



**Dignity Health Finally
Breaks Ground on Medical
Complex, Eyes 2019 Opening**
PAGE 2

**Teaching Yoga
to the Blind**
PAGE 10



AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 12 • ISSUE 10

Serving Fair Oaks, Orangevale & Sacramento County

MAY 26, 2017

FAIR OAKS COMMUNITY UPDATE



PAGE 9

A WOMAN'S RIGHT TO CHOOSE



PAGE 8

IT'S TIME TO WAKE UP CANCER'S CALL FOR LIFE



PAGE 7



Scan our QR Code for a
direct link to our online edition!

**GOT MORE
LOCAL
NEWS?
CALL 773-1111**

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

We Can Do That!



To place your legal
advertising, go to

CarmichaelTimes.com

Living Sky High Dreams

Air Show Director Darcy Brewer Soars to the Challenge



Darcy Brewer leans casually (at right) against a cherry red vintage Waco aircraft during a visit to Bryce Canyon, Utah. "The hangar is like a giant barn," states Brewer. Almost ready to take to the skies (above), Darcy Brewer is pictured in the pilot's seat of a Korean War era T-28 Trojan. Photos courtesy Darcy Brewer

By Shelly Lembke

MATHER, CA (MPG) - Darcy Brewer, the director of the hugely popular California Capital Airshow (CCA), recently sat for Q&A that was a little unusual. She generally fields questions about the CCA, but offers the public a special insider's look at her position and how she handles her enormous responsibilities.

Q: Can you please tell me about your position with the airshow?

A: My official title is Executive Director, which for an organization

with so few staff always seemed a bit funny to me. The image in my head of a non-profit ED usually includes a mop and a variety of cleaning supplies (it's just THAT glamorous). But in reality, this position does have a great amount of responsibility/ accountability as my primary job is keeping everyone together and informed...over 1,000 volunteers, 20+ members of the California Capital Airshow (CCA) Board of Directors, a six-county region of residents.

Q: What does an average day entail on the off-season?

A: Good question, but there never seems to be an 'off season'! With Show preparation taking place two to three years in advance and such a varied duty roster, ya'

just never know what's gonna pop up from day to day. Aside from the regularly scheduled meetings we are always surprised with an unexpected opportunity.

Continued on page 3

Standing Up for Kids

Local Service Groups Make Major Donations to Playmakers



Local organizations and their leaders (above) came together at the Playmakers fundraiser to donate over \$30,000 to support the afterschool program. The groups included Sacramento Breakfast Optimists, Citrus Heights Rotary, Rancho Cordova Rotary and County Club Optimists. Staff photo

SACRAMENTO REGION, CA (MPG) - There are some programs for kids that make a huge difference in their lives right away. Playmakers is one of them. Local organizations and service groups stood up and supported Playmakers, a mentoring program that provides free afterschool character and leadership for 3rd through 6th graders.

The Tri-Tip BBQ Dinner fundraiser was held at Divine Savior Catholic Church in Orangevale on April 29th. Over 250 friends and businesses attended to show their support for the growing organization and their hard-working team of mentors.

Playmakers nonprofit organization is designed for at-risk kids who need assistance with academics and young leadership development. Its program

Continued on page 9

SACRT Offers Free Transfers for Connect Card Users

SACRAMENTO, CA (MPG) - With a unanimous vote, the Sacramento Regional Transit District (SACRT) Board of Directors approved a pilot program to provide a free 90-minute transfer option to passengers who use a Connect Card, the region's new smart card fare payment system. The transfer option will be available to customers beginning on Thursday, June 15, 2017, marking the official launch date of the new Connect Card system.

RideSACRT, the agency's mobile fare app, has included 90-minute transfers since its roll-out in January 2016. The new Connect Card is expected to be more widely used since the initial cards will be free, whereas the mobile app requires a smart phone. Transfers on the Connect Card will be good for unlimited boarding within a 90-minute period on both bus and light rail, just like the mobile fare app. The free transfers are expected to help generate additional ridership.

Connect Cards can be loaded with transit passes and stored value online, SACRT's Customer Service and Sales Center located at 1225 R Street, and at participating retail outlets. Customers who prefer to pay with cash will also be able to receive the benefits of the 90-minute transfer by simply loading cash onto their Connect Card at SACRT's Customer Service and Sales Center, and at select retail outlets, including Raley's/Bel Air markets in mid-June when the Connect Card officially launches.

The Board action comes on the heels of news that fare revenue has increased by 18% over the past nine months, despite a decline in ridership. The revenue increase is being attributed to SACRT's fare enforcement efforts, which has successfully reduced SACRT's fare evasion rate from more than 15% a year ago, to just 5% now. "SACRT staff has taken every measure to ensure that our trains and buses are cleaner and safer than ever before," said Henry Li, General Manager/CEO. "Fare enforcement efforts have reduced the number of non-fare paying passengers and increased the security presence throughout our system. It's a win for everyone"

Bus agencies throughout the Sacramento region are also adopting the Connect Card in order to provide seamless travel for passengers transferring from one bus line to another. The free 90-minute transfer will be available for six months, while the agency conducts an equity analysis.

The Connect Card and the RideSACRT mobile fare app will make it more convenient to ride by providing online sales, speeding up boarding times and removing the worry of having exact cash to pay fare.

Other ridership initiatives that SACRT is working on include improving service reliability; optimizing bus routes to make them reflect 21st century commuting patterns. *Source: RT Media*



We can help your neighborhood...Shine!

When communities work together, good things happen. That's why we have Shine. Nonprofits can apply for neighborhood beautification, education or energy efficiency projects to improve and revitalize neighborhoods served by SMUD.

- Shine awards range from \$5,000 to \$100,000.
- Applicants must be nonprofit organizations (501c3 or 501c6).
- Awards are competitive and funds are limited.
- Apply online by **Monday, June 26, 2017.**

As your community-owned, not-for-profit electric service, we're always looking for ways to make our neighborhoods shine!

Learn more at smud.org/Shine.

#MyNeighborhoodShines 

©SMUD 0745-17

Dignity Health Finally Breaks Ground on Medical Complex, Eyes 2019 Opening



Officials break ground on new Dignity Health Mercy Medical Group office building in Citrus Heights. From left are Citrus Heights City Manager Chris Boyd, Alan Shatzel, DO, Incoming CEO Mercy Medical Group, Inc., Sister Bridget McCarthy, vice president, Mission Integration, Dignity Health, Sigrid Owyang, vice president, operations, Dignity Health Medical Foundation, Michael Korpiel, Interim CEO, Mercy San Juan Medical Center and Citrus Heights Mayor, Jeff Slowey.

Story and photo by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG)

- After nearly two years of delays involving legal challenges, financing issues and wet weather, the first of a multi-phase construction plan for Dignity Health's three-story medical complex at Greenback Lane and Fountain Square Drive is underway.

Groundbreaking for Dignity Health's long-anticipated, 68,000-square-foot medical building took place Monday, paving the way for the first phase of construction for the project on the former city hall site, which has been sitting vacant since the old structure was demolished in 2015.

"We are all very excited and thrilled to finally be able to bring this terrific project forward," said Dignity Health Spokeswoman, Brooke Burgess just prior to the groundbreaking ceremony.

According to Burgess, the new medical professional building will offer a range of primary and specialty care services delivered by a team of roughly 50 medical providers and an additional 120 support personnel. Those services will include primary care, pediatrics, family medicine and dermatology, Burgess said.

In addition to the jobs being created and the addition of critical medical care services, the project is being widely lauded as the first of what are likely more efforts by officials to attract a mix of new businesses to the city, which some agree is too reliant on retail, a sector of the economy struggling to compete against the fast-paced growth of online retailers, as well as large, outdoor retail "experience" malls, offering a mix of shops, eateries, cinemas and community gathering space.

"This is a very important project for the city, not only

because of the great services it will bring in and the jobs being created here in Citrus Heights,

"This is a very important project for the city, not only because of the great services it will bring in and the jobs being created here in Citrus Heights, but also because it will contribute a great deal to our plans to diversify our economy."

— MONICA ALEJANDREZ
ASSISTANT TO THE CITY MANAGER

but also because it will contribute a great deal to our plans to diversify our economy," said Monica Alejandre, assistant to the city manager. "We are retail heavy here and this new project is going to be a very beneficial addition to our city."

The Dignity Health complex is part of what began as a hotly-contested \$53.2 million project approved by the city in spring of 2015 that included demolition of the old city hall complex and construction of a new one, which now sits a block away and directly across the street from the Citrus Heights Police Department. Although challenged by at least one law suit initially, the Dignity Health project carries a \$7 million lease agreement with Dignity Health for the vacant site. Those funds, city officials have said, are intended to be used to help offset the costs for construction of the new city hall complex.

So far, however, the city has received only a \$1 million "good faith" payment

from Dignity Health, as well as another roughly \$1 million to cover costs associated with the demolition of the old city hall complex, Alejandre said. Once in place, consistent payments from Dignity Health will start to flow.

There were initial delays on the project, due to at least one law suit challenging its environmental impact on the site and community, including traffic and congestion concerns. Although legal challenges have been settled and the project has been cleared to go for months, Alejandre said the company incurred further setbacks after several failed attempts to secure financing for construction. Dignity Health has since made the decision to pay for the project out of its own pocket, but groundbreaking plans have been further delayed due to protracted wet weather this past winter, she said.

"It's been a combination of weather and Dignity Health's ability to obtain its financing," said Alejandre. "Now they have decided to just finance the project themselves, so there are no more hold ups."

The project build will take place in three phases over the next two years, beginning with initial construction, which is expected to take a minimum of one year, followed by six months of what Burgess described as "tenant improvements," and another six months after that to complete interior infrastructure-related components. All told, roughly four years will have passed between demolition of the old city hall and Dignity Health's grand opening.

"We are anticipating we will see the doors open to the new building some time in spring of 2019," said Burgess. "We are moving on a project that is going to take time for all phases to be completed, but it will ultimately be a significant addition to the community of Citrus Heights."★

Keep asking. Keep talking.



Sacramento County is initiating a campaign to reduce underage drinking by providing information & resources to parents/caregivers to start addressing the issue of alcohol use with their children early and often.

Talking Tips for Parents...

1. Talk often - build strong trust
2. Have shorter, more frequent conversations
3. Remember as they become teens, the conversation needs to change
4. Listen! Conversations go both ways
5. Remember, kids watch what you do along with what you say

Talk. They Hear You.

sacramentoccy.org



Register for "Criminal Justice Shadow Day"

SACRAMENTO COUNTY, CA (MPG)

- Sacramento County high school students are encouraged to register for the 3rd Annual "Criminal Justice Shadow Day." This unique program gives high school students an opportunity to job shadow professionals from various criminal justice agencies.

Based on the area of interest, students will be paired with prosecuting attorneys, defense attorneys, probation officers, law enforcement officers, investigators and judges to get a first-hand look at the criminal justice process and the different roles within the system. There will also be a presentation on crime scene investigations (CSI), evidence collection, and forensic science used to solve crimes.

This year's Criminal Justice Shadow Day will be held from 8 a.m. - 2 p.m., Friday, June 16, at the Board of Supervisors' Chambers in the Sacramento County Administration Building located at 700 H Street, Sacramento.

The program is open to current Sacramento County high school students (incoming 9th graders through 12th graders). Students will need to submit completed registration forms and a signed permission slip, which can be downloaded at www.sacda.org. The deadline to register is June 9, 2017.

Space is limited and on a first come, first served basis.

DA Anne Marie Schubert states, "Since its launch in 2015, close to 200 students from 56

schools across Sacramento County have participated in the Criminal Justice Shadow Day. The success of the program is a result of the partnerships we have with our criminal justice colleagues, and our shared commitment to engage with our youth and inspire them to pursue careers in the justice system."

The Criminal Justice Shadow Day is one of several DA youth programs designed to increase understanding and build positive relationships between youth and members of the criminal justice system.

See more at: <http://www.sac-county.net/news/latest-news>

Source: Sacramento County Media ★

Thank a Veteran Today!

Living Sky High Dreams

Continued from page 1

Q: What does an average day entail during the event?
A: Delightful chaos. 18-20 hour days (for a more than a week, not just the two event days the public sees), media support begins around 4:30am, daily volunteer check-in, ramp inspection when daylight breaks and pilot briefings -- all prior to gates opening for our fabulous fans.

Q: What personal, professional and educational experiences prepared you for where you are now?

A: I can't imagine what could prepare anyone for the juggling act this project requires -- much like many other unique career choices, you just have to jump in and figure it out. Although college gave me the educational foundation needed, I can look back from this vantage point now and see how important the guest experience training and work ethic learned from my jobs as a student have also played a key role.

Shortly after my college years, I went into the event management industry traveling internationally for decades then much later found my true place in the world when I merged the skills acquired from my first career with my lifelong passion for aviation. Of course being a pilot and vigilant with a checklist doesn't hurt with a project of this size and complexity. Who knew a job like this even existed?

Q: Do you fly?
A: I have been flying since I was 17 years old. I truly believe that you will find no greater sense of excitement, adventure, and personal accomplishment than the feeling of your first flight. I will never forget that day nor the encouraging voice in the tower. Finding a way to share this excitement in my work, every single day - is a dream come true.

Q: What was it like for you when you were first hired for this position?
A: Delightful chaos again. There is no training manual for this job and there had never been an Executive Director before. All you can do is jump in, try your best to make good choices and figure it out. In fact, I can tell you I still encounter something new every day and I'm sure the lessons learned will likely never end. Work hard, do your very best, ask for help when you need it.

Q: How do you feel the airshow has changed since you took the helm?
A: Well, I'm not sure the major changes had much to do with me. Someone would have energetically led the team, but it was natural for the event to grow and we were fortunate to have the space to grow BIG. We live in an incredibly patriotic community with an enormous veteran population and deeply dedicated educators who clearly understand how what we do relates to science, technology, engineering and mathematics efforts in the classroom -- and history, too.

The performances, interactive



From nose to tail, Darcy Brewer knows her planes. Brewer is pictured here with a Piper twin engine. She celebrates youth learning (at left). Photos courtesy Darcy Brewer

marine- biologist, a horse trainer, a travel writer and explorer. What I did know is that I would have a hard time sitting still and being inside in an office every day.

Q: You are a professional woman in a very prominent role in this community. What is that like for you?

A: Prominent? Me? Nah. What I do is fun and meaningful. It's a labor of love. It's hard work, we get tired, dehydrated, sunburned and there are never enough hours in the day, but If you could see the smiles on the faces of the kids who come out, the tears of the WWII veterans who are moved by the tribute performances we produce each year, then you would want to be me when you grow up regardless of the long hours and never-ending challenges.

Q: What do you like to do in your free time? How do you recharge your batteries?

A: I fly. Sometimes to actually go somewhere. Sometimes just to go up. I am rarely indoors and enjoy 'chore-therapy' keeping my small hobby farm with some pretty darned cute animals, a greenhouse and garden -- love to cook and surround myself with lots of books. Also, I rarely go anywhere without George, my extraordinary Border Collie.

Q: What inspires you to get out of bed each morning?

A: I never know what will cross my path from day to day and that is exciting. Who will I meet? What new program will we develop to serve our community or for kids to knock their socks off and encourage them to reach for the stars, fear nothing and know no limits or boundaries.

Q: What is your favorite part of your job?

A: Too much to list. The Show itself is too thrilling for words, but the kid's programs throughout the year are the most meaningful to me. I get to spend time with them, get to know their stories, hopes and dreams -- who they are and what they want to become. I see their faces light up as they climb in a plane for the very first time or meet a hero or legend that has used their education to literally change the world. It is magical what happens; to watch their imaginations soar right in front of my eyes. ★

Q: Please tell me about you. Where did you grow up and what was that like for you (city, state, family, etc.)?

A: I am a California girl, born in San Francisco. My parents retired to Roseville which brought me to this area more than 12 years ago. I have two remarkable sisters, a brother that I adore and a gaggle of brilliant nieces and nephews. We are all very different from each other and so very close.

Q: How would you describe yourself as a child? As a teen? As a high school student?

A: I was very quiet as a student; I read all the time and had a wild imagination.

Q: What did you want to be when you grew up?

A: A lawyer, a veterinarian, a

FREE FIRST EXAM!*

Get to know our professional, friendly team with a “Welcome” FREE First Wellness Exam at our convenient location!



Boarding offer:
5TH NIGHT FREE
with purchase
of 4 nights

Our services include:

- Complete wellness care
- Dentistry and surgery
- Experienced and caring staff
- Boarding and grooming
- Exotic and pocket pets
- Ultrasound and diagnostics

VCA SUNSET ANIMAL MEDICAL CENTER
7751 Sunset Ave., Fair Oaks, CA 95628
916-978-1057

VCA
VCAsunset.com



AT VCA ANIMAL HOSPITALS, WE CARE

*Free initial health exam for new clients only. Not to be combined with any other offer. Not good towards any services other than those set forth above, including: vaccines, boarding, grooming, medications, retail items, as well as any other veterinary services, including emergency and/or specialty veterinary services. Coupon good for up to two pets (dogs or cats only) per household. Redeemable only at a general practice VCA Animal Hospital. For pet owners who are aged 18 and older. Expires 12/31/17 Cashier Code: 700.500
© 2017 VCA Inc., VCA Logo is registered trademarks of VCA Inc. or its affiliated companies.

FAIR OAKS CEMETERY

19th ANNUAL
MEMORIAL DAY EVENT
SATURDAY, MAY 27TH, 2017 @ 10:00AM



100th Year Anniversary

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day events in the area.

The Nineteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 27, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to remember the 100th year Anniversary of the United States' entry into the "Great War" and to honor our Veterans of World War 1, "The War to end all wars," of whom there are eighty-six known veterans buried in the Fair Oaks Cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the history, facts and results of the United States entry into this war.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall. The laying of the wreath at the memorial in honor of over eighteen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/ Fair Oaks Grange & Fair Oaks Historical Society.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remember loved ones and say thank you to our veterans and their families for their sacrifices.



BUCKEYE UNION SCHOOL DISTRICT
CHARTER MONTESSORI
AT
VALLEY VIEW ELEMENTARY
EL DORADO HILLS, CA

Did You Know that ... the Buckeye Union School District is now accepting registrations for the Charter Montessori School Program beginning at the Transitional Kindergarten level at its Valley View School site located at 1665 Blackstone Parkway in El Dorado Hills for the 2017-2018 school year?

If you are interested in such an education program for your children, we would invite you to review the registration information and complete a registration packet, a copy of which can be downloaded from the District website at <http://www.buckeyeusd.org>. Completed registration packets may be submitted to the District Office at the Valley View Elementary School campus, 1665 Blackstone Parkway, Bldg. C., El Dorado Hills. It is the District's intent to open the Valley View Elementary School with the Charter Montessori Program containing classes in TK-6 th in the 2017-2018 school year, expanding to the 8th grade by the 2019-2020 school year.

The first day of school for 2017-2018 will be August 9, 2017. Please go to our website for specifics on this date and the 2017-18 student school calendar at <http://www.buckeyeusd.org>. Please email any questions you may have to cschwietert@buckeyeusd.org

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

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

Antiques Wanted

Buying Watches

Will Pick-up

Rolex, Omega, Hamilton, LeColutre

-Private Party- All wind ups Running or not

Also buy Gold Rings & Chains, Silver Dollars, Antiques

(916) 607-7890

CASH for Watches

Autos Wanted

DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

GET CASH FOR CARS/ TRUCKS!!! All Makes/ Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer. 1- 888-417-9150. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

Bathroom or Kitchen Remodeling ?

WAIT! Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 5-26-17)

Cable/Satellite TV

DISH TV - BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/ mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. Call 1-800-357-0810 (Cal-SCAN)

Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/ AT&T Wireless. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1- 800-385-9017 (Cal-SCAN)

Financial Services

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

Fitness/Yoga

Your Fitness Genie

Making Your Fitness Goals Come True!

16 Years of Experience

3 Sessions for \$99, new clients only

- Weight Loss • Injury Recovery
- Senior Fitness • Yoga • Pilates

Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

For Sale

For Sale

1974 Volkswagon. Runs great needs body work. 202-1343 \$1550

Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359

Health & Medical

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

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)

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

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 1-844-703-9774. (Cal-SCAN)

Weight loss/ sleep/ mood issues. Consultant / educator. Small reading and discussion group. See truehope.com and or youngevity.com. Call Tim B. 503-460-7149 or 916-334-8903 12-31-17

Home Maintenance

A Quality Home Maintenance

Gutters Cleaned

By Gutter Dog

(916) 613-8359

Insurance/Health

Best Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

WE SUPPORT OUR MILITARY

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial

American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD

(916)612-0776

Lic#690968

Lawn / Yard Care

JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

Lawn Care

Sierra Lawn Care

Res./Comm. Wkly/BiWkly yard clean up. One time yard cleanups. Free Estm. 916 968-2721. Lic.

Land/Auctions

Yolo County, California LAND AUCTION, Fri., June 2nd @ 11 AM. 275 ACRES ± • 1 TRACT, Highly Productive Tillable Farmland! 8 miles SE of Davis, CA (844) 847-2161 www.SullivanAuctioneers.com (Cal-SCAN)

Medical Supplies / Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Miscellaneous

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

Pets/Animals

DOG RESCUE

Gary

(916) 334-2841

Please Adopt or Foster! Because so many really great dogs are dying for a good home... **ShelterMOU @hotmail.com**

Pets/Animals

Professional, Loving PET CARE

Established Reputation

Kennel Free Environment

Lots of TLC

Call Madeline

(916) 723-1608

PLUMBING

French Connection

Plumbing

(916) 833-7618

If your husband did the job, call me!

- Emergency Plumbing
- New Construction
- Gasline Repipe
- Sewer Inspection

40 YRS Experience

Contractor Lic.#936953

STOP

DON'T GET RIPPED OFF

REAL ESTATE LOANS

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal BRE 01041073. (Cal-SCAN)

BERNARDINO ROOFING

Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated BBB MEMBER!

****FREE ESTIMATES****

SENIOR DISCOUNTS

Lic.#817945 35 Years Experience

916.920.0100

www.bernardinoroofting.com

RV Sales

Bill Eads RVs

Buy, Sell, Trade & Consign

"Results....not Promises"

Number 1 Consignment Lot in Northern California

We Pay Top \$\$ for clean RVs!

Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!

Check out **BillEadsRV.com**

4409 Granite Dr. Rocklin, CA

Office 916-624-7600

Bill 916-878-0273

Senior Living

A PLACE FOR MOM.

The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

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

Tree Service

BP TREE SERVICES

TREE & STUMP REