Fair Oaks resident and paralegal who was in on the initial online conversation. "I think someone suggested that we create a list of volunteers who might be interested in forming a group of volunteers. That went on for a while and, I'm a doer. No one was forming the list, so I just took it over."

Riedel and group of roughly 15 would-be landscapers met offline, laid out a plan and

Continued on page 3

CHP to Hold Start Smart Driver Class

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

Recent collisions involving teenagers in our area demonstrate the importance of these types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.

The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 -19 and their parents/guardians.

The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.

North Sacramento CHP will be offering this free class on Tuesday, August 22nd, from 6:30 p.m. to 8:30 p.m. The class will be held at the Sacramento Water and Sewer Treatment Plant at 5026 Don Julio Blvd, in the conference room. This building is located on the northeast corner of Elkhorn Blvd. and Don Julio Blvd.

Persons interested in signing up for the class will need to register for the class by emailing Officer Chad Hertzell at chertzell@chp.ca.gov or by sending a private message to our Facebook account at [Facebook.com/chp-northsac](https://www.facebook.com/chp-northsac). It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP's Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA.

Source: CHP

Airshow to Host National Aviation Heritage Competition

Prestigious Competition Adds To An Already Exciting Airshow

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, will be the new home for the National Aviation Heritage Invitational (NAHI) beginning in 2017.

"This partnership is a marriage of missions," said CCA Executive Director Darcy Brewer. "Massive and historic Mather Airport provides endless space to grow for the annual NAHI competition. And these valuable aviation treasures will

be a meaningful addition to the California Capital Airshow, which already draws fans from across the nation and beyond."

NAHI supports the preservation of a rich aviation heritage by encouraging the restoration of vintage aircraft to airworthy condition. The Invitational's judges review participating restored aircrafts against standard criteria developed by the Smithsonian Institution's National Air and Space Museum, which includes authenticity, quality of workmanship, attention to detail and



Massive and historic Mather Airport provides endless space to grow for the annual NAHI competition. These valuable aviation treasures will be a meaningful addition to the California Capital Airshow, which already draws fans from across the nation and beyond. Photo courtesy The California Capital Airshow

technical merit. Trophies are awarded in five categories: antique, classic, contemporary, military and large aircraft. The overall winning aircraft is awarded the

Neil A. Armstrong Aviation Heritage Trophy. In addition, the National Aviation Hall of Fame's People's Choice trophy will be awarded to the aircraft that receives the largest number of votes cast by the attendees at the two-day California Capital Airshow event on September 9-10, 2017. Tickets are now available for all fans at CaliforniaCapitalAirshow.com or the Rancho Cordova Chamber of Commerce. For more information about discount tickets, visit CaliforniaCapitalAirshow.com

SMUD Prepared for Solar Eclipse

SACRAMENTO REGION, CA (MPG) - The morning forecast for August 21 calls for darker skies in Northern California and across the country. That's when a near-total solar eclipse will occur—from about 9 a.m. to about 11:30 a.m. for our region—during which time the sun will be obscured by up to 76 percent.

Given the growing penetration of solar energy in California, the electric utility industry and other energy stakeholders have considered the potential impacts of such a significant solar event.

SMUD has secured additional reserve power to ensure it's able to meet the increased

demand when the availability of solar reduces because of the eclipse. SMUD does not anticipate any problems meeting the Sacramento-area community's demand for electricity.

SMUD, for its part, has almost 300 megawatts (MW) of solar power in its service territory. Approximately 140 MW is utility-connected solar generation and about 150 MW is "behind the meter", customer-owned solar generation.

The timing of the eclipse is fortuitous for SMUD and for California in general as demand on the grid during those hours can be considerably lower than in the late afternoon hours.

Typically, solar production can be impacted by everyday weather events like cloud cover, which is why SMUD's energy portfolio, including its renewable generation resources, is very diverse. By going the extra step and securing additional reserves, SMUD has the flexibility to manage the increased demand on the grid during the eclipse and the drop off in demand during the transition out of the eclipse.

For more information about SMUD and its award-winning renewable and energy efficiency programs, visit SMUD.org.

Source: SMUD Media ★

One Family's Journey Out of Homelessness



Jessica Hodges smiles in front of her place of employment. Photo courtesy Sacramento County Media

SACRAMENTO COUNTY, CA (MPG) - The path to self-sufficiency was not an easy or quick road. But today, Jessica Hodges, her husband, and their three children (ages six, eight and 10) are living the life they dreamed of, thanks to the Sacramento County Department of Human Assistance, the Mustard Seed School and Mary House.

Three years ago, their youngest child developed a cough that required two surgeries and resulted in scarred lungs. Upon discovering that the cause was mold inside the walls, the family moved out of their apartment in a hurry. This sudden move impacted their credit, which ultimately prevented them from finding permanent housing. And, because the mold had contaminated all of their belongings—including clothes, photos and furniture—everything had to be abandoned.

Around the same time, Jessica graduated from Kaplan College but was laid off from her job as a medical assistant for a local doctor.

Jessica expressed her dismay at her living conditions and at

the circular challenges—securing a job without a permanent address was an uphill battle, while finding a home without a job and with damaged credit was nearly impossible.

County Director of the Department of Human Assistance (DHA) Ann Edwards, confirmed the currently rental housing landscape is bleak for struggling families. Low vacancy rates and escalating rents - far above what many residents can afford, make finding housing difficult.

In November, County DHA Social Worker Samantha Sween partnered with Mustard Seed School Director Casey Knittel to stabilize the Hodges and to develop a plan.

As the children attended the Mustard Seed School, County DHA staff and Mary House staff were assisting the family with services and supplies.

The group effort paid off a few days before Christmas. After three long years of sleeping on couches, in hotels and in their van, the Hodges—with only sleeping bags and pillows—finally moved into an apartment

where they could start over.

Much to their surprise, staff from the Mustard Seed School brought gifts for the children, ranging from clothes to iPads.

"We didn't have any furniture," Jessica expressed with a smile, "But it was the most touching Christmas ever because I did not have anything to give them [until these gifts arrived]. They even brought a Christmas tree."

In March, bolstered by her degree, Jessica was hired by SMPP Rehab as a Medical Office Specialist. Her husband is attending school to develop new skills while caring for their children.

Their three children miss their teachers and friends at Mustard Seed School, but are grateful they no longer need the assistance and for the first time in years, the family is doing great.

Find out more about assistance programs available through the Sacramento County Department of Human Assistance.

To apply for medical, food and cash assistance programs online please visit CalWIN.

Source: Sacramento County Media ★

Free Clinic on Free Fishing Day at Mather Regional Park



The entire family can enjoy the free fishing day together. Photo courtesy CDFW

By Bruce Forman, CDFW

SACRAMENTO REGION, CA (MPG) - The California Department of Fish and Wildlife (CDFW) "Fishing in the City" Program, in partnership with the County of Sacramento, are sponsoring an introductory fishing clinic on Saturday, September 2, 2017

at Mather Regional Park in Rancho Cordova. The County of Sacramento is waiving the \$5 parking fee prior to 1:00 pm.

The CDFW provides free equipment loan plus tackle and bait, following a 30 minute clinic. The clinic is scheduled at 8:15 with equipment loan from 9 a.m. to noon. As this day is CDFW's

statewide free fishing day, anglers are not required to possess a fishing license; however, all fishing regulations are otherwise still in effect.

Mather Lake will be stocked just prior to this date with catfish. For other information, call (916) 358-1644. The phone is staffed only on Thursdays. ★

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Runner Blasts New Tax Agency for Shameful Actions

SACRAMENTO, CA (MPG) - George Runner recently vented his frustration with Governor Jerry Brown's administration and its newly-created Department of Tax and Fee Administration.

"California's new tax agency is creating needless hurdles for taxpayers seeking justice," said Runner. "Whether caused by clumsiness or conspiracy, these actions are shameful and unacceptable."

At last week's Board of Equalization meeting in Irvine, a representative of the new tax agency asked board members not to vote on tax appeals. He based his request on a dubious legal interpretation of a new law, AB 102, which stripped BOE of much of its power.

Runner and his fellow board members believe the new law limits board member communications with taxpayers as of July 1 of this year when the law took effect.

However, an administration lawyer opined last week that



Jerry Brown's administration seems to be doing everything it can to create hurdles, said George Runner. I hope it's not a preview of what's to come for taxpayers.

the new law should be broadly interpreted, forcing board members to disclose communications prior to when it took effect.

The resulting confusion delayed the board from hearing tax appeals for hours.

"The administration seems to be doing everything it can to create hurdles," said Runner. "I hope it's not a preview of what's to come for taxpayers."

"Despite the confusion, the board fulfilled its duty to vote on tax appeals," continued Runner. "If the board hadn't done so, taxpayers who had waited months or years for justice would have been forced to wait even longer."

Ironically, the new law in question is titled *The Taxpayer Transparency and Fairness Act of 2017*. Supporters claimed it would speed up tax appeals and promised a seamless transition, but to date the law has only created problems and headaches for taxpayers.

The two-day board meeting concluded Friday. The next meeting is scheduled for August 29 to 31 in Sacramento.

George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit boe.ca.gov/ Runner.

Source: Office of George Runner, BOE ★

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Paying it Forward

Neighbors Pulling One Weed at a Time



Joan Byron, 76, is one of several volunteer landscapers on Pay It Forward Yard Crew.



Mima Murcia, Andrew Latimer and Mary Conde, part of Pay It Foward Yard Crew.

Continued from Page 1

created a real-time “go-fund me” operation, only the currency is sweat and labor, not cash, and they identified Bowen’s yard as their first beneficiary.

For three of the hottest week-ends in late July and August, scores of volunteers, Riedel among them, showed up at Bowen’s house with shovels, weed whackers, limb lobbers, chain saws, wheel barrels and boxes of heavy duty trash bags. They toiled from early morning until the heat took over, little by little sawing, chopping, raking and bagging away the blight and overgrowth in Bowen’s front and back yards.

“I couldn’t believe it,” Bowen says. “It just blew my mind.”

The group, now officially calling itself the “Pay It Forward Yard Crew,” is wrapping up Bowen’s yard and has already identified its next beneficiary. In addition to a growing list of volunteers interested in helping out, the Crew also has received donations of mulch and other lawn and yard care items from Home Depot and HD Supply. In order

to expand that avenue of support, they intend to file an application for 501-C3 identification, which would give them full non-profit status, if approved.

“We got some donations for this project, but in order to really make an impact and take this forward, we need a non-profit ID number so that we can solicit donations from businesses for other items,” says Riedel. “It isn’t going to stop here. We are going to keep at it.”

One of the Crew’s biggest needs is for an experienced tree trimmer, as many of the yards identified have large trees that need cutting down or, in some cases, removal. Also, donations of water, coffee, donuts and snacks for the volunteer landscapers is critical and, as part of the agreement for receiving help from the crew, Bowen will take charge of overseeing the refreshments are in place on every project.

“The only thing I have to do is pay it forward to two people,” Bowen said. “That’s the payment for what they’ve done for me. I

have to give back. Obviously I can’t get out there and cut trees down, but I can manage getting the donuts, and the coffee and drinks for volunteers.”

As for the initiator of the string of complaints, Reidel says she left the “room” as soon as the conversation shifted toward solutions for helping out.

“I’d like to thank her for helping bring us all together,” Riedel said. “We are getting to know each other, we’re losing weight with all the hard work we’re doing, and we feel good about not just complaining but actually doing something to help.”

If you’d like to join the Pay It Forward Yard Crew, please contact Sofia Riedel at lawfuldocs@gmail.com or call (916) 347-0348. ★

HOW TO HELP:
Pay It Forward Yard Crew
Items needed: crew snacks and refreshments, lawn tools, mulch, gloves, trash bags, pickup service and other items.
Call: (916) 347-0348
lawfuldocs@gmail.com



By County Supervisor Susan Peters

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

Fresh Fruit and Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting any of the two local Farmers Markets operating weekly thanks to BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth. These local markets are open Wednesday and Sunday.

On Wednesdays visit the Farmers Market in Fair Oaks between the hours of 3

FAIR OAKS COMMUNITY UPDATE

- 7 pm operated at the New Life Church (8101 Sunset Avenue) near the corner of Fair Oaks Boulevard and Sunset Avenue. Shop Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard.

In addition to the ones identified above, BeMoneySmartUSA sponsors markets at other locations. For a complete listing, please visit bemonneysmartusa.org.

Never Forget Trash Day Again!

Not sure what day is garbage day or whether to bring out your green waste or recyclables for pick-up? Now you never have to guess and miss another waste collection day again! Sacramento County’s Department of Waste Management and Recycling offers a variety of services, including your weekly collection schedule or sign up for weekly reminders via

email or phone.

To learn more, go online to wmr.saccounty.net.

Final Summer Concert in Fair Oaks Village

The final free Thursday night concert in Fair Oaks Village concludes on August 24 with a performance by the West Fifth Avenue Band featuring classic rock, pop, and jazz tunes.

The fun starts at 6:30 pm in Village Park in Downtown Fair Oaks.

The summer concert series started in June has been hosted throughout the summer by the Fair Oaks Chamber of Commerce, Fair Oaks Recreation and Park District and the Fair Oaks Foundation for Leisure and the Arts. For more information, please call 966-1036.

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

Volunteers Wanted for Orangevale Woman’s Club

By Kris Cardwell

ORANGEVALE, CA (MPG) - How does a club that is 104 years old remain relevant in 2017? It does so, successfully, with a merging of long time members whose history tells the story of Orangevale volunteerism, with the enthusiasm and new ideas of incoming participants.

It can be daunting to walk into a room as a stranger but the smiling faces and laughter of a group of like-minded women quickly puts one at ease.

The re-affirming motto of newly elected OVWC president, Marilyn Edwards, “Many Hands Blessing Many Hearts” captures the spirit of the club’s upcoming projects and events. Organizations run on fundraising opportunities and one of the club’s biggest and most fun occurs on Friday October 13. The Fall Bunko happens in conjunction with the Orangevale Grange at the landmark hall on Walnut Avenue. Somehow the rowdy dice rolling parlor game transforms into a well-organized and well attended community activity. One with a delicious spaghetti dinner, raffle prizes galore, and money to the winners!

OVWC members are encouraged to bring ideas to the group and one new member’s idea proved a big hit last year. Sharon McGrath introduced the concept of “pop-up” lunches to the club.




“Many Hands Blessing Many Hearts” captures the spirit of the club’s upcoming projects and events. Photo courtesy Orangevale Woman’s Club

So often meetings are busy-ness with reports and work with little time for socializing other than the chatter during the pot-luck style lunches. Sharon’s party planning skills led her to coordinate monthly gatherings at local restaurants where good food and casual conversation builds on the relationships that keep the group glowing and growing.

We look forward to a fun

and productive year as we meet Tuesday September 5th at 11:00 at the Orangevale Community Center. We would love to have you join us as we continue our goal of serving the Orangevale community.

For more information find us at Orangevale Woman’s Club on Facebook or contact Marilyn Edwards @ 916-764-6816. ★



Publisher,
Paul V. Scholl

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Crossword Puzzle on Page 5

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

Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports



Defendant Sentenced for Bank Robbery, Carjacking

DATE: August 1, 2017
CASE: Carlos Aguirre (Case #10F04114)
PROSECUTOR: Deputy District Attorney Dinah Mielke, Felony Prosecution Unit

The Honorable Raoul Thorbourne sentenced Carlos Aguirre to 30 years and 4 months in state prison. On February 27, 2017, a jury convicted Aguirre of carjacking and six counts of robbery. The jury also found true the allegation that Aguirre personally used a firearm on all seven counts.

On January 22, 2010, Carlos Aguirre was armed with a gun and wearing a ski mask when he followed an assistant bank manager into her work at the Bank of America on Folsom Boulevard. Aguirre grabbed her from behind with his arm around her neck, and put the gun to her head. He ordered her and other individuals in the bank to the ground. He then ordered two tellers to give him money, which amounted to between \$30,000 and \$50,000. Customers in the bank testified that they were afraid they were going to die that day. Aguirre demanded car keys from the assistant bank manager while displaying his gun. She complied and Aguirre took his backpack with the money and ran out to her car, where he lost his ski mask. The District Attorney's Crime Lab obtained a DNA sample from the mask and uploaded it to the DNA database, resulting in a match to Aguirre. Cell phone records put Aguirre's phone in the area of the bank 11 minutes before the robbery took place, and at approximately the same time the day before.

Aguirre's prior 1997 strike conviction for assault with a firearm and the allegation that he used the firearm during the commission of a felony or attempted felony was also found true.

Defendant Convicted for Apartment Complex Shooting

DATE: August 2, 2017
CASE: Bryant Fields (Case #16FE007858)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)

Bryant Fields was convicted by a jury of attempted murder, two counts of assault with a semi-automatic firearm, two counts of shooting into an occupied vehicle and felon in possession of a gun. The jury also found true multiple allegations that Fields personally used a gun and that he intentionally discharged a firearm.

On April 18, 2016, officers responded to a shot spotter notification at an apartment complex, where they found 10 spent casings. Video

of the shooting and witness interviews revealed that Bryant Fields got into a short verbal altercation with the victim. When the victim got into his car to leave, Fields followed him out of the complex on foot and shot at the victim's car 10 times. One round hit another vehicle as it passed by the scene. On April 23, 2016, officers located Fields at a residence along with items that connected him to the crime, including the gun used in the shooting.

An allegation that Fields suffered a 2009 prior strike conviction for assault with a firearm will be decided at sentencing.

Fields faces a maximum sentence of 48 years and 4 months in prison. Sentencing is set for September 8, 2017, at 9:00 a.m. in Department 20 before the Honorable Michael Bowman.

Defendants Convicted for Home Invasion Robbery, Kidnapping

DATE: August 3, 2017
CASE: Antione Cisco & Reynaldo Eknar (Case #16FE012117)
PROSECUTOR: Deputy District Attorney Sam Alexander, Career Criminal Prosecution Unit

Antione Cisco and Reynaldo Eknar were convicted by a jury of three counts of first-degree robbery in concert, six counts of kidnapping for extortion, and three counts of kidnapping for robbery. The jury also found true the allegation that each defendant personally used a firearm on all counts.

On June 20, 2016, Antione Cisco and Reynaldo Eknar kicked down the front door of a home where a mother and her two sons lived. The defendants demanded money and property, beat the victims, and forced them to the ground at gunpoint while they searched for valuables. The defendants then forced the victims into a vehicle, drove them to a bank, and told one of the sons to withdraw \$8,000. The son followed orders out of fear for the safety of his brother and mother, who were being held in the car at gunpoint by the defendants. The defendants then drove to another bank and told the son to withdraw another \$8,000. Instead, the son informed bank personnel of the situation and they called 911. Officers arrived and took the defendants into custody.

Eknar has prior convictions for illegal possession of a firearm and possession of marijuana for sale.

Both defendants face a maximum sentence of 109 years and 8 months, plus 63 years to life in prison. Sentencing is set for November 17, 2017, at 9:00 a.m. in Department 16 before the Honorable Marjorie Koller. ★

Robinson's Announces National Champions

Five National Champions Bring Gold, Silver and Bronze to Sacramento TKD Glory

By Rick Reed

SACRAMENTO REGION, CA (MPG)

- They are outstanding young students in school and their local Taekwondo training 'dojang' or gym. In mat competitions with Black Belts from across the USA Sacramento's Phillip El Chemali was triumphant in winning the Gold Medal at the USAT Nationals in Detroit, MI this July. The win places him on the United States Association of Taekwondo National Team for a second consecutive year!

Elk Grove's Cassie Berger also won Gold in the USAT Women's Division, as this CA State Champion won another top honor in the Korean-based martial art. Women's Bronze came home with Black Belt student Maria Lopez from the world's largest TKD tournament held in Detroit, MI. Less than one week later, at the Amateur Athletic Association TKD National competition in Broward Convention Center in Ft. Lauderdale, Florida Maria Lopez fought again, again winning the AAU Bronze Medal this July.

At this same Florida tournament event Robinson's Taekwondo Black Belt student



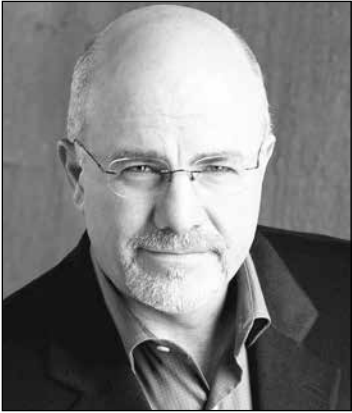
Sacramento's Black Belt Gold Medalist Phillip El Chemali on the mat in Detroit at the USAT Nationals. Photo courtesy Robinson's Taekwondo

Lorenzo Ortega battled thru top national TKD fighters to win the AAU Gold Medal. The Women's Silver Medal came back to Northern California as North Highland's Natalie Velasquez stepped up to the podium as winner.

Rarely in history has one American city claimed so many

top TKD medals and five US National Champions in its ranks.

Founded in 1975 in Sacramento, Robinson's Taekwondo has locations throughout the region training athletes of all ages in the world's most taught martial art – Taekwondo! To find out more visit www.robinsonstkd.com ★



Let him be mad

Dear Dave,

My dad wants me to buy a house on a 30-year loan for him and my mom in my name, and let them make the payments. I'm 24 years old and have a good credit score and a nice apartment, but my job depends largely on how the oil industry is doing. My dad filed bankruptcy nine years ago, and he's already \$150,000 in debt again, so he's never been very responsible with money. I think this would spell big trouble for me, but I'm sure he will be mad if I say no. What are your thoughts?

- Emmanuel

Dear Emmanuel,

Yeah, I think doing something like this would spell big trouble for you. If your dad is irresponsible with money — especially to the point of having to file bankruptcy — what makes you think he'll make these house payments on time?

I know this would be an uncomfortable conversation to have with your dad, but you need to brace yourself and just

Dave Says

do it. Be respectful and explain exactly why you won't do this. Think about it, Emmanuel. When he doesn't pay the bill on time, it's going to screw up your credit score. And when you get ready to buy a house, guess what? You're going to have trouble qualifying because you already own a house. Most people don't make enough money to qualify to buy two homes.

Basically, your dad is asking you to not buy a house so they can have one. I can't tell you how to make your dad okay with saying no to this, but I can tell you that your answer should be no. Let him and your mom know that you love them both, but this is something you just can't do.

Dip in, pay it off!

Dear Dave,
My wife just had our first child. Now, we now have about \$3,000 in medical bills not covered by insurance. We've got \$8,000 in our emergency fund, and I make between \$25,000 and \$30,000 a year. Should we try setting up a payment plan with the hospital, or is dipping into our savings a better idea?

- Matt

Dear Matt,
I'd write a check today and knock out that hospital bill. This

falls under the heading of "emergency" in my mind, so pay the bill and jump back into rebuilding your emergency fund.

You've done a really good job of saving on your income, but let's see what we can do about making better money in the future. Extra practical training in your field, or more education in the classroom, could increase your income quickly. Your emergency fund needs to be a little bigger as well, and it'll be a lot easier to make this happen if you're making more money.

I'm sure you're a hard-working guy, but it's going to be tough for even a small family to make it on what you're bringing home now. The unexpected can become a common occurrence when there's a little one in the picture.

Congratulations!
—Dave

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

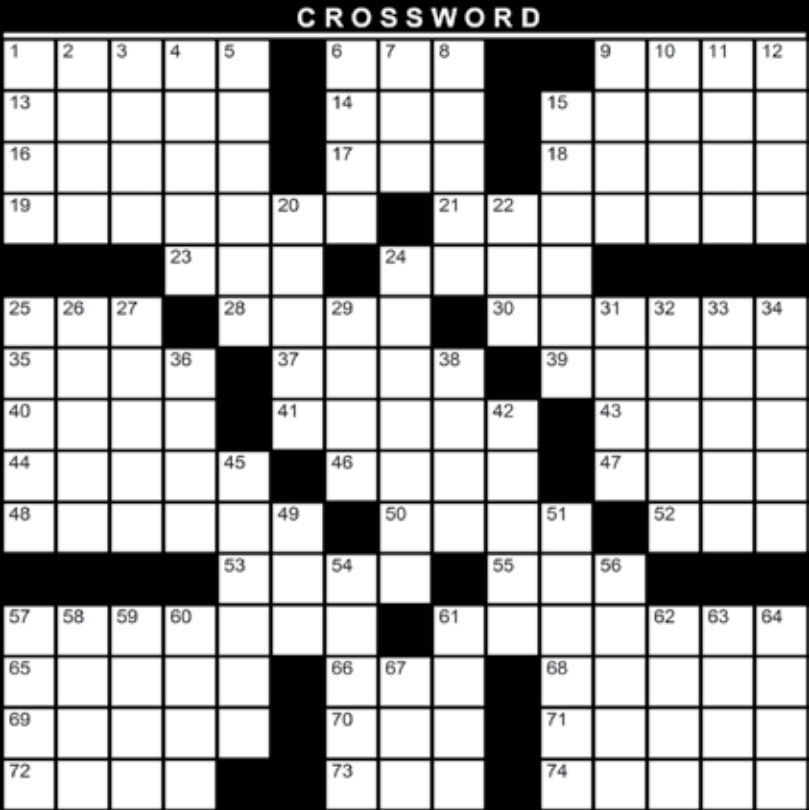
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CLUES

