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A Healthy New Quest

*Story and photo
by Jacqueline Fox*

FAIR OAKS, CA (MPG) - Who says shopping for things such as compression socks, knee braces, walkers, canes or crutches has to feel clinical and impersonal?

Vanessa and Kevin Grenyion, the husband and wife owners of HealthQuest in Fair Oaks, have done everything possible to make the experience of shopping for medical equipment and supplies a much kinder, gentler one. In short, they hope to turn the industry on its head by providing a fresh approach to the physical space in which these products are sold, supported by a suite of services that include educational seminars, custom fittings, and an emphasis on "wellness," as well as recovery.

"Two things were very important to me when I was researching the plans for opening the store," says Vanessa. "First, I wanted to make sure that we treat every single person who walks through those doors like a human being, not a dollar sign. Second, I wanted the space to feel open, warm and well lit, so that the experience for everyone was pleasant and not so clinical."

HealthQuest, which just celebrated its first year in business July 18, offers a vast, top-of-the-line inventory of pain management, diabetes support, bath and safety accessories including walk-in tubs and raised toilet seats, scooters, walkers and rollators, a large selection of lift chairs, orthopedic braces, high-quality closed shoes and sandals for men and women, facial and "beauty" products, even a mothering section that includes breast pumps and pregnancy aids.

Rather than stuffing these items onto metal shelves in a crowded space where volume overshadows service, Vanessa and Kevin, both trained pharmacists who, by the way, met in pharmacy school in Massachusetts, have created

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Vanessa and Kevin Grenyion, owners of HealthQuest medical supplies in Fair Oaks, just celebrated one year in business.

Fair Oaks Rec and Park Hires New District Administrator

FAIR OAKS, CA (MPG) - The Fair Oaks Recreation and Park District has announced the appointment of Mike Aho as its new District Administrator. The Board of Directors selected Aho after a lengthy national search and approved his employment agreement at a special meeting on June 27, 2017. His official service with the District will begin July 24, 2017.

Mike Aho comes to Fair Oaks with over 30 years of experience in parks and recreation, most recently serving as the Parks and Recreation Director of the city of Eagle, Idaho. As the first director of a newly created Parks and Recreation department, he was responsible for park maintenance and development, trail management and development, recreation, special events and facility maintenance. Under his tutelage, the program budget grew from \$926,526 to \$4.3 million with six full-time staff, and he managed approximately 24 miles

of trails, 189-acre mountain bike park, 40-acres of parks and the maintenance of the library, museum, city hall, and the senior center.

With a Bachelor of Arts degree in Recreation with an emphasis in Outdoor, Public and Therapeutic Recreation from Eastern Washington University, Aho served in leadership roles as the founder and director of the nonprofit Junction Teen Center, which provided outdoor recreation activities for troubled teens, and then with the City of Spokane Washington, where under his guidance it became one of the largest municipal outdoor programs in the country.

Mike is married with two adult children. In his spare time he enjoys mountain biking, road biking, cross country and telemark skiing, fly fishing, hiking, camping, golf, snowshoeing, snowboarding, canoeing, kayaking, rafting, cooking and bread making. ★



New District Admin Mike Aho. Photo courtesy FORPD

Employment Trends Show Over-parenting Intruding on Workplaces

*Special Release
from Pacific Staffing*

SACRAMENTO REGION, CA (MPG)

-The latest quarterly survey of Sacramento regional employers has discovered that 'helicopter parenting' is apparently landing at work. Polling employers regularly since 1992 it appears a new trend may be emerging in workplaces involving 'parental hovering'. HR contacts surveyed say they are hearing more often now from parents than in past years.

Contact by a parent on behalf of an applicant or employee was noted by twelve percent (12%) of service firms, two percent (2%) of manufacturers, six percent (6%) of construction companies and five percent (5%) of retail employers polled directly by phone between May 22 and June 22, 2017. Pacific Staffing learned one quarter, or twenty-five percent (25%) of all companies reported having had this experience recently when asked about it directly. This is an unwelcome new trend and seems to be growing in the workplace.

In anecdotal comments, the people who hire and manage people suggest they don't want to hear from parents in any way. Comments described personal contact by a parent as 'meddling', an 'embarrassment for parent and child', 'not appropriate' and whether positive or negative unwelcome as an 'intrusion' that raised 'privacy issues' and often resulted in an unfavorable view of that individual as an applicant, or as an employee.

One HR contact says they were surprised when a parent called to say they fired their child without taking time to really 'understand' them. The response was 'just need them to do the job, not understand them'. Another described a parent who called to say they should not rescind a job offer as a parking valet, but couldn't dispute the decision when they learned the individual was let go when they could not drive a stick shift. A fact not revealed in the interview or to the parent.

With seventy-two percent (72%) of employers in the Sacramento region hiring in the next three months, new challenges are emerging. They include finding qualified applicants, including a wide variety of IT positions, construction equipment operators and skilled trades, sales, customer service and adequate numbers of entry level people. HR contacts also report retention of current workers and growing wage pressure from the thin talent pool as issues in Q3. Nineteen percent (19%) of hiring was motivated by seasonal needs in July, August and September.

For more information, employment blogs and market surveys go to www.pacificstaffing.com. ★

Compassion Through Action: Union Gospel Mission at 55

Story and Photos
by Jacqueline Fox

SACRAMENTO, CA (MPG) - For William Magana, it began with cutting. Up and down the Southern California native's body, he says, are more than 200 scars from self-mutilation that began when he was only 11, just after his mother, struggling to overcome a heroin addiction, was sent to prison outside Sacramento.

Until he was nearly 30, Magana lived between the two sides of the revolving door of foster homes, juvenile hall, mental wards, drug and alcohol addiction, arrests, prison, recovery and relapse.

"I supposed I was acting out because I wanted my mother, I wanted to be with her," says Magana, now 33. "So I started with cutting and then later it was drugs and drinking and all the things that go with that."

