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Brings “Betrayal”  
to Barnes & Noble**  
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# AMERICAN RIVER Messenger

*“Written by the people, for the people”*

SPECIAL PRE-HOLIDAY ISSUE

VOLUME 12 • ISSUE 13

Serving Fair Oaks, Orangevale & Sacramento County

JUNE 30, 2017

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## AUTHOR OF WEIGHT-LOSS BOOK GAINS 15 POUNDS



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# A Useful Alternative

## Outpatient Recovery Services Provides Opportunity

Story and photo  
by Margaret Snider

**ORANGEVALE, CA (MPG)** - According to the National Institute on Drug Abuse, drug addiction is a complex disease. Since drugs change the brain in ways that make quitting hard, it usually requires more than good intentions or a strong will. However, more is known about addiction now than in the past, and more options are available for recovery.

There are more than 20 million Americans in long-term recovery from alcohol and drug addiction. John Perry entered recovery in 1997. “I’ve been sober since September of 1997, and my first few years of recovery I worked with people doing 12-step work, one-on-one, and trying to help other people sober up, and I just really – I love it,” Perry said. He is now president and director of operations for Clean & Sober Recovery Services, Inc., in Orangevale. “My wife and I talked about what we would like to do with our life and what we’d like to do for a career, and we liked the idea of helping people.” Addiction is not something that you recover from and then go back to life as it was, Perry said. For a person who has a problem with alcoholism or drug addiction, recovery is an active process that starts with becoming sober and requires continual diligence.

Though statistics show that inpatient residential treatment, ideally for three months, is best for long-term sobriety, not everyone is in a position to take that route. “Maybe their work won’t allow them to have more than a month off,” Perry said, “or a mother with young kids at home can’t afford to be away from (them) for several months.” Intensive outpatient therapy can be an alternative that may make recovery possible for those who are not able for various reasons to go into a full residential recovery program. Cost is less for outpatient therapy, since there is



John Perry, left, president of Clean & Sober Recovery Services, and Chris Wright, Vice president stand in front of the 5,300 sq. ft. residential treatment center home. Outpatient treatment is now an option, only three blocks from the residential facility. Photo by Margaret Snider

not 24 hour staffing, meals are not provided, and other considerations are different than with residential treatment. And outpatient therapy is more likely to be covered by insurance.

Clean & Sober Recovery Services has offered care since

2008 and recently began an intensive outpatient program located just three blocks from their residential treatment site. The outpatient option includes a minimum of three one-hour groups per day, and a one-on-one counseling at least once a

week. There are a wide variety of classes or groups that can be carried out during days or evenings.

Chris Wright is vice president and facility director for Clean & Sober Recovery Services. “I’ve

*Continued on page 3*

## New Employment Report Shows Poor State Leadership

By Paul Scholl

**SACRAMENTO REGION, CA (MPG)** - The Center for Jobs and the Economy recently released its full analysis of the May employment data.

In the State Employment Growth Rankings, California dropped to 3rd place behind Florida and Texas Between May 2016 and May 2017, Bureau of Labor Statistics (BLS) data shows the total number of employed in California increased by 250,000 (seasonally adjusted), or 13.4% of the total net employment gains in this period for the United States. California dropped to 3rd place behind Florida (which has a civilian working age population only 55% as large as California’s) at 409,600 and Texas (68% as large) at 254,800.

Measured by percentage change in employment over the year, California dropped to 33rd highest. Adjusted for population, California dropped to 35th.

The report shows California’s Labor Force Participation Rate at its lowest level since 1976. California’s participation rate (seasonally adjusted) in May declined to 62.0%, while the US rate dropped only 0.2 point to 62.7%. Improvement in the unemployment rate at both the California and national levels came from these contractions in the labor force numbers.

The seasonally adjusted California participation rate in May was at its lowest level since 1976. The unadjusted rate was at its second lowest level since 1976. In the recent May Budget Revision, the Governor again pointed to the increasing share of lower wage jobs as one of the prime causes of slowing state revenues growth.

“The level of wages has been revised downward, and cash receipts have been significantly below forecast.” - Gov. Jerry Brown.

Brown continues to not take responsibility for the many lost high paying jobs leaving California for better business climates in other states. California ranks last in the United States for being pro-business. Over one-third of jobs growth over the past 12 months has been in the low wage industries.

For additional information and data about the California economy visit [www.centerforjobs.org](http://www.centerforjobs.org).

Source: Centerforjobs.org ★

## Boy Scout and Troop to the Rescue

By Paul Scholl

**SACRAMENTO REGION, CA (MPG)** - Gabriel Cline, a 16 year old home-schooled eagle scout from Orangevale, recently completed installing five micro filament recycling bins at the Nimbus Fish Hatchery with the help of other Boy Scouts and friends. The Boy Scout patrol call themselves “The Flaming Jalapinos.”

Gabriel has always had a keen interest in the environment. He took on the project to fulfill the requirements of a little known Boy Scout environmental award called the Hornaday Award. The Hornaday award program was created to recognize those that have made a significant contribution to conservation. It began in 1914 by Dr. William T. Hornaday, director of the New York Zoological Park

and founder of the National Zoo in Washington D.C.

Recently Gabriel and his Mom were walking along the American River and they saw a little duckling that was entangled with fishing wire and they sadly had to watch it drown, as it was too far from them standing on the shore and it simply could not safely be reached.

Gabriel wanted to protect other wildlife from getting entangled by fishing lines they cannot easily see, so he chose to work towards having the bins installed as a Boy Scout project. Gabriel and his mom hope people will be more aware that they are available and will use them.

Rae Cline, Gabriel’s mom said “My son is the youngest Eagle Scout in the history of the troop that he is in (Troop 107) and we are celebrating our 25th Anniversary. ★



Gabriel Cline (left) saw the need to update micro filament recycling boxes at the Hatchery and wanted to have an impact on the environment. Photo courtesy Rae Cline

**WE SUPPORT  
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# Capitol Pops Patriotic Concert July 2nd



Kurt Pearsall will lead the Capitol Pops Concert Band at Fair Oaks Village Park, July 2.

**Story and photo by Susan Maxwell Skinner**

**FAIR OAKS, CA (MPG)** - A free July 2 (Sunday) concert at Fair Oaks Village Park will set a patriotic mood for the nation’s birthday. Lead by maestro Kurt Pearsall, the Capitol Pops Concert Band’s

volunteer members will offer an all-American program that will include marches, anthems and swing tunes.

Susan Skinner is featured vocalist. A God Bless America finale will include the audience in a sing-along with the 60-piece ensemble. Children are welcome.

The park is located at 4238 Main Street in Fair Oaks. Downbeat is 6:30 pm.

Sheltons Unlimited Mechanical Services of North Highlands is concert sponsor. Learn about the Capitol Pops Concert Band at [www.capitol-pops.org](http://www.capitol-pops.org) ★

# Coolley Honors Local Business at 2017 Salute to Small Business

**SACRAMENTO, CA (MPG)** - On Monday, June 5, Assemblyman Ken Cooley (D-Rancho Cordova) honored Kniesel’s Collision, Inc. as the 8th Assembly District’s 2017 Small Business of the Year.

Every year, members of the California State legislature take time to honor a small business from their district. The Salute to Small Business event provides an opportunity for small business owners to meet and share success stories with other small business owners from across the state. The California Small Business Association is a volunteer-driven, non-profit, non-partisan organization with the mission to provide small businesses with a meaningful voice in state and federal government.

“To honor Kniesel’s Collision as my Small Business of the Year brings me great pride,” said Assemblyman Cooley. “Kniesel’s commitment to customer service and to their employees truly exemplifies servant leadership.”

After emigrating from an Austrian refugee camp after World War II, Richard Kniesel founded Kniesel’s Collision in 1968. Richard has since handed the reins over to his two sons, Robert and Tom. Having grown up in the business, they remain strong in their commitment to the family’s founding core values: integrity, trust, and quality. Kniesel’s Collision also provides support to numerous charitable organizations including local food banks, high school athletic booster clubs, Boy Scout Troops, Court Appointed Special Advocates, and breast cancer research.

“It is truly an honor and I am humbled to



Assemblyman Cooley awards Kniesel’s for their contributions to the community. Photo courtesy Office of Ken Cooley

be recognized as the Small Business of the Year for our area,” said Richard Kniesel. “When I landed at Ellis Island in the early 1950’s, I was bound for Chicago, Illinois, but by the grace of god, I came to Citrus Heights instead, and I am forever thankful.”

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murietta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>

*From the Office of Ken Cooley* ★

# Feral Cats Project Seeks Volunteers and Community Support to Curb the Feral Cat Population



Spaying/Neutering of stray, feral, and abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly.

**By Linda Morgan, Director Sacramento Feral Resources**

**SACRAMENTO COUNTY, CA (MPG)**

- Unwanted feral/stray cats are everywhere and the proverbial “kitten-season” is in full-swing. In an effort to help these newborn kittens, people often put them in a box and rush them to the local shelter. Too often the outcome for these kittens isn’t what the well-intentioned person expected. So how can you change this outcome? Spay/Neuter of stray, feral, and

abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly, from being born in areas where they are not wanted and struggle to survive on their own.

Sacramento Feral Resources (SacFerals) recently introduced the Feral Cats Project.

The focus of the Project is to recruit volunteers and involve residents county-wide to help humanely curb the feral cat population in Sacramento County through a Trap-Neuter-Return (TNR) program. We are looking for the best ways to reach

residents in communities throughout the County.

Feral cats are a neighborhood issue that can have good resolution when working together to TNR. In fact, Sacramento County supports TNR - not euthanasia, starvation, or relocation (which is illegal) of feral cats. The good news is that there are low-cost and free spay/neuter clinics available.

Residents who want to help improve the feral cat situation can learn more about the Project, feral cats, TNR, feral colony assistance, and

other volunteer opportunities at monthly Free Feral Cats Workshops. Workshops open to the general public. Meetings are held at 5605 Marconi Ave in Carmichael. The Workshop Schedule, class descriptions, and sign-up information is available online: <http://www.sacferals.com/>

Why establish a Feral Cats Project? In 2013 SacFerals introduced a public website to offer resources and assistance to anyone with feral cat issues. Over time, traffic to the website as well as requests for help have

substantially increased. During the past two years, SacFerals has received reports of more than 9,000 feral/stray cats. The need for assistance has out-paced the current volunteer staff.