ACROSS
1. Glass piece
6. *It can be measured via carbon decay
9. Sandwich alternative
13. Free-for-all
14. Madame Tussauds' medium
15. State of dishonor
16. Kidney, e.g.
17. Cleopatra's killer
18. Arthur Hailey bestseller
19. *Force pulling two objects together
21. *One on Mendelev's table
23. Organ of balance
24. Criticism
25. British mom
28. Tibetan priest
30. Gluten-free dieter's disease
35. Relating to #23 Across
37. Deficiency
39. Goes with onions?
40. "In ____ veritas"
41. Daisylike bloom
43. Apple leftover
44. Choose Trump, e.g.
46. Feed storage
47. Actor Kristofferson
48. Gibraltar or Bering
50. Moonfish
52. Hitherto
53. Jockey's leash
55. Give a nickname to
57. **A Brief History of Time" author
61. "One of Us" singer Joan
65. *Most of Earth's hydrosphere
66. Fall behind
68. American Akita, e.g.
69. Circular gasket
70. Nocturnal flyer
71. Verb derived from "laser"
72. Chipper
73. Smallest whole number
74. "____"! Read all about it!"

DOWN
1. Urban haze
2. Drosselmeyer's title
3. *Pond organism
4. Ransack or plunder
5. Coping mechanism
6. "And ____ we go!"
7. *Low density state of matter
8. Kick out of school
9. "For ____ the Bell Tolls"
10. *60 miles/hour, e.g.
11. So be it
12. Trapper's bounty
15. Israeli money
20. "____-la" refrain
22. Lake in Provence
24. Dissenting clique
25. *Galilei: "And yet it ____"
26. At less than 90 degrees
27. Forty-niner, e.g.
29. *m in F = ma
31. Way to seal an envelope
32. Poacher's ware
33. Bird of prey nest
34. *Highest point in a wave
36. Source of cocaine
38. Kind of seaweed

42. Two diverged, one not taken and other taken
45. Causing one to need rest
49. X
51. *He had a telescope named after him
54. Inuit shelter
56. *a.k.a. sodium borate
57. LeBron's goal
58. 43,560 square feet
59. Dam-like structure
60. Immanuel ____, German philosopher
61. Eye up and down
62. None of this for the weary
63. ____-do-well
64. Cocoyam
67. Grass bristle



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Crossword Puzzle Solutions on Page 4

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

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

Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

Some people who have an outstanding level of intelligence often get caught up in their own self-importance. It is extremely dangerous position. Some may even consider their opinions and knowledge higher than God Almighty. They are listening to the wrong voice! Their conscience needs a fresh resurrection, and they need to acknowledge

Worship God Only!

God knows everything and is greater. They often believe that their intelligence and self-importance diminishes what other's think and believe. They never believe their truth is misdirected or an untruth. It is their way or no way!

The worship of one's own opinions is a form of "idolatry" and not recognized by a Sovereign/Creator God of all that exists. It is a very dangerous and places that person in a sinful state which will ultimately lead them into an eternal hell. Placing one self above God is exactly what Adam and Eve did in the Garden of Eden when they dishonored the Lord's instructions. He therefore, cast them out of heaven to earth.

The only way an intelligent person can find resolve and a right standing with God is to

recognize this sin and need for God inviting His Spirit into their heart and life. Then, read and become familiar with the Bible. Pray faithfully, asking forgiveness for this attitude of spiritual superiority to leave. Then, they will receive the miracle to have a clear understanding of the words they read in God's Holy Word, God's Love Book.

I assure you God will be listening and His Spirit will answer because He loves all of us completely with an everlasting magnificent love beyond anything any of us have ever known. He is the God of divine and pure love and forgiveness. He is the great I AM and He awaits your prayer.

Marlys Johnsen Norris
Christian Author of 6 books
Marlysjn@gmail.com ★



By Pastor Ray Dare

I Peter 1:6-7 (Phillips) "*At present, you may be temporarily harassed by all kinds of trials. This is no accident. It happens to prove your faith which is infinitely more valuable than gold.*"

God doesn't cause our problems, God uses them for a greater purpose. God is a pro at turning bad things into good things. He's the expert at taking problems and bringing the greater purpose out of them. God allows problems in your life. He doesn't have to cause them. We cause them. We bring them on ourselves and other people cause them. Regardless, God will use the problem.

The story of Joseph is a great example of this. Joseph was his father's favorite son. All his brothers got very jealous. They decided to sell their brother into slavery, and he's

Pastor Ray's Encouraging Words

The Purpose behind the Problem

taken to Egypt. He's put in prison and he spends years in prison, dwindling away. I'm sure he was saying, "Where is God in all of this?" But he was exactly where God wanted him to be. God was in control and God was working through circumstances and situations. God didn't cause it but he allowed it all to happen. Later, Joseph rose to a position of prominence in Egypt and there was a great famine. Because of his wisdom both Egypt and Israel were saved. Later he came face to face with the very brothers that tried to hurt him. In Genesis 50:20, one of the greatest verses in the Bible, Joseph says to his brothers, "*You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.*"

You may be hurt right now by someone. They may mean it for bad but God knows how to turn it around and use it for your good. There may be people who are out to destroy you or maybe they don't like you and are trying to get your job. They mean it for bad but God is

in control and He means it for good, and He's got a purpose behind every problem.

When I'm hurt, what is the key to my response? Look past the pain and try to find God's purpose behind the pain. There are some things in life we'll never understand. Why do people die at a certain time? I don't know! We all die eventually. Why now? I don't know! But God has a plan and God is a good God. He's in control. Look past the pain. 2 Cor. 4:16-17 (Phillips) "*This is the reason we never lose heart. These troubles (which are temporary) are winning for us a permanent, glorious, and solid reward out of proportion to our pain.*" God says the temporary problems you are going through right now are minor compared to the reward you're going to be given on the other side if you handle it well. Look past the pain and try to find God's purpose behind the pain

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POPPOFF!

with Mary Jane Popp

Investing in Exercise

So you hate to exercise, but what if I told you exercise is investing in yourself. That from **Dr. Susan Smith-Jones**, Founder of **Health Unlimited** in Beverly Hills, and tells all in her new book “**Invest in Yourself with Exercise:**” Tactics to build exercise habits and enrich and energize your workouts with tips galore. Let’s start with something simple. If you can’t carve out an hour each day to exercise, or even 30 minutes, then break the time up into 10 or 15 minute allotments. You must make fitness a priority...a nonnegotiable part of your day. We all need to find some type of vigorous physical activity that fits into our lifestyle that exercises not only our body, but also our mind and spirit. Exercising out in nature fuels our soul and happiness. When exercising outdoors, such as hiking

or walking at the beach, in the hills, or a local park or flower garden, the time passes more quickly, which makes it easier to do a longer workout. You can make your workouts more intense by finding some hills, increasing your pace, or inviting a very fit hiking partner who will push you harder. Exercising with friends boosts your motivation too. The principles of a good workout program are exactly the same outdoors as they are in the health club. Start slowly, build gradually, and keep challenging yourself. Seek help with a new sport. Make sure you dress appropriately when you exercise outdoors. Always wear clothing that has been designed for the activity you’re doing and is suitable for any weather conditions you might encounter.

In this age of moving fast, eating fast, and doing everything at breakneck speed, people need ways of slowing down enough to hear the inner guidance. Yoga is one of the best slowing-down workouts. If you are looking for an aerobic activity that goes beyond mere physical exercise to improve the mind, body, and spirit, prayer-walking is

for you. It feeds the soul and calms the body. Being outdoors increases the negative ions you inhale, which helps you feel better, look younger, and live longer.

Spend time out in nature and bring nature into your home with plants and flowers. Exercising outdoors will strengthen your body, mind, and spirit and this whole-person integration will enrich every area of your life. It empowers self-esteem and helps to balance the body. Exercise is strong medicine. A single bout of 15 minutes of brisk walking, rigorous enough to raise your heartbeat above 100 beats per minute, is one of the best ways to reduce stress and anxiety. One reason that inactivity leads to fatigue has to do with the way we store adrenaline. If it isn’t used, adrenaline saps energy and decreases the efficiency of the heart. Strength training builds muscle tissue which sculpts, shapes, and defines your physique. Muscles also use up calories at a faster rate than body fat, so you’re always burning more calories.

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139¢/lb

Pork Neck Bones
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\$1 FOR 6 PEOPLE \$60.00
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89¢/lb Cucumber Pickles	3lbs/\$1 Yellow Medium Onions	2/\$3 Carrots 5 lb Cello	99¢/lb Navel Oranges	2/\$3 White/Brown Mushrooms 8 oz	2/\$4 Pomegranate Wonderful Tea 12 oz
					69¢/lb Organic Bananas

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\$2.59/can C&H Granulated Sugar 4 lb Bag	\$8.99/can Savinell Detergent 8.5 Liters	\$1.69/can Baby Wipes 80 ct	\$1.99/can Starbucka Frappuccino Coffee 13.7 fl oz	\$1.99/can Tostitos Beer 21.6 fl oz
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EUROPEAN GROCERY

\$7.99/can Ahmad Tuna 500 gr	\$2.99/can Vianan Marinated Tomatoes 1.5 L	\$3.69/can Pandora Shitake Marinated Mushrooms 550 gr	\$4.99/can Plain Yogurt 4 lb	\$3.99/can Bobbini Sunflower Seeds 500 g
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KOREAN/JAPANESE GROCERY

6.99/can CJ Rice 2.5 lb Kinda	1.99/can Beef Stock Soup 500 g	99¢/can Organic Roasted Chestnut 100 g	3.99/can Hot Spicy Ramen 2 Kinds 5 x 4.35 oz	5.99/can Cooked White Rice 6 x 7.5 oz	1.99/can Roasted Sesame Oil 12 oz
6.99/can CJ Rice 2.5 lb Kinda	2.99/can CJ Wonton 8.5 lb Bag	1.99/can Maruchan's Stir Fry Noodle 16.93 oz	12.99/can Ajinomoto Hondashi Stock 2.2 lb	5.99/can Orion Draft Beer 6 x 350 ml	1.99/can 84.8 Prepared Vanioli in Tube 3.17 oz

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Student Exchange Seeks Host Families for School Year



NWSE students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

By Sheryl Longsworth

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

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

and its values; they can view the U.S. through another's eyes, and thereby gain a broader understanding of our own country.

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

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

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

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

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

It's easy to get more information about hosting. Potential hosts can call me, Sheryl Longworth, Area Coordinator at 916-833-1218 or sheryl6663@yahoo.com; or by contacting NWSE at 877-850-3312 or info@nwse.com. Or, you can visit the NWSE web page at <https://www.nwse.com> and click on Host an Exchange Student. Student placements for the fall must be made before 8/31/17. Spring semester-only placements will be available towards the end of this year. ★

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 (Spanish & English)
**East Lawn
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 3939 Fruitridge Road, Sacramento, CA 95820
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Thurs., July 13 (Dinner @ 6:30 pm)
Wed., Sept. 13
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**East Lawn Elk Grove
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Single-Payer: Coming Soon to a Theater Near You?



Commentary by Sally C. Pipes

Hollywood loves a sequel. This summer, studios are releasing a fifth Pirates of the Caribbean, a third edition of the Despicable Me franchise, and another Spiderman.

But warmed-over ideas are not the sole province of the film industry. Progressive lawmakers are launching a reboot of their own -- Single-Payer Health Care: A Future We Can Believe In.

The trailer promises a futuristic, universal healthcare system without premiums, deductibles, or copays. But this feature is sure to flop. Single-payer's previous runs have been horror shows, with billions of dollars in cost over-runs and patients waiting helplessly for necessary care.

Lawmakers across the country are vying to be the first to establish a single-payer system.

The California state Senate passed a bill that would abolish private health coverage and enroll all residents in a single-payer system. The state Assembly shelved the measure for now -- but may consider it next year. Washington state

senator Maralyn Chase is drafting a similar proposal.

In May, New York's state Assembly approved a bill that would establish a single-payer system in the Empire State. And in June, Nevada Gov. Brian Sandoval vetoed legislation that would have allowed any state resident to sign up for the state's Medicaid program.

At the national level, a single-payer plan introduced by U.S. Rep. John Conyers, D-Mich., has over 100 co-sponsors.

These bills would destroy the healthcare system and the economy.

Consider the California bill. The state Senate's Appropriations Committee found that the measure would cost \$400 billion annually. That's more than three times the state's annual budget.

The state would fund its plan by raiding taxpayers' wallets. The Appropriations Committee calculated that it would take a new 15 percent payroll tax to come up with half that tab.

In New York, single-payer could cost \$226 billion in 2019 and destroy 175,000 local jobs, as companies flee to other states.

Those crippling taxes are among the reasons that even liberal voters have panned previous attempts to impose single-payer.

Colorado voters rejected a single-payer proposal last November by an 80-20 margin. The plan would have subjected residents to an additional 10 percent payroll tax. Even Democratic Governor John Hickenlooper didn't back it.

Vermont's dalliance with single-payer was also short-lived. In 2011, the state legislature

approved a single-payer plan. It would have cost \$4.3 billion annually -- requiring an 11.5 percent payroll tax and an additional 9 percent individual income tax. Former Governor Peter Shumlin scrapped the plan, deeming it too expensive.

Single-payer systems also deliver atrocious care. In Canada's single-payer system, the median patient waited 20 weeks in 2016 between referral from a general practitioner and receipt of treatment from a specialist. A 2014 study of 11 industrialized countries ranked Canada dead last in timeliness of care.

Many Canadians leave the country to get the care they need. In 2015, more than 45,500 Canadians received non-emergency medical treatment outside of Canada. In recent years, local health officials have authorized over \$100 million in spending to send Ontario patients waiting for critical transplants to U.S. hospitals.

In the United Kingdom's government-run system, patients aren't faring any better. In 2015, over 130,000 patients did not receive timely cancer care.

Single-payer systems have consistently received poor reviews from those trapped in them. Once American audiences realize that, they'll give pitches for single-payer a big thumbs-down.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The Way Out of Obamacare (Encounter 2016). Follow her on Twitter @sallypipes. ★



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

Pam Young's Corner

It Happened One Night at Timberline Lodge

This is Bruno the new mascot at Timberline Lodge on Mt. Hood in Oregon. According to his trainer (Kim) he's number eight in a line of Brunos that have graced the magnificent lodge built in 1937. Bruno just happened to be out with his trainer while we were at the lodge on Saturday. As a mascot in waiting, this day he was there to get used to kids of all ages gushing over him with kisses and hugs, posing with him for vacation memories, whistling at him and baby talking to him. He's just six months old, but in this photo Terry took, he looks like an adult St. Bernard! He reminded me of one of those huge kids, that by appearance is expected to act older but doesn't because he isn't. Bruno was oblivious to all the people and only interested in other visiting dogs, birds, chipmunks, butterflies, flowers and the occasional drift of an aroma of food coming from some human's lunch sack or snack.

That's Mt. Hood in the background and Bruno was sitting on a rock wall (the trainer's husband lifted him up for the photo shoot and said "In another month, I won't be able to do this, because he'll be too heavy.").

We were at the lodge as a birthday gift from our son Eric who paid for dinner in the elegant dining room and a one-night stay in the most expensive room in the lodge. Our room had a fireplace with two boxes filled with wood for a cozy fire at night. We wondered if it'd cool off enough at night to merit a fire, but it did. As soon as we opened the window the breeze was refrigerated because it came right off the mountain



Bruno #8. Photo courtesy Pam Young

which is still mostly covered with snow.

When we checked into our room it was like stepping into an old, but really good movie. Timberline Lodge is on the historical register and everything has been impeccably restored right down to the furniture and single pane windows. On the coffee table between the two beds, along with Northwest-type magazines and a book about the oldest hotels in America (someone had torn out page 122 which was the page all about Timberline Lodge) was an envelope with two pairs of earplugs in it. The only thought that came to me at the time was, 'Someone must have left these.' It was only until around midnight that it came clear to me what they were for. The walls between rooms are tissue thin and we were suddenly awakened to the audio portion of a very happy couple. Perhaps in our youth we would have enjoyed the production, but Terry and I couldn't get to the earplugs fast enough!

If you ever get to the Pacific Northwest you must go up the Columbia River Gorge and then

to Mt. Hood. We see Mt. Hood from our home and we were married at Timberline Lodge almost 30 years ago, so we love to go around the mountain at least once a year. When I think back to our honeymoon stay at the lodge I wonder if earplugs were discussed as part of guest necessities after we left.

Ahemmmm!

To switch subjects, the beautiful valley on the northeast side of Mt. Hood is bursting with fruit this time of year. We're so thankful to live in such a beautiful part of the country where the abundance of goodness is evident at every turn. When I see well-tended farmland it makes me so grateful to the farmers for their hard work that goes into bringing food to our tables. Farming is a labor of love and this valley expresses such love!

Hope you're enjoying your summer as much as we are!

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. Pam's books are also available on Amazon. ★

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Vet's Annual Appreciation and Resource Picnic Coming August 26



All veterans are welcomed to the 8th annual picnic. Photo courtesy American Legion Post 637

By Elise Spleiss

SACRAMENTO COUNTY, CA (MPG) - The Citrus Heights American Legion Post 637 is once again gearing up to host the annual Veteran's Appreciation and Resource Picnic to honor the area's active duty servicemen and servicewomen, our retired veterans of past wars and conflicts, and their families.

This free event will be held Saturday, August 26, at Rusch Park, 7801 Auburn Blvd. at the Gazebo/Pavilion from 10 a.m. to 3 p.m. All veterans and their families and friends are welcome.

The day will begin with the Citrus Heights Community Marching Band featuring some of its new repertoire. The Marine

Corp Honor Guard will present colors, followed by the Pledge of Allegiance, and the National Anthem sung by Air Force Veteran Mary Jerue. Post 637 Commander Paul Reyes, Mayor Jeff Slowey and Police Chief Ron Lawrence will greet attendees.

A special ceremony will again be held to honor an outstanding veteran and this year's Police Officer of the Year.

Lunch will be a hot dog and hamburger barbeque with all the fixings prepared by Wild Wade's BBQ & Grill of Citrus Heights. GFWC Citrus Heights Women's Club and the Lion's club will provide dessert and drinks. Music will be provided by DJ Carlos Verrett.

Dozens of veteran and

non-profit resources including VA representatives will be available to retired and active duty veterans. Be sure to look for the horses and canines; their programs have proven vital in helping our veterans re-enter society. Scheduled children's crafts and other activities will be provided by local Pageant ambassadors and princesses.

Picnic sponsors and members of the community are generously donating gift baskets and other opportunity drawing prizes to show their appreciation to our veterans. Raffles will be held throughout the day.

Covered, accessible picnic tables are available or bring your own chairs, blankets and umbrellas. ★

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<h3>NATURAL BALANCE DRY DOG FOOD</h3> <ul style="list-style-type: none">•Lamb Meal & Rice •Sweet Potato & Fish•Sweet Potato & Venison •Sweet Potato & Bison•Sweet Potato & Chicken 26-28 Lb Bag <p>SUPER BUY \$5 OFF</p> <p>Limit 2 Bags Per Family Effective 8/16/17 - 8/22/17</p>	<h3>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</h3> <ul style="list-style-type: none">•Lamb Meal & Rice•Adult •Small Bite •Large Breed <p>30 Lb Bag \$35⁹⁹</p> <p>Limit 2 Bags Per Family Effective 8/16/17 - 8/22/17</p>	<h3>EUKANUBA DRY DOG FOOD</h3> <p>30 Lb Bag</p> <ul style="list-style-type: none">•Adult Maintenance \$31⁹⁹•Large Breed Adult \$33⁹⁹•Reduced Calorie & Senior \$33⁹⁹•Adult •Large Breed \$33⁹⁹ <p>Limit 2 Bags Per Family Effective 8/16/17 - 8/22/17</p>	<h3>FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD</h3> <p>16 Lb Bag</p> <p>\$9⁹⁹</p> <p>Limit 2 Bags per Family Effective 8/16/17 - 8/22/17</p>
<h3>FRISKIES BUFFET CANNED CAT FOOD</h3> <p>5.5 Oz All Varieties</p> <p>4/\$1⁸⁹</p> <p>Limit 2 Cases Per Family Effective 8/16/17 - 8/22/17</p>	<h3>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER</h3> <p>20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb \$8.99)</p> <p>\$5⁹⁹</p> <p>Limit 2 Boxes Per Family Effective 8/16/17 - 8/22/17</p>	<h3>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD</h3> <p>13 Oz •Selected Varieties (Reg price \$1.59) NEW (Healthy Cuisine 12.5 oz \$1.59 Reg price \$1.75)</p> <p>\$1³⁹</p> <p>Limit 2 Cases Per Family Effective 8/16/17 - 8/22/17</p>	<h3>SCOOPAWAY CLUMPING CAT LITTER</h3> <p>42 Lb Bag Super Buy</p> <ul style="list-style-type: none">•Multi-Cat Formula <p>Limit 2 Bags Per Family Effective 8/16/17 - 8/22/17</p>

<h3>BENEFUL PREPARED MEALS</h3> <p>All Varieties 10 Oz Limit 1 Case \$1³⁹</p>	<h3>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</h3> <p>(Small Breed Adult \$23.99) (Ultra Small Breed \$28.99)</p> <p>15 lb. bag •Senior \$21⁹⁹ •Lamb & Rice \$22⁹⁹ •Chicken •Adult •Small Bite</p>	<h3>PEDIGREE CANNED DOG FOOD</h3> <ul style="list-style-type: none">•Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner 22 Oz Can Limit 1 Case 99¢
<h3>BLUE BUFFALO NATURALLY FRESH CAT LITTER</h3> <p>100% Natural Walnut Based</p> <p>14 Lb Bag Limit 2 Bags Pellet \$5⁹⁹ Clumping \$9⁹⁹ Multi-Cat Clumping \$10⁹⁹</p>	<h3>9 LIVES DRY CAT FOOD</h3> <p>•Grilled Tuna & Egg Flavor</p> <p>12 Lb Bag Limit 2 Bags Per Family \$7⁹⁹</p>	<h3>CAT COUNTRY PREMIUM ORGANIC CAT LITTER</h3> <p>Limit 2 Bags 20 Lb \$7⁴⁹ 40 Lb \$13⁹⁹</p>
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<h3>PURINA BENEFUL DRY DOG FOOD</h3> <ul style="list-style-type: none">•Original •Healthy Weight 31.1 Lb Bags Limit 1 Bag(Selected Varieties, 15.5 Lbs.- \$13.99) Per Family \$24⁹⁹	<h3>PREMIUM CHOICE SCOOPABLE CAT LITTER</h3> <p>All Natural Unscented, 50 Lb Bag Limit 2 Bags \$10⁹⁹</p>	<h3>WELLNESS DRY CAT FOOD</h3> <ul style="list-style-type: none">•Chicken (12 Lb) •Indoor (12 Lb)•Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$31.99)(3 Free Wellness Cat Can 5.5 Oz With Each Purchase) \$30⁹⁹

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PET BOTANICS Training Rewards - 20 Oz Grain Free Omega Treats All Varieties

OUR SUPER LOW PRICES

VAN NESS ENCLOSED CAT PANS

Regular Translucent

Large CP6 - 6TR **\$12.99 \$13.99**

Giant CP7 - 7TR **\$16.99 \$18.99**

SENTRY PETROMALT & PETRODEX

All Varieties **20% OFF**

OUR SUPER LOW PRICES

- Tooth Care •Hairball Relief

SIMPLY FIDO

ORGANIC PET TOY COLLECTION & NERF DOG TOYS

All Varieties **20% OFF**

OUR SUPER LOW PRICES

<h3>TETRA BOXED GLASS TANK WITH STARTER KIT</h3> <p>10 Gal Economy \$36.99</p> <p>10 Gal LED Deluxe \$53.99</p>	<h3>PENN-PLAX CASCADE POWER FILTER SALE</h3> <table><tr><th>MODEL</th><th>TANK SIZE</th><th>PET CLUB SALE</th></tr><tr><td>CASCADE 100</td><td>20 Gal</td><td>\$13.99</td></tr><tr><td>CASCADE 150</td><td>35 Gal</td><td>\$17.99</td></tr><tr><td>CASCADE 200</td><td>55 Gal</td><td>\$29.99</td></tr><tr><td>CASCADE 300</td><td>100 Gal</td><td>\$27.99</td></tr></table>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal	\$13.99	CASCADE 150	35 Gal	\$17.99	CASCADE 200	55 Gal	\$29.99	CASCADE 300	100 Gal	\$27.99	<h3>KENT MARINE WATER SUPPLEMENTS</h3> <p>20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<h3>KORDON CORAL SEA</h3> <p>50 GAL SALT MIX WITH AMQUEL \$11.99</p>
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BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley

Limit 1 Case Per Family

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 8/16/17 - 8/22/17

53¢

ARM PLU 361

BONUS COUPON

FRISKIES PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties

Limit 2 Pkgs with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 8/16/17 - 8/22/17

\$1⁰⁹

ARM PLU 573

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 8/16/17 - 8/22/17

\$3²⁹

ARM PLU 362