In 1997 Magana was given his first hit of methamphetamine and, for the next 17 years or so would work various jobs just to get enough money for more drugs. Stealing and robbing from his own employers, in one case \$8,000 from the till at a local convenience store, for which he would be convicted of a felony embezzlement charge, became routine survival tactics.

"I worked to drug and drugged to live," said Magana. "It was just an ongoing battle."

Eventually, he overdosed on his psych medication and wound up back inside one more mental institution near downtown Sacramento. But upon his release from that hospital, Magana says, something different happened, and it would set him on a course for change.

"I got out with nowhere to go and a couple of homeless guys said 'Go over to Sacramento's Union Gospel Mission. They can help you there,'" Magana recalls. "So I went. And I thank God every day for this place."



Pastor Tim Lane, Director of Union Gospel Mission Sacramento.

In 2015 Magana enrolled in the Union Gospel's nine week drug and alcohol rehabilitation program for men, began studying the teachings of Jesus Christ and the Bible, a requirement all who wish to receive services at Union, and started to turn his life around. But, as is often the case with addiction and mental health issues, Magana began cutting again and within a few months left and got back into old patterns of self-destruction. But the seed had been planted and he returned in March of 2016.

"You can do that here if you are willing," says Magana. "They saw me come back and they took me in again."

Now, 16 months clean and sober, Magana is a graduate of Union's rehabilitation program and is working as the Mission's kitchen intern, assisting with the preparation of the meals given out to the roughly 120 men and women who walk through doors each day.

At 55, Union Gospel is on the precipice of growth and much-needed restoration. The restrooms inside the men's

rehabilitation center and living quarters at its Bannon Street facility have, through the donations of supporters, been given a makeover, complete with new floors, private stalls and granite countertops. Granite countertops and new floors, says Director Pastor Time Lane, may seem like small things, but to the men who are enrolled in the Mission's rehabilitation program, and the guests the facility serves, they represent little reminders of self-worth.

"What we want to do with the renovations is provide a space that gives our residents a sense of pride and value," said Lane, who has served in his current capacity at Union Gospel since 2005.

Union Gospel can currently house up to about 60 men in its temporary shelter, but those stays are only good for roughly seven nights, after which they must leave for a minimum of three nights before cycling back in again. This is to allow others to rotate in. They must carry a current TB card, proof of a recent, negative Tuberculosis

test and inoculation and attend bible study sessions.

Meals are served twice daily inside the main dining hall. In 2016, more than 100,000 men, women and children received a hot meal at Union.

Although the area's homeless population is rising, the numbers served at the mission remain relatively consistent, but that is because availability is limited to current capacity only. Union Gospel's Bible-based, modified 12-step drug and alcohol rehabilitation program can serve up to 24 men at a time. Its goal is to steer participants toward a life of recovery, as well as a life centered on the gospel. "They don't have to convert, but they have to give us a chance to offer them information about the teachings of the Bible and how, if they want to, they can change for the better, change for good," says Lane.

Union Gospel Mission offers free showers and access to clean clothes for men who come in from the street during specified hours during the week. In addition, weekly food boxes are donated at a rate of roughly 2,000 a year. The Mission also hands out some 12,000 hygiene kits with shampoo, deodorant, toothbrushes and other essentials that are hard to come by for many of the area's homeless, as well as job-preparation training, mailroom services, locker rentals, access to a medical clinic, free haircuts, toys for children at Christmas, and other services as the need arises.

The main dining hall is transformed into a warming center in winter and, especially with the region's latest heatwave, serves as a cooling center during the day time. Every August, Union also puts on a massive birthday party open to anyone on the streets, working or living onsite, as way to provide them with recognition of a day that, for many, often goes unnoticed.

"When you're on the streets, homeless, or estranged from family members, your birthday can come and go without anyone acknowledging that," says Eileen Trussell, Union Gospel's office manager. "So we get balloons and have a giant cake and just offer one big birthday party for anyone who wants to come. It's an important thing to have someone acknowledge your birthday."

For all its able to provide the area's homeless and needy population, Union Gospel's resources for women are limited, although statistics suggest women, including those with children in particular, represent a growing sector of the homeless population across the region and nationwide.

The Bannon Street facility does provide one critical service: It's women's drop in clothes closet, where blouses, dresses, skirts, jackets, shoes, purses and even accessories, are available, free to any one in need. There is also a small inventory of clothing and shoes for children.

Lane, who was raised by a

single mother, said the clothes closet fills a significant gap for many women and those with children, but added that there is a vital need to do much more, as more women are not just in need of clothing but also a place to sleep.

"We served just over 1,500 women and children through the clothing closet in 2016," said Lane. "But clothing is not enough. We are seeing more and more women on the streets with no place to go. Right now we don't have the facilities to house women who need a place to sleep, but we are moving in that direction."

Earlier this year, Union Gospel purchased a 9,600 square-foot building on B Street in the River District with the intention of

program and started new lives in recovery and service, Magana among them.

He has re-established a relationship with two of this three children and is looking forward to once again having a place of his own where they can be a family again. As a condition of his parole, Magana promised to back the employer he stole from in exchange for a reduced sentence on his record. With the help of the \$200 a month he earns working in the kitchen, he's managed to whittle that \$8,000 down to \$3,000.

"This time, I've gone deeper into God," said Magana. "I worked hard to learn as much as I could and today I have no desire to drink, use drugs or cut myself. God has taken those



William Magana, a recent graduate of Union Gospel Mission's Drug and Alcohol Rehabilitation Program, now works onsite as the kitchen intern.

establishing a women's rehabilitation program with beds for overnight stays. Permits are being pulled for the new enterprise, but unfortunately, says Lane, the process is moving very slowly, as officials have been reticent to allow for the opening of one more homeless services center in an area of town largely considered to be saturated with homeless services already.

"We are in the permitting process now, but it's moving very slowly," said Lane. "Unfortunately the city has some concerns, and we understand why. With the confluence of two rivers, you have all the homelessness you need. But the need is strong. We are seeing many more women out there than we used to see. I know one woman who literally grew up on the streets. Her mother was homeless. I don't know where she is today, but her daughter is out there. She's had three babies out there on the streets. The state takes them away each time and she goes right back out again."

But for every heartbreak story there is the potential for thousands of stories of success: More than 21,000 men received services through Union Gospel in 2016 and, of that number, 12 successfully enrolled in and graduated from the mission's nine-month rehabilitation

impulses away from me."

While the journey has included a few bumps and detours, Magana is on a new path, one of recovery fueled, he says, by the power of prayer and the commitment to one day giving back what has so freely been given to him. Twice.

"I never knew how much happiness I could get out of helping others," Magana said. "It's filled a piece of me I think was missing." ★

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By County Supervisor Sue Frost

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

On June 6th of this year, Sacramento County voted to fundamentally change the way we vote in all of our future elections. Previously, you had the choice to either mail in an absentee ballot, or to go physically vote at one of the 8 Gold River polling locations. Now, the number of Gold River polling locations will be dramatically cut down to likely only 1 location, you can physically go in and vote several days before Election Day, and everyone will be mailed an absentee ballot whether you want it or not.

I was the sole vote against this change, so I want to take the opportunity to explain why.

Firstly, I am deeply concerned that this will open the door to more voter fraud. This change is occurring at the same time automatic voter registration is

Orangevale Community Update

Eliminating Orangevale Polling Locations

going into effect. Consequently, thousands of ballots will be automatically mailed to people who may have moved, who may not realize or remember that they are registered to vote, or who may have no intention of voting. This would mean thousands of absentee ballots in circulation that may not reach the intended recipients or that may be discarded due to the fact that it is unexpected. These ballots become ripe targets for fraud.

Secondly, I think this will be far more difficult to implement than is expected. In Denver, a similar program led to technical glitches and long lines. They had to hire hundreds of additional workers (rather than poll volunteers), purchased hundreds of new machines, and some people had to wait in line for hours. In Arizona, news reports showed some wait times of 5 hours or more due to the technical problems. This is unacceptable in a modern democracy.

Lastly, and most importantly, my district is opposed to it. In a professional survey of Sacramento County, it was found that only 33% were in support of this change. People who answered the survey were used to voting at their traditional polling place, are concerned about voter fraud, and are

concerned about having to drive 5-10x further in order to vote. Further, my district is concerned that this burden will fall disproportionately on those who are less mobile, the poor, disabled, and the elderly.

In the end I knew that I would be the only vote against this proposal and that this change would come, but in my heart I knew that I wouldn't be doing a good job representing Gold River if I voted for something you are opposed to, and something I have so many lingering concerns about. My colleagues who voted for this change had good reasons for doing so, with the most persuasive reason being that it may reduce costs. But in my experience, everything the government does comes with a higher price tag than anticipated.

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 Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

A Healthy New Quest: Taking a New Approach to Medical Equipment

Continued from Page 1

something more akin to boutique for medical supplies, with categories of products grouped into their own “departments,” each designated with bright, painted signage, soft wood wall décor and inviting displays that strip the sterile right out of the experience.

“We want the experience of shopping in our store to be calming and supportive,” says Kevin, an air force veteran who still works as a pharmacist at Mather Air Force Base while sharing responsibilities for managing the new business. Vanessa, the face of HealthQuest, says she and Kevin considered opening their own private pharmacy, but competition from chain stores, as well as concerns about being targeted by thieves put that idea to bed. Instead, the couple, both born and raised in Jamaica, decided to parlay their experience in the pharmacological field with a strong interest in serving others through wellness and health services.

With the help of a VA loan, the couple were able to invest roughly \$200,000 into their new venture. The first year has had some challenges, but with any small business, marketing has been key. Vanessa has spent the last year nurturing relationships with home-health care providers, assisted living facilities, pharmacies, chiropractors, physical therapists and other ancillary businesses to ramp up visibility for the new store and exposure to service providers who, like Kevin and Vanessa, want a better experience for their clients and patients.

“We have worked hard this last year to build relationships in the community, to let people know we are here and it is starting to come through for us,” Vanessa said. “This last month alone was a really strong indicator of how things are beginning to really start to shift into gear.”

The store also has partnered with at least two elder care organizations, the Older Adult Collaborative (OAC) and the

Elder Society Network (ESN) to provide on-site seminars and workshops at facilities across the community to educate both care providers and the patients themselves.

“We think of ourselves as a resource center, as well as a retail store,” says Vanessa. “This is a business that relies on the needs of those in care facilities and the caretakers themselves, but it’s also here for anyone who wants a more personal experience shopping for items for themselves or their loved ones, or those in their care.”

The store offers senior discounts of 10% every Monday, as well as loyalty customer discounts of 5% off all purchases of regularly priced items. ★

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Crossword Puzzle on Page 5

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

Sudoku Puzzle on Page 5

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

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Hepatitis C Rates in Young Adults Increasing in California

SACRAMENTO REGION, CA (MPG) - New data released by the California Department of Public Health (CDPH) show an increase in newly reported hepatitis C cases among young adults in the state. Between 2007 and 2015, newly reported hepatitis C infections increased 55 percent among men 20-29 years of age and 37 percent among women in the same age group.

These data are consistent with increases in hepatitis C across the country and highlight the importance of hepatitis C testing, treatment, and prevention. Injection drug use among young adults increases their risk of both hepatitis C transmission and infection. Prevention strategies, including access to sterile syringes and safe injection equipment and treatment for opioid use disorders, can reduce the rate of new hepatitis C infections among young people who inject drugs by 60 percent.

“As a physician, I have seen firsthand the deadly effects of hepatitis C,” said CDPH Director and State Public Health Officer Dr. Karen Smith. “Patients with advanced liver disease may not know they are infected until it’s too late,” said Dr. Smith. “However, this is

preventable. New treatments can cure hepatitis C in as little as two months. I urge people to speak with their doctors about getting tested.”

An estimated 400,000 Californians live with chronic hepatitis C, but many do not know they are infected. Hepatitis C-related deaths now outnumber those due to HIV.