With an estimated 98,000 – 220,000 feral cats in Sacramento County, as the saying goes, “It takes a village” to make a huge dent in reducing the number of litters born in the County every year and to ultimately control and reduce the community feral cat population in Sacramento County. ★

# DISCOVER GOLD

Let's discover everything that makes our state the best at the California State Fair. Experience California's award-winning wines at the Save Mart Wine Garden and Best of Show beers at the Craft Brew Pub. The best of California is back all in one place this summer July 14th - 30th.

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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.

Kids Don't Float  
and Neither do Adults

Visiting Sacramento County's public waterways and rivers is a traditional way to cool off and enjoy the outdoors . . . but before you take the plunge remember Life Looks Good on You and so does a life vest. Drowning Doesn't.

Putting a life vest on before going into the river is the smart and safe thing to do. And remember it's the law for children under 13 to wear a life vest because kids don't float. Wearing one could help save a life – including your own.

There are several life vest borrowing sites in the Sacramento area including at area fire stations and on the American River Parkway at Discovery Park (2 sites -- kids and adults), Ancil Hoffman Park (kids only), Howe Avenue river access (kids only), Watt Avenue river access (kids only), River Bend Park (kids only), and Sunrise river access (kids only).

For more information,

FAIR OAKS COMMUNITY UPDATE

please visit regionalparks.saccounty.net.

Alcohol Ban Keeps  
Parkway Family Friendly

If you are planning to enjoy the American River Parkway over the weekend leading into the Fourth of July holiday, please note there will be a complete ban on alcohol consumption and possession both on land and in the water between Hazel and Watt avenues (an exception exists for Ancil Hoffman Golf Course).

In past years summer holiday weekends had become major problems along the American River due to excessive alcohol consumption making the parkway less of a family friendly outing because of fights, public nudity, profanity and littering.

Besides the Independence Day weekend, the restriction is also applicable for the holiday weekends of Memorial Day as well as Labor Day.

Free Concerts  
in Fair Oaks

The annual free summer Thursday night concert series in Fair Oaks Village continues during July and into August.

The popular program is held in Village Park and the first performance for this month, July 6, features Jim Anderson and the Rebels, an Elvis tribute band. The concert series continues through August 17 with each show beginning at 6:30 pm.

The concerts are presented by the Fair Oaks

Chamber of Commerce, Fair Oaks Recreation and Park District, and the Fair Oaks Foundation for Leisure and the Arts. For a complete listing of all the bands, please visit fairoaks-chamber.com.

Eppie's Great Race

Eppie's Great Race (otherwise known as the world's oldest no swim triathlon) will be celebrating its 44th year on Saturday, July 15.

Founded in 1974 by the late Sacramento-area restaurateur/entrepreneur Eppie Johnson, the race has become an annual summertime tradition for elite athletes, fitness enthusiasts and families. The race features a 5.82-mile run, a 12.5-mile bike route and a 6.35-mile kayak paddle held along the scenic American River Parkway. It starts and finishes at the William B. Pond Recreation Area located at the end of Arden Way.

The race is organized by the Eppie's Great Race Foundation and the primary beneficiary is the Therapeutic Recreation Services Division within the Department of Regional Parks which provides therapeutic recreation opportunities for individuals with disabilities residing in Sacramento County.

For more information, go online and visit eppiesgreat-race.org.

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

A Useful Alternative  
Outpatient Recovery Services Provides Opportunity

Continued from page 1

been sober 15 years now and I met John in a 12-step meeting, we were in the same home group," Wright said. "It was quite a good friendship and a recovery related friendship, too."

The key to continued health is never to forget. "I'm doing the same things today that I was doing when I first started," Wright said. "I still have a sponsor, I still go to meetings, I'm still involved in the 12-step process, and I'm constantly refreshed on

the proper way to handle problems that I have. And I always have somebody I can talk to." In assisting others, Wright said, he found that trouble in maintaining recovery was often preceded by the gradual dropping of supportive measures, including discontinuation of meetings, not following the 12-step program, and lack of healthy options to problem solving.

"Sometimes a treatment plan calls for a hybrid solution of sorts," Perry said. "For example, a person might start with one

month in residential treatment and then transition to intensive outpatient counseling where their healing continues. For the best results, we encourage people in outpatient programs to make a sober living community their home during their time in outpatient treatment."

For more information about Clean & Sober Recovery Services and the outpatient treatment program, call 916-990-0190, or go to www.letsgetbettertogether.com, or e-mail info@candsrecovery.com.

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**Crossword Puzzle on Page 5**

A	L	G	A	E		F	A	T			O	R	E	O	
V	I	O	L	S		E	G	O			S	W	A	M	P
E	R	U	P	T		E	A	R			A	E	G	I	S
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R	A	G	E	D		R	A	G		S	C	E	N	T	
A	R	I	A		E	R	A		E	A	S	T	S		

**Sudoku Puzzle on Page 5**

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

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# Sacramento County DA Reports



## Defendant Convicted of Murder, Robbery in Marijuana Transaction

**DATE:** June 1, 2017  
**CASE:** Kane Thompson (Case #16FE009089)  
**PROSECUTOR:** Deputy District Attorney Kari Reeve, Homicide Unit

Kane Thompson was convicted by a jury for the first-degree murder and robbery of Nicholas Jaffray. The jury also found true the special circumstance that the murder was committed in the commission of a robbery.

On May 7, 2016, Kane Thompson met Nicholas Jaffray at a marijuana dispensary. Mr. Jaffray was a marijuana grower who was at the dispensary to sell his products. Thompson represented himself to be a marijuana delivery man and legitimate marijuana vendor. Thompson then told Mr. Jaffray that he would like to do business with him. Later that day, Thompson and Mr. Jaffray met in an apartment complex parking lot and began to negotiate a marijuana transaction while sitting in Mr. Jaffray's car. As a third man with a shotgun walked out from the apartment complex towards the car, Thompson pulled out a handgun and told Mr. Jaffray "not to get killed over a pound of weed." Mr. Jaffray attempted to flee in his vehicle, but Thompson shot and killed him as he was exiting the parking lot. Thompson and the unknown accomplice stole Mr. Jaffray's backpack containing the marijuana before fleeing the scene.

Thompson faces a maximum sentence of life in prison without the possibility of parole. Sentencing is set for July 14, 2017, at 9:00 a.m. in Department 12 before the Honorable Maryanne Gilliard.

## Defendant Sentenced for Robberies

**DATE:** June 2, 2017  
**CASE:** Pierre Cleveland (Case #15F05965)  
**PROSECUTOR:** Deputy District Attorney Kristen Andersen, Career Criminal Prosecution Unit

The Honorable Raoul Thorbourne sentenced Pierre Cleveland to 25 years in prison. On May 4, 2017, a jury convicted Cleveland of two counts of robbery for two separate robberies. The jury also found that Cleveland used a gun during the course of the first robbery and

was a felon in possession of a firearm.

On September 7, 2015, Cleveland went into a Chevron station on Florin Road with a firearm and robbed the sole employee. He stole money from the register and after the victim refused to get on the ground, he shot the firearm off two times before fleeing the scene. On September 29, 2015, Cleveland went to the Florin Shopping Center and robbed another victim of \$5,600 in cash. The victim had just withdrawn the money from his bank and was about to get in his car when Cleveland struck him over the head and stole his money. Cleveland then fled the scene in a car that was waiting for him in the Sears parking lot. Officers were able to locate Cleveland in a nearby parking lot after the license plate of the fleeing vehicle was obtained. Cleveland was detained by law enforcement and was found to have half of the victim's money and the gun from the first robbery on his person.

## Gang Member Convicted for Possessing Firearms

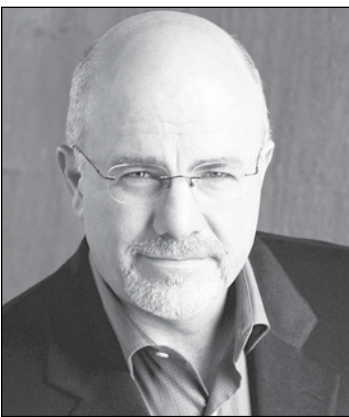
**DATE:** June 15, 2017  
**CASE:** Todd Williams (Case #16FE021370)  
**PROSECUTOR:** Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)

Todd Williams was convicted by a jury of two counts of felon in possession of a firearm. The jury also found true a gang allegation on both counts.

Todd Williams is a validated member of the G-Mobb/Guttah criminal street gang. On August 17, 2016, Williams was in a car that law enforcement attempted to stop. Williams fled from the car, and officers gave chase. When Williams was apprehended, he was found to be in possession of two loaded firearms.

Williams has a prior 2010 strike conviction for accessory after the fact to attempted murder with a gang enhancement. He previously served 7 years in prison for this offense.

Williams faces a maximum sentence of 17 years and 8 months in prison. Sentencing is set for July 21, 2017, at 9:00 a.m. in Department 22 before the Honorable Russell Hom. ★



### Keep the Bike

Dear Dave,  
My husband and I aren't seeing eye-to-eye on a motorcycle. The bike was my dad's, and I got it four years ago when he passed away. I'd like to keep it because I grew up riding it with him, and I still ride it today. My husband thinks we should sell it to pay off debt. We make about \$60,000 a year, and we have about \$36,000 to go before we're debt-free except for our home. The bike is worth about \$2,300. What do you think?

- Amanda

Dear Amanda,  
There's no way I'd sell that bike. If it were just a miscellaneous motorcycle, I'd sell the thing in about 20 seconds. But this bike is unique and special because it was your dad's. There's only one of those in the world.

It's like a lady in the same scenario saying she has a \$2,300 diamond on her hand that's her wedding ring. Would I tell her to sell it? No way! This bike is very much woven into the fabric of your life and your fondest memories. As a rule, you just don't sell things like that.

Now, there may be extreme cases sometimes where a person

# Dave Says

might have to consider selling something of that magnitude. If you were in a truly awful situation making \$10,000 a year and the ring is worth \$200,000 while you're \$100,000 in debt, you'd have to give it some thought.

But there's no way I'd sell that bike in your case!  
—Dave

### The Family Nightmare

Dear Dave,  
My fiancé told me the other day he's going to buy a failing restaurant with his mom, sister, and a family friend. None of them have any food service or business experience, and he has never said anything about wanting to own a restaurant. When I questioned him about it, he said it was his mother's idea. I don't want to be part of this, and it wouldn't be his first big surprise decision, so I told him I would walk away from the marriage if he pursues this. I feel bad about it, because he didn't really do anything wrong. Do you think I'm making a wise decision?

- Carla

Dear Carla,  
Yes, he did do something wrong. He put his controlling mommy ahead of his bride-to-be, and it sounds like it's not the first time he's made big decisions without consulting you. Any man who doesn't consider the feelings of his wife or fiancée

in an important decision-making process is not marriage material. I think your decision was heart-breaking, but wise.

Going into a partnership with family like this is unwise. There's a lot of messed up stuff in his family dynamic. And it's not like you won't support your man and his dreams and decisions, but those dreams need to contain wisdom and consideration for you. Otherwise, any dream will fast become a nightmare.

I know it hurts, Carla, but this was not the right guy for you. Money problems are one of the biggest causes of divorce in America today. Trouble with in-laws is another, and you almost signed up for both. I'm sorry you had to make such a tough call.

If you want to salvage this, you could explain to him that he needs to make better decisions to win your hand again. In this case, making better decisions means involving you in the process, and giving your thoughts, feelings, and opinions the respect they deserve.

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey. ★



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**CLUES**  
**ACROSS**  
1. Blue-Green scum  
6. \_\_\_\_\_ Tuesday  
9. Black and white treat  
13. Viola da Gamba, pl.  
14. \_\_\_\_\_ trip  
15. \*\_\_\_\_\_ Thing, of the DC Universe  
16. Do like Etna  
17. Listening organ  
18. Front of cuirass  
19. \*Bandana-wearer named for a painter  
21. \*It bit Peter Parker  
23. Cash provider  
24. Mallet or saw  
25. Geological Society of America  
28. Heard more than once  
30. Ukraine's neighbor  
35. Opposite of riches?  
37. France's currency  
39. Excessive sternness  
40. Paella pot  
41. Run off to wed  
43. Dumpty establishment  
44. Teatro alla Scala performance  
46. \_\_\_\_\_ sack  
47. Iditarod ride  
48. Japanese mat  
50. By way of, for short  
52. Old age, archaic  
53. "The Sun \_\_\_\_\_ Rises"  
55. \*"Rogue \_\_\_\_\_": A Star Wars Story  
57. \*Wonder Woman, e.g.  
60. \*Captain \_\_\_\_\_  
64. Unimpressed  
65. Hole punching tool  
67. Helper  
68. Was violently angry  
69. #35 Across, sing.  
70. Bloodhound's clue  
71. #44 Across solo  
72. Chapter in history  
73. Sunrise side, pl.

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12	
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**Crossword Puzzle Solutions on Page 4**

**DOWN**  
1. Affirm  
2. Turkish currency  
3. Trend higher  
4. Top dog  
5. Posthumous type of tax  
6. "I \_\_\_\_\_ your pain"  
7. Agha, alt. sp.  
8. Body trunk  
9. Was in the hole  
10. Unpleasant road display?  
11. Dubai dignitary  
12. Operations or opportunities, for short  
15. \*Popeye  
20. Mike holder  
22. Weasel-related onomatopoeia  
24. Capital of Ontario  
25. \*"I am \_\_\_\_\_"  
26. Planktonic tunicate  
27. End of a shoelace  
29. \*a.k.a. Dr. Robert Bruce Banner  
31. Jar covers  
32. Light-footed  
33. Writer's opus  
34. \*Judge of Mega City One  
36. Actress Gilbert  
38. Moonfish  
42. Erasable programmable read

only memory  
45. Dumbfounded  
49. U.N. workers' grp.  
51. Apprehension  
54. Rabbit trap  
56. \_\_\_\_\_ Kane of soap opera fame  
57. Wing-shaped  
58. New Testament sages  
59. Between ports  
60. #1 Across, sing.  
61. Bad day for Caesar  
62. Lincoln coin  
63. A in B.A.  
64. Women's undergarment  
66. \*"Captain America: Civil \_\_\_\_\_"

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

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**Solutions on Page 4**

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**By Marlys Johnsen Norris,**  
**Christian Author**

We all come into knowledge about God's love for us at the perfect time in our lives. It takes a lifetime to fully understand many many things we need to learn. And He gifted men and women to write them down to help us stay on the right path of life. The wonderful thing about God is – He is so very patient. Like no one He understands our frailties and everything about our ability to comprehend

## Amazing Grace, How Sweet the Sound!

the lesson He wants us to learn. Possibly removing sin acts in our lives. He loves us so much more than even our human parents did and when we learn that, we are beginning a cycle of growth that pleases Him.

When we come to that place of complete surrender to Him with every area of our lives, is when our spiritual growth has truly begun. Our submission to His Almighty Hand helps us to actually be encouraged by the process to become the person He designed us to become before the foundation of the earth. (Yes, before we were even born!) Our appreciation for the plan of redemption and salvation He designed for the human race. And it becomes our continued living reality as we study and learn about His plan in the Holy Bible. Its guidelines help us to resist sin and things He warns us

not to become a part.

The love and appreciation for everything we see and experience changes and transforms our lives. Our living testimony of His love becomes our profound daily reality. Hardships and suffering do arrive but God's promise is to never leave or forsake us. He doesn't!

His Holy Spirit carries us through every hardship and trial we face all of our lives. His personal and dynamic love becomes more and more real and our personal relationship with the magnanimous and powerful love of God never fails to enrich our lives.

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



**By Pastor Ray Dare**

Most people when they are in a storm they typically look to everything else except God for their anchor. They don't look to hope. When people are in deep pain or in deep discouragement or deep despair they often look at the bottom of a bottle for their hope. Or some medicines for their hope. Or entertainment or a vacation or... It could be good or bad. They're looking for somebody or something to anchor their lives. And God says, what you really need is hope. Job 8:13 says, "Those who forget God have no hope." We see the proof of that statement in literally every single sector of our society. The further away we get from God the less hope we have.

The converse is true. The closer you get to God the more

## Pastor Ray's Encouraging Words

### The Anchor of Hope

hope you're going to have in your life. The most hopeful people on the planet earth are those who live closest to God. And the most hopeless people on the earth are the people who feel far away from God.

The Bible talks about the anchor of hope. Not wishing. Not feeling. Not simply expecting. But knowing for certain that you are going to have what you hope for. The Bible says in Hebrews "faith is the assurance or the confidence of things not yet seen. It is the certainty of the things you hope for that are not yet seen." Faith and hope go together.

Where do you get it? Where do you get hope when everything feels so hopeless? One day Jesus gave a key to hope. He says it in Luke 18:1 "Jesus taught his followers that they should **always pray** and **never lose hope**." Circle "always pray" and "never lose hope" and draw a line and connect the two because they are connected! Those, my friends are the two alternatives in life. Every single moment of your life you're

choosing one of those two alternatives. When stuff bad happens, you will either panic or you'll pray. It's your alternative. If you pray you don't panic; if you panic, you don't pray. You'll either worship or you'll worry. Those are the two alternatives in life.

Another key to getting more hope in you is getting more of God's promises in you. Certain hope is based on the fact that God cannot lie. And he's given in his book, over seven thousand promises. When you put your hope in these promises that's going to give you an anchor of hope to steady you, to secure you, to give you the peace you need in the middle of a storm. You've got to stop listening to your feelings and start listening to the promises God gives you. Start reading the Bible. Start in the book of John and in Psalms, then turn your cares into prayers and hope will anchor your heart and mind.

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The Secret to Being Organized  
**Pam Young's Corner**  
Author of Weight-loss Book Gains 15 Pounds

When you read this, you could wonder why the author of a weight-loss book could gain weight when supposedly she's an expert in the field. And you might wonder if she'd have the guts to admit to her readers that she had gained weight, for fear no one who wanted to lose weight would ever want to read her book on the subject. Well, if you don't know me, you don't know I have to always tell the truth even when it's not pretty. I've gained 15 pounds in three months (that's five pounds a month!).

With that said, I hope you read my confession, given in the spirit of honesty in the hope that if you've fallen off any wagon of resolve, know you can always get back on and with a clearer understanding of yourself.

The 15-pound gain in three months was caused by three things.

**1. I consumed too many carbs.**

**2. Compared myself to others who weigh more than I do (and dismissed scrutinizing those who weigh less than I do. (I've since learned that is textbook addict mentality).**

**3. Indulged in plain ol' entitlement issues (which I assign blame to Nelly, my inner child).**

**1. Too many carbs:** I unconsciously turned date night into carb night, failing to recognize that I was gradually becoming more excited to be going out to be with Mr. French Fry and Mr. & Mrs. Bread & Butter than spending quality time with my husband. When you follow a low-carb lifestyle, it's so important to stay away from carbs, because they are addicting and they not only cause fat to stay with you, they cause thoughts of how good they are to stay in your head.

**2. Comparing my body to other bigger bodies:** In "The Mouth Trap: the butt stops here!" the book I wrote about losing weight on a low-carb diet, there's a chapter entitled, "How to Shoot Yourself in the Foot," and it deals with this problem. Here's an excerpt that has helped me get back on my wagon.

When I was in denial about my weight, one of the biggest forces keeping me struggling was my penchant for judging others and comparing myself to them. For five years I sang in a Sweet Adeline Chorus made up of 130 women whose average age was 55 and average weight I'd guess was 175 pounds. I've never in my life seen such a massive collection of overweight, middle-aged women. When I compared my body to the average singer in that group I felt little.

But I was shooting myself in the foot. That tendency to compare cost me five years of dragging seven sacks of flour. [In the book I have my readers convert in their minds, their weight into five-pound bags of flour so seven sacks of flour equals the 35 pounds I wanted to lose and did.] I look back and wonder how I could have considered myself little. Had I been minding my own business I would not have judged any of those women. They have nothing to do with me and my weight problem. But I allowed comparing myself to them make me feel better about myself. Is there nine-year-old mentality lurking around here?

**3. Entitlement Issues:** Thoughts like, 'It's my daughter's birthday; I should be able to have cake and ice cream.' 'It's my son's birthday; I should be

able to have cake and ice cream.' 'It's my birthday, what's wrong with celebrating once a year.' 'It's Terry's birthday, even though he's gluten and dairy intolerant, I should be able to have some cake and ice cream like everybody else is.' 'It's St. Patrick's Day, I should be able to have carbs, I'm Irish.' 'I was so sick with the flu; I deserve to celebrate my wellness with a visit to Burger King for a well-deserved Whopper.' 'It's Cinco de Mayo, I can have beer and chips, I love Mexico.'

When our celebrations lead to weight gain, it's time to wake up and reset our entitlement meters.

If you gain weight easily, it most likely means you like sweets and all the white stuff; rice, pasta, bread and potatoes. It really is okay to have those foods once-in- awhile, but if you're too liberal with that notion you're in for weight gain. That's what happened to me. In the course of three months I had about 100 once-in-awhile eating sessions which set the tone for allowing more carbs into the house.

It wasn't that hard to get back on my wagon and now that I am, the carb craving has stopped and Nelly is settling down to minding my rules. No more white stuff, not even on date night and I'm happy to report I lost 2 pounds last week! I'm on my way and it feels great to be back on the wagon!

For more from Pam Young go to [www.cluborganized.com](http://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. ★



**De-Stress Your Life**

I guess we should start with stress isn't always bad. According to **Dr. Siobhan Kealy**, the body's stress response is the fight or flight" response and it kicks into action to help us perform under pressure, think clearly, maintain focus and concentration, keep energy levels up and get the job done. But, and this is the 800 pound gorilla in the room, our bodies can't distinguish between emotional and physical threats and so the response is always the same...your adrenal glands release adrenaline and cortisol. Under situations of chronic stress...whether the stress is physical, emotional, mental or environmental, real or imagined, our bodies activate the "fight or flight" mode and this can have longstanding detrimental effects on our health.

Want to know if you have gone into a chronically stressed state? Here are a few hints.

**POPPOFF!**

with Mary Jane Popp

**Insomnia** comes as stress disrupts the rhythm. **Frequent infections** from chronic stress leads to constant elevation of cortisol and makes the body more susceptible to disease and infection. **Inability to lose weight** speaks for itself. **Anxiety/Depression** has high cortisol and decreased levels of neurotransmitters such as serotonin and dopamine. **Decreased Sex Drive and Skin Issues** come into play. You can even have **Stomach Upset, Brain Fog, Headaches, and Hair Loss**. Have you experienced one or more of these stress symptoms?

So now it's time to get the five tips to reduce the effects of stress. **Eat Well** has to come first. Allowing yourself to feel hungry triggers stress. Eat nutrient dense whole food and cut sweets to keep blood sugar levels steady, thus reducing those highs and lows. **Rest Up** comes next. Have a bedtime routine that is the same every night. Cut out screen time before bed because that actually decreases melatonin production in the brain. If you can't stop thinking about what you need to get done tomorrow, then write a list and put it aside as part of your bedtime routine. **Cut caffeine**

**and alcohol.** Sorry folks. While coffee may fuel you to hit your work deadline, it stimulates our sympathetic nervous system and increases the stress response in the body. Also, it may seem like a cocktail at the end of a tough day will relax you, but it actually does the opposite, depressing our happy hormones and making sleep more difficult. **Relaxation techniques** can help. Focused breathing, yoga, visualization and meditation are all techniques that can help mediate our response to stress because they activate the body's relaxation response, the opposite of the fight or flight response. **Limit screen time at night.** I know. You are about ready to scream "no way, not ever!" The blue light from devices have been shown to decrease melatonin levels in the brain, making it harder to sleep.

**Dr. Siobahn Kealy** is a Board Certified Family Practitioner and is the Medical Director for New York Health and Wellness in Westchester, New York. She is also co-creator of **Balance 3H Metabolic Breakthrough Weight Loss** program. Check out [www.drkealy.com](http://www.drkealy.com). Don't let stress ruin your life. LIVE LONG AND PROSPER! ★

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# PG&E Neared Record-Setting Electricity Demand during Historic Heat Wave

**NORTHERN CA (MPG)** - Pacific Gas and Electric Company (PG&E) thanks customers for their conservation efforts as it came close to breaking an all-time record for electricity use on Thursday, June 22.

While PG&E expected to reach record electricity use, an afternoon and evening sea breeze in the Bay Area provided relief to some of the heat risk and electric demands.

The heat wave drove up energy demand close to levels not seen since 2006 – especially due to air conditioner use to combat the heat. PG&E was ready for the high energy usage and ensured the company had enough energy supply, including renewables like solar energy, to meet

the needs of their customers. Once the sun sets and renewables are less abundant on the grid, customer conservation efforts between 4 and 7 p.m. become even more critical.

Since the heat wave first began during the afternoon of Friday, June 16, PG&E has restored approximately 379,000 customers, activated 19 local emergency centers and deployed about 5,100 field employees who supported power restoration during the heat wave. PG&E employees continue to work to restore service for the remaining customers who have experienced heat wave-related outages.

Customer demand for energy during the heat

wave on Thursday, June 22 reached its highest point at 20,754 megawatts (MWs). The energy company's all-time system peak load was on July 25, 2006, when customer demand for electricity hit 22,468 MWs. The California Independent System Operator (ISO), which manages the state's energy grid, said peak usage across California was 42,000 MWs.

PG&E reminds customers that small behavioral changes can make a big difference in reducing demand on the power grid during periods of extreme heat while helping customers to stay comfortable.

For tips on how to save this summer, visit [www.pge.com/summer](http://www.pge.com/summer). ★

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# Author Susan Spann Brings “Betrayal” to Barns & Nobel

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Ninja assassins, espionage, family betrayal and mid-evil clan bloodshed are playing out across the Iga province in Samurai era Japan, the setting for Fair Oaks resident and award-winning author Susan Spann’s latest addition to her Shinobi Mysteries series, which she’ll read from and discuss at Barnes & Noble on Saturday, July 22.

Spann’s new novel, “Betrayal at Iga” (Seventh Street Books), which releases July 11, promises a rare glimpse into the private world of a Ninja Clan, specifically the family life of her returning protagonist, Hiro Hattori, a trained ninja assassin now working as a detective alongside his sidekick, Portuguese Jesuit, Father Mateo.

This new, Samurai style “who done it” is Spann’s first attempt to take her readers into an actual ninja province, in this case Hiro’s hometown of Iga. Hiro and Father Mateo are in Iga seeking refuge while the assassination of an ambassador trying to negotiate a warring clan peace treaty occurs. Hiro must confront his own past and family members, as the crime may or may not have been committed by his former lover, mother, or someone else.

“I get to take readers into the actual Ninja province with this book,” explains Spann. “I wanted to continue with the Hiro series but really go deeper into the more personal side by taking readers into the day-to-day life of a ninja clan to show how ninjas actually lived and trained at home. This isn’t something you get to see very often.”

Back in Iga, Hiro confronts an old flame who is primary suspect in the case, largely because she has opposed the signing of the peach treaty. His mother is also a potential suspect. As ninjas themselves, both women are trained assassins. In fact, Hiro and his entire family are ninjas, however, with the launch of series, Hiro finds himself on the other side of justice, permanently assigned to provide security to Father Mateo. Now, the pair



Susan Spann has already signed her next book deal in the Shinobi series: “Trial on Mt. Koya,” which she said picks up where “Betrayal at Iga” (left) leaves off.

operate as a sort of Japanese version of Watson and Holmes. This time, the murder hits close to home.

“This is an emotional journey for Hiro,” explains Spann, who said she spent roughly nine months researching the book in Iga in 2015. In “Betrayal at Iga,” Hiro gets to interact with his mother and grandfather, and his former lover, so it is very personal.”

Spann’s first novel, “Claws of the Cat: A Shinobi Mystery” (Minotaur, 2013), was a finalist for the Silver Falchion Award for Best First Novel. The novel launched the Hiro and Mateo crime-solving adventures, loosely modeled on the traditional mysteries of Sherlock Holmes, in which paired detectives with seemingly opposite backgrounds, personalities and cultural DNA, work in tandem to get to bottom of the latest caper.

Spann is at once a transactional attorney with a private practice focused on business and publishing law, and an award-winning novelist with a degree in Asian studies from Tufts University. Originally from Southern California, Spann says she wanted to be a writer since she was a young girl, hooked initially into the mystery genre by the Nancy Drew, Hardy Boys and Agatha Christy works, as well as James Clavell’s “Shogun.”

“This is just a genre I’ve been in love with forever,” she said. “All the time growing up I wanted to write,” Spann said. “I was drawn to the mystery novels I read as a young girl, but later I really got hooked on the genre after reading ‘Shogun.’ That book really inspired me.”

Spann has already signed her next book deal in the Shinobi series: “Trial on Mt. Koya,” which she said picks up where “Betrayal” leaves off, which has Hiro and Father Mateo sent to deliver a message to a Buddhist Priest in Koya. In preparation for the forthcoming series addition, Spann spent several months living in a Buddhist temple in Koya, where she said she was granted wide access to historical information and important details about the Buddhist priests in the region of the era.

“Researching the next book was a wonderful adventure and I am very excited for the upcoming release,” Spann said.

Spann’s other works include “Blade of the Samurai,” “Flask of the Drunken Master” and “The Ninja’s Daughter.” ★

## IF YOU GO:

Susan Spann “Betrayal at Iga,”

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Amquel 16 Oz **\$5.99**  
Amquel Plus 16 Oz **\$5.99**  
Novaqua Plus 16 Oz **\$5.99**

### KORDON CORAL SEA

50 GAL SALT MIX WITH AMQUEL **\$11.99**

### BONUS COUPON

## FANCY FEAST

### ELEGANT MEDLEYS CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon

**59¢** CHM PLU 568 Effective 6/28/17 - 7/4/17

### BONUS COUPON

## PURINA

### WHISKER LICKINS CAT TREATS

- Soft & Delicious - 2.5 Oz
- Crunchy & Yummy - 1.7 Oz

Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 6/28/17 - 7/4/17

**69¢** CHM PLU 466

### BONUS COUPON

## ARM & HAMMER

### CAT LITTER DEODORIZER

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/28/17 - 7/4/17

**\$1.49** CHM PLU 422