The U.S. Food and Drug Administration (FDA) recently approved the use of new treatment for adolescents 12 years and older, raising hopes for teenagers infected with hepatitis C. Although young Californians (ages 20-29) make up an increasing number of newly reported infections, baby boomers account for about one out of two newly reported chronic hepatitis C cases.

“Two groups are top priority for hepatitis C testing – young people who inject drugs and baby boomers,” said Dr. Smith. “Drug users may be at high risk for transmitting hepatitis C to others if they are not being treated, and baby boomers may be at risk for developing serious liver disease, even if they have no symptoms.”

CDPH urges all Californians who have ever injected drugs,

even once, and all people born between 1945 and 1965 to talk to their doctors about getting tested for hepatitis C. Patients who test positive should receive care from an experienced provider.

The Department is working to address hepatitis C on multiple fronts, including monitoring hepatitis C trends, producing data reports, educating health care providers on hepatitis C screening and treatment guidelines, and supporting hepatitis C testing and access to care in settings where at-risk people are served. CDPH also supports coordinated HIV and hepatitis C testing in non-traditional settings, such as mobile health vans. In 2016, about 7,200 people received hepatitis C testing through these programs.

The California Legislature allocated \$2.2 million in July 2015 for three-year pilot projects to help ensure people with hepatitis C are aware of their infections and linked to care.

For more information about viral hepatitis prevention in California, visit the CDPH Office of Viral Hepatitis Prevention webpage at www.cdph.ca.gov

Source: CDPH

★

Another Gas Tax Imposed on Californians

By Senator Jim Nielsen,

SACRAMENTO, CA (MPG) - Following the presentations of Assembly Bill 398 (Eduardo Garcia) and Assembly Bill 617 (Cristina Garcia), two measures that push for the expansion of the cap-and-trade program and raise more taxes on all Californians, Democrat members of the Senate Appropriations Committee passed both measures along

party lines. These two onerous measures are estimated to increase gas taxes by a minimum of \$0.63* per gallon, on top of the recently passed \$0.19 per gallon gas and car tax increase. Vice Chair of the Senate Budget Committee, Senator Jim Nielsen (R-Tehama), issued the following statement:

“Californians were hit with a \$52 billion gas and car tax increase in April.

“Today, we are hit again with another gas tax. We will soon have to pay another \$0.63* per gallon to fuel our cars - a total increase of \$0.82 per gallon based on estimates from the independent Legislative Analyst.

“This ‘cap-and-trade deal’ is for the elites, not everyday Californians, to pay for their pet projects. This is a crushing blow to California residents. When will it ever be enough for Sacramento politicians?” ★

Runner, BOE, Responds to Fire Fee Suspension

SACRAMENTO, CA (MPG) - *George Runner issued the following statement in response to the Legislature's approval of AB 398, which suspends the so-called “Fire Prevention Fee” until 2031.*

“For six years, ruling Democrats have extorted money in the form of a fire tax from hundreds of thousands of rural

Californians, including many seniors on fixed incomes.

“After blocking repeal efforts for years, state leaders finally acted today to suspend this unjust tax, but only because they needed to win votes for a costly climate change measure.

“In other words, they did the right thing for the wrong reasons.

“This seeming victory for California taxpayers is bitter-sweet. A suspension falls short of a full repeal, and it fails to provide refunds to homeowners who were forced to pay this illegal tax.

“It's never too late to do the right thing: Give us our money back!” ★

Citrus Tree Insect Found Near Citrus Heights

CITRUS HEIGHTS, CA (MPG) - According to the California Department of Food and Agriculture (CDFA), an invasive insect known as the Asian Citrus Psyllid has been found in Roseville. Asian Citrus Psyllid, or ACP is a serious pest of citrus because it vectors a bacteria that is 100% fatal to citrus trees. Citrus Heights trees may be affected.

As a result of this detection, CDFA is placing a significant portion of the City of Roseville, as well as portions of Rocklin, Lincoln, North Highlands, Citrus Heights, and unincorporated



an invasive insect known as the Asian Citrus Psyllid has been found in Roseville.

Placer County under quarantine. This quarantine will mean that residents and businesses

(primarily plant nurseries) will be prohibited from moving or selling citrus plant material including stems and leaves from within the quarantine boundaries.

For more information about citrus pest and disease prevention and to learn what to expect if state agriculture officials ask to access your property to inspect your citrus tree, visit <http://www.californiacitrusthreat.org/> or call the CDFA Pest Hotline at 800-491-1899.

Source: CA Dept of Food & Agriculture

★

Berryhill Votes to Protect Rural California, Small Businesses and Farmers

SACRAMENTO REGION, CA (MPG) - *Senator Tom Berryhill, R-Twain Harte, issued the following statement Monday in support for AB-398, a bill to extend the state's cap-and-trade program for a decade while reducing taxes, fees and regulations by more than \$16 billion dollars.*

“This legislation is the unfortunate result of years of aggressive climate-change policies forced on us by the coastal elites who run Sacramento. But instead of

sitting on the sideline and watching everything go off a cliff, I was able to ensure farmers, small-business owners and rural Californians were well-represented and protected in the negotiation.

“Cap and trade fills a void created by onerous policies, a void that would otherwise be filled by regulations written by out-of-touch, unaccountable bureaucrats - the exact people I came to Sacramento to rein in.

“As an added bonus, this bill

suspends the illegal fire tax and keeps Sacramento Democrats from increasing taxes on gas by substantially more than one dollar per gallon. Again, this bill is not perfect, but it is more reasonable after a bipartisan negotiation. I am very pleased to have given farmers, small-business owners and rural Californians a voice in the negotiation of a measure that would have been passed one way or another.” ★

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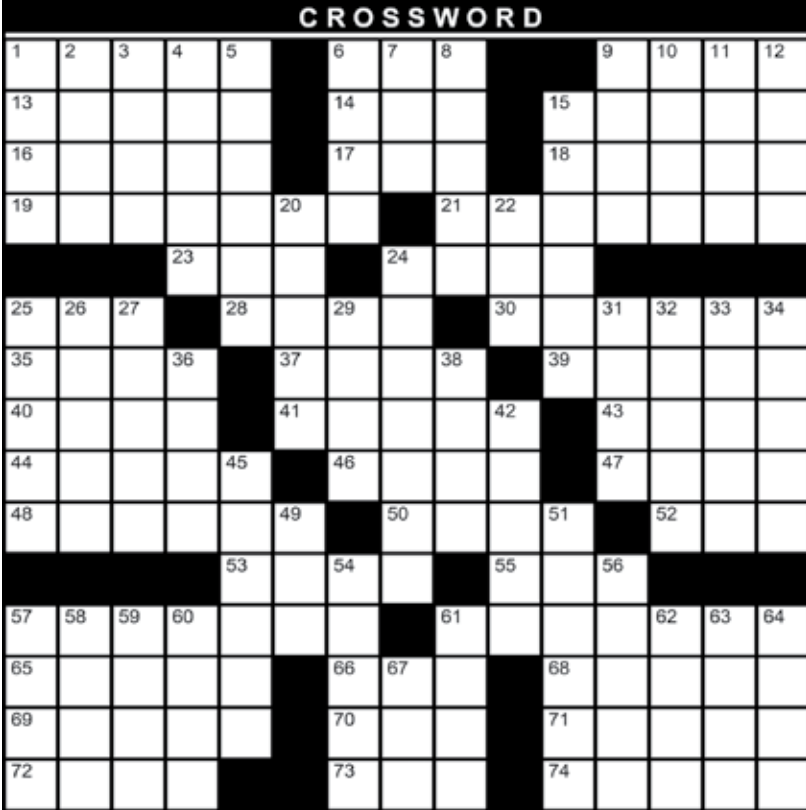
CLUES

ACROSS

- Discrimination against AARP members?
- India's smallest state
- Bath powder
- Espresso plus steamed milk
- Center of activity
- Pickled garnish
- **Hannah and Her Sisters' director
- Distinctive period
- Opposite of alpha
- **"A Christmas Story" protagonist
- *Ferris Bueller's best friend
- Confession subject
- French Riviera city
- Mischief-maker
- King of India
- Old master print maker
- Getting warm
- Knicks' competitor
- Finnish steam bath
- Hipbones
- Derive
- Membranophone
- Fixin' to
- Saudi Arabia's neighbor
- Acid gritty-textured fruit
- Iroquois tribe
- Chills and fever
- Prefix for "new"
- Place for a house plant
- Registered nurses' org.
- *Sean Penn in "Fast Times at Ridgemont High"
- *Oliver Stone's Oscar winner
- Fire in one's soul
- "____, humbug!"
- Canine skin infection
- Famous person
- Freudian topic
- Beyond suburb
- Hightailed it
- Computer network acronym
- Destruction of cells, pl.

DOWN

- Resembling wings
- Apple variety
- It shall, for short
- 12 ____ of AA
- Stonehenge stone
- Clarified butter
- "Days of ____ Lives"
- Olden day calculators
- What to do with a shrew?
- Copycat
- Kids' building block
- "Ocean Spray" ____-Apple juice
- Celestial body with a tail, pl.
- Absurd
- Card with one pip
- *Robert Redford's "The ____"
- *Montoya's first name
- Honeydew, e.g.
- Founding Father Thomas
- *Returned in 1983
- Not gentlemen
- Second-largest Great Lake
- Accustom
- *Main character in "First Blood"
- #28 Across' daughter
- Heroin, slang





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Crossword Puzzle Solutions on Page 4

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

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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

Every unfortunate experience we have in our lives teaches us specific lessons we need to learn. They are given to teach us how far we have come in experiencing a sincere and genuine walk with God. It awakens our inner-spirit to find areas in our lives where we need more discipline and control and where we do not exemplify the love of God or a Christ-like Spirit. When we fail be aware we need some more pruning away of our sinful fleshly natures. We have been very lax to examine ourselves as the Scripture commands.

Psalms 26:2 & 3 “Examine me, O Lord and prove me; try my reins and my heart. For thy loving

You Can!!

kindness is before me, yes; and I have walked in thy truth.” II Cor 13:5 “Examine yourselves, whether you be in the faith, prove your own selves. Know you not your own selves, how that Jesus Christ is in you, except ye be reprobates”.

When we honor these words and take them seriously we will follow in obedience and be blessed with the favor of God. And I Cor. 1:28 “But let a man examine himself and so let him eat of that bread and drink of that cup” (Speaking of taking the communion cup). We are not to take communion in vain and dishonor God but be reconciled to all men/women. “Leave there thy gift before the altar, and go thy way: first be reconciled to thy brother/sister, and then come and offer thy gift”. (Matthew 5:24) Yes, you can!

Regardless of what befalls your life YOU CAN rise above every adversity and get through it! YOU CAN, because God is always in and with you whenever do what is right in His eyes. He will show you the way and will take you through it. Understand, there is nothing that touches a life of an obedient believer that has not first passed through His personal love for you. He allowed it to touch your life, not always to hurt, but to “teach” a

valuable lesson and cause a sincere evaluation of actions to possibly also help others through you along the way!

Attacks and angry unkind words require apologies and forgiveness. YOU CAN do both because your personal relationship with the God of the Bible instructs you to do it.

Forgiveness requires an apology of seventy times seven (70x7) (Matthew 28:22).

YOU CAN AND WILL DO IT.... BECAUSE YOUR RELATIONSHIP WITH GOD IS SUPREMELY IMPORTANT TO YOU. To please Him in every area of your life is ultimate. Our actions and reactions either honor or dishonor Him before others. Therefore, “Let no corrupt communication proceed out of your mouth, but that which is good to use of edifying, that it may minister grace unto the hearers”. (Ephesians 4:29). When we do this, we have learned from the Holy Word valuable lessons that do honor God and bring Him the Glory He alone deserves. Praise be to God!!

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

Marlysjn@gmail.com

★



By Pastor Ray Dare

King Solomon wrote about it. The Rolling Stones sang about it. People everywhere are seeking it, but “Can’t get no satisfaction!” What’s the secret to happiness? That question was asked to thousands of Americans in a national poll, “What would it take to make you happy?” Their answer was, money, sex, things, friendships, being in love, getting married, having kids, finding a better job, retiring, graduating, success, power, recognition.

Now is there anything wrong with any of those things? No. The problem is they don’t ultimately satisfy you. We all know people that have those things...possessions, power, pleasure, prestige, popularity, but are they ultimately satisfied? No.

By popular opinion, happiness is based on having the right circumstances. It’s what I call “when & then thinking”. When I make more money... When I get out of

Pastor Ray's Encouraging Words

Finding Happiness

debt... When I get the new job, or new house, or new car... When I get married, when I get unmarried! When I have kids...when my kids leave home! This is when and then thinking - circumstantial happiness. It’s no wonder there are so many stress-out, over-worked and dissatisfied people in society. God says, “You’re looking for happiness in all the wrong places!”

In the Bible God says, “Why spend your money on something that is not real food? Why work for something that doesn’t really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies.” Isa. 55:2 The first step is to realize what you’re really hungry for. Most people really don’t understand what’s missing. The Bible says that we were created spiritual beings. God made you to love you and for you love Him back and nothing will ever take the place of that, nothing.

When you were born God created you with a physical appetite to keep you alive. If you didn’t have an appetite you would just waste away, because you’d never know your need for food. Also when you were born, God also gave you a spiritual appetite. He’s given you a spiritual appetite so you would

get to know Him. And nothing else will truly satisfy that hunger. No situation, no person, no circumstance, no event. Nothing else will satisfy that spiritual hunger. Money can’t, fame can’t, prestige can’t, possessions can’t, power can’t, drugs or alcohol can’t. None of those things will ultimately satisfy you. They can’t! What’s missing is spiritual.

You will never be happy in life living for yourself. You can’t, because you were made by God and for a relationship with God and until you understand that life isn’t going to make sense to you. Get to know God if you do not know him. Get to know Him better by going to church, prayer and reading the Bible. Only a relationship with God through Jesus Christ can ultimately fill that void, because that’s why you were created in the first place. That’s why Jesus said, “I am the bread of life. No one who comes to me will ever be hungry again.” Jn. 6:35a (NLT)

I’m NOT talking about religion. God could care less about your religion. He wants a relationship with you.

Pastor Ray

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Get Inspired at Antelope Gardens

by SSWD staff

SACRAMENTO REGION, CA (MPG)

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Plan your visit today!
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CA 95608. Open Monday through Sunday from 8:30 am to 4:00 pm

Antelope Gardens: 7800 Antelope North Road. Antelope, CA 95843 Open until the end of October, Monday- Friday from 9:00 am to 3:00 pm and the second Saturday of each month from 9:00 am to 3:00 pm.

Garden on Eden: 4900 Eden Court, Carmichael, California 95608. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Gardens at Howe Park: 2201 Cottage Avenue, Sacramento, CA 95825. Open Monday – Sunday from 8:00 a.m. to 5:00 p.m.

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SMUD Now Replacing Dozens of Poles, Miles of Cable

SACRAMENTO REGION, CA (MPG)
- If you're a SMUD customer, there's a good chance you'll see SMUD workers out this summer along area streets and highways working to improve the SMUD electrical system. Reliability is a core value of community-owned SMUD, so a lot of the work is preventative, concentrating on replacing older power poles and installing and replacing miles of underground cable. Safety is ingrained in SMUD's culture. Doing the work now precludes needing to do it later such as during the winter storm season.

SMUD's electrical grid serves about a million and a half people. The system is about 40 percent overhead (wires and transformers and other equipment on poles) and about 60 percent underground (buried cable and other equipment, and pad-mounted transformers). SMUD plans to replace approximately a thousand poles over the rest of the calendar year and some 3,000 poles over the next several years.

Most of the electrical grid is redundant, which means most of the customers affected by an outage can be rerouted to other power lines and circuits while the underground cable or damaged pole, transformer, or other electrical equipment is fixed or replaced. Most outages last less than an hour as a result. There are, however, some people who will experience longer outages because there are no redundant power lines in their area, or the damaged equipment affects them directly.

While underground electrical equipment provides for better aesthetics, it can also present significant challenges for all utilities, including SMUD. By its nature, any problem with equipment installed underground is going to be more difficult to initially locate, sometimes taking an hour or two. Repairing it can take several hours depending on



SMUD line crews replaced power poles on Hazel Avenue overnight June 28/29. The poles support 69,000-volt power lines that are the backbone of the SMUD system that delivers electricity to homes and businesses. The work is part of SMUD's efforts to enhance the SMUD grid's reliability.

the problem and the location. The longer restoration time is a trade-off for having underground service, compared to overhead service.

The underground power cables that were manufactured decades ago tend to have higher failure rates. SMUD is replacing that cable with much better cable that has benefited from more rigorous testing and better manufacturing techniques. They are replacing the older cable at a rate of about 400,000 feet—or more than 75 miles of new cable—which would be roughly the distance from Folsom to Lake Tahoe, per year over the next several years.

Meanwhile, the SMUD smart grid has become more robust every year since smart meters

were installed at the beginning of the decade. The smart grid now enables more expedient identification of outages, which results in quicker restoration times. Sometimes power can be restored remotely or even automatically without having to dispatch a troubleshooter and a truck.

No one likes being without power, even for a short period of time. If your power is out, please contact SMUD and report it at the SMUD.org Outage Portal page, or by calling 1-888-456-SMUD. SMUD has optimized its outage map and outage reporting options for mobile phones as well. For more information visit SMUD.org.

Source: SMUD Media ★



Happy Days

I don't know anyone that doesn't remember the iconic TV series "Happy Days." It's still in reruns and probably will be for decades. Of course, it revolved around the lives of three good friends... Richie Cunningham, Ralph Malph, and Potsie Weber. Well, I got to have a great time talking with Potsie... in real life, **Anson Williams**. But what I learned about this special person was far more interesting than his character on "Happy Days." Did you know Anson's birth name was Anson William Heimlich? And yes, he is related to Dr. Henry Heimlich of the Heimlich maneuver to treat choking victims. They are actually cousins, but Anson always called him uncle. But Anson had a special message he wanted to share with me on POPPOFF. Have you ever thought about Drowsy

POPPOFF!

with Mary Jane Popp

Driving? You have to admit that you and everyone you know has had one of those moments in their driving life. And Anson was no exception.

Here are some stats that will really get you thinking. It is a silent epidemic with some 100,000 police-reported crashes each year according to the National Highway Traffic Safety Administration as a result of driver fatigue. Here are the gruesome facts. These crashes result in at least 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. Approximately eleven million drivers admit they have had a crash or near crash because they dozed off or were too tired to drive.

Anson shared his own story. "I was having considerable trouble staying awake while driving home after long 15 hour workdays. My uncle, Dr. Heimlich recommended keeping a lemon or a hot pepper in the car, and whenever I started to feel drowsy simply bite into it. He explained how capsaicin from natural citric acid or pepper are the two ingredients that stimulate the tongue's sensory neurons, immediately alerting the brain to wake up. Your

own adrenaline naturally kicks into a reflex action. I chose the lemon and it instantly worked, making me naturally alert and awake at the wheel without having any unnecessary stimulants or bad ingredients in my system. Actually, nothing even entered my system again. My immediate alertness was caused by a natural reflex action that stimulated adrenalin." From then on Anson always kept lemons in his car. But he wanted to make it even more simple, and so he worked with Dr. Heimlich to come up with a tiny mouth spray with the natural ingredients mentioned above. And he did it. You can check it out at www.alertdrops.com.

This "Happy Days" star has dedicated his life to others as did his uncle Dr. Henry Heimlich. This project is closer to his heart than any other endeavor, but he has so much more that he shared with me from his battle with colon cancer to his appearance on "Battle of the Network Stars" coming soon on ABC. He will be coming back to POPPOFF so we can get into more of Potsie's...I mean Anson's life and times! ★

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Louis McNerney

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- **Income is defined as:** Your reoccurring short term earnings through employment and investments. What do you envision your income to be in the next 3 to 5 years?
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- **Wealth is defined as:** the state of being rich and affluent; having a plentiful supply of material goods and money. How do you envision your wealth portfolio in the next 15 to 20 years?
- **Equity is defined as:** the interest in assets you have built up. What assets will you own that will provide you and your family with long-term equity over the next 10 to 20 years?

When we ask our clients why they want to start a business, the number one response isn't money, it's lifestyle. Being your own boss and earning unlimited income potential is all great, but the priceless possibility of being able to have the life

I.L.W.E. – What is it? It stands for Income, Lifestyle, Wealth and Equity—each of these components plays a vital role in achieving overall happiness and satisfaction in your life.

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- Do you want to create and invest in a business that will allow you to build **wealth** and start to create a positive financial situation for your future?
- How much **equity** do you want to be able to build up in a business, so to that point it's going to be worth something to someone else?

Each of these components is a vitally important piece in defining your overall goals, needs and expectations to find the best business opportunity fit. So, ask yourself: Are you currently meeting your income expectations? Are you living the lifestyle of your dreams? What about your wealth or equity: Is it growing or declining? *How much control do you have over your destiny?* An **Entrepreneur's Source Coach** can help you paint the "big picture" of your life through a discovery and education based process.

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Women’s Tennis is Back



Caitlin Whorisky and Ashley Weinhold (above) team up against their competition. Jovana Jaksic (right) readies for a strategic backhand. Photos courtesy of Gold River Racquet Club.

GOLD RIVER, CA (MPG) - From July 23 to 30, some of the world’s top up-and-coming women tennis players will be playing in the FSP Gold River Women’s Challenger. This year, these women will be playing for \$60,000 in prize money and be part of the US Open Wild Card Series.

For the fourth straight year, the tournament will be part of the US Open Wild Card Series. The top American female player with the best performance over the course of this series will receive a Wild Card entry to the main draw of the US Open in New York at the end of August worth \$43,000 for the winner.

The \$60,000 FSP Gold River Women’s Challenger will have a singles main draw of 32 players

and doubles main draw of 16 teams. The main draw of the tournament begins Tuesday, July 25 and the final match of the tournament will be Sunday, July 30. The qualifying tournament begins Sunday, July 23.

These matches will be played throughout the day and early evening during the tournament. General admission is complimentary during qualifying events and main draw day sessions. Admission is \$10 for Thursday to Sunday evening sessions. Tickets for these sessions are available at www.goldriverchallenger.com or at Gold River Racquet Club on match day. Gold River Racquet Club is located 2201 Gold River Drive, Gold River.

USTA Pro Circuit

tournaments are a series of professional tournaments with prize money ranging from \$10,000 to \$100,000 and WTA ranking points. The challenger level tournaments are just a notch below WTA events, very similar to Triple AAA baseball, like the Sacramento River Cats. Every year there are ladies from 10 to 12 different countries that will have a world ranking of 100 to 400.

For up to date information about or during the tournament, go to www.goldriverchallenger.com. ★

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Homelessness on the Rise

New Report Confirms Increase in Number of People Experiencing Homelessness

***By Ben Avey
Director of Public Affairs,
Sacramento Steps Forward***

SACRAMENTO, CA (MPG) - Despite housing 2,232 individuals and families who were experiencing homelessness in 2016, a new report commissioned by Sacramento Steps Forward and authored by Sacramento State's Institute for Social Research confirms that homelessness has increased across Sacramento county in the past two years.

According to the report, titled “Homelessness in Sacramento County: Results from the 2017 Point-in-Time Count,” the total number of people experiencing homelessness has increased by 30 percent to 3,665 since 2015. Among people who are unsheltered, a subset of the total population who are living outdoors on the street, in tents, cars, or RVs, the number has increased by 85 percent to 2,052. Approximately 31% of people who are unsheltered are chronically homeless, meaning they have experienced prolonged bouts of homelessness and are disabled.

"This report provides a sobering confirmation of what we see in our neighborhoods every day," said Ryan Loofbourrow, CEO of Sacramento Steps Forward. "It's frustrating that we could not stop the rising tide of homelessness, but we hope this information will provide regional leaders with the empirical data they need to collaborate on innovative solutions."

In addition to overall increases in homelessness, the report found a 50 percent increase in the number of homeless veterans since 2015, up to 469 people. The majority of these veterans are unsheltered. Veterans continue to make up approximately 13 percent of the total homeless population.



In addition to overall increases in homelessness, the report found a 50 percent increase in the number of homeless veterans since 2015, up to 469 people. Photo by John Michael Kibrick

Individuals who reported continuous homelessness tended to be substantially older and were often encountered in encampments near the American River Parkway, in contrast to younger people who were downtown. Older chronically homeless individuals – between 55 and 64 – were also more likely to report being a veteran or suffer from a disabling medical condition.

"This news affirms what is already evident to the people of Sacramento, the question is what are we going to do about it," said Sacramento Mayor Darrell Steinberg. "We are going

to implement the city's \$64 million Whole Person Care grant together with our public housing resources to get 2,000 people off the streets as soon as possible. No excuses, no boundaries, action and results are all that matter."

There were drops in the numbers of families and transitional age youth who were found to be homeless, which is a testament to the work of homeless service providers, but these groups are traditionally hard to survey for this type of report so the findings may not accurately capture a true census of these communities.

The report cites the housing drought as a potential factor in the rise of homelessness and explains that the trend in Sacramento is consistent with other communities who have tight housing market conditions. The report also explains the potential impact of flooding on the American and Sacramento rivers and improved statistical methodologies.

The rise in homelessness between 2015 and 2017 in Sacramento County is consistent with similar increases recently reported across the state. At the time the report was written,

Alameda County reported a 39 percent increase in homelessness, a 76 percent increase in Butte County, and a 23 percent increase in Los Angeles County.

"This report confirms what we all see with our own eyes: a shocking and unacceptable rise in the number of persons experiencing homelessness. We need to redouble our efforts to increase our stock of affordable housing so that everyone in Sacramento has a simple home of their own," said Joan Burke, who is Chair of Sacramento's Homeless Continuum of Care Advisory Board and Director of

Advocacy Loaves & Fishes.

Sacramento Steps Forward commissioned this report as a part of its biennial point-in-time count, which is a county-wide census of people experiencing homelessness. It provides a snapshot of who is homeless on a single night. The U.S. Department of Housing and Urban Develop requires local communities to conduct this census every two years as a condition of receiving federal funding for their Homeless Continuum of Care, for which Sacramento Steps Forward is the lead agency.

The point-in-time count was conducted on January 25, 2017 by nearly 400 trained volunteers who fanned out across the county to count and survey people living on the street, in tents, cars, and RV's, while a data team documented the number of people sleeping in emergency and transitional shelters.

The point-in-time count and this report were made possible thanks to funding from the County of Sacramento, U.S. Department of Housing and Urban Development, and Sacramento Housing and Redevelopment Agency.

Sacramento Steps Forward is a 501(c)(3) non-profit homeless service agency who, through collaboration, innovation, and service, is working to end homelessness in our region.

Founded in 1989, Sacramento State's Institute for Social Research (ISR) is an interdisciplinary unit that harnesses the power of scientific research tools to address social problems. Their research and analysis expertise, learned through the hundreds of projects completed for government agencies, nonprofit organizations and the academic community, provides the region with actionable information that can inform key policies and decisions. ★

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<p>BENEFUL PREPARED MEALS</p> <p>All Varieties 10 Oz Limit 1 Case \$1.39</p>	<p>New Formula MERRICK'S CLASSIC NATURAL DRY DOG FOOD</p> <ul style="list-style-type: none"> Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags Beef/Green Pea/Carrots • Lamb/Green Pea/Ancient Grains <p>ON SALE</p>	<p>PEDIGREE CANNED DOG FOOD</p> <ul style="list-style-type: none"> Choice Cuts in Gravy • Chunky Ground Dinner Chopped Ground Dinner 22 Oz Can Limit 1 Case <p>99¢</p>
<p>BLUE BUFFALO NATURALLY FRESH CAT LITTER</p> <p>100% Natural Walnut Based</p> <p>14 Lb Bag Pellet Limit 2 Bags \$5.99</p> <p>Clumping \$9.99 Multi-Cat Clumping \$10.99</p>	<p>9 LIVES DRY CAT FOOD</p> <p>Grilled Tuna & Egg Flavor 12 Lb Bag Limit 2 Bags Per Family \$7.99</p>	<p>NATURE'S MIRACLE CLUMPING CAT LITTER</p> <p>"Natural" Care 10 Lb Bag Limit 2 Bags \$7.99</p>
<p>IAMS DRY DOG FOOD</p> <ul style="list-style-type: none"> Mini Chunk • Large Breed Adult • Lamb & Rice Weight Control 30 Lb Bag Limit 2 Bags <p>\$25.99</p>	<p>FRESH STEP CRYSTALS CAT LITTER</p> <p>8Lb Bag Limit 2 Bags \$10.99</p>	<p>PURINA BENEFUL DRY DOG FOOD</p> <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 <p>\$24.99</p>
<p>WELLNESS DRY CAT FOOD</p> <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 <p>\$30.99</p>	<p>PREMIUM CHOICE SCOOPABLE CAT LITTER</p> <p>All Natural Unscented, 50 Lb Bag Limit 2 Bags \$10.99</p>	<p>WELLNESS GRAIN FREE DRY DOG FOOD (3 Free Wellness 12 Oz Can Dog Food With Each Purchase)</p> <ul style="list-style-type: none"> Complete Health 24 Lb Bag Limit 2 Bags Chicken \$51.99 Lamb • White Fish \$52.99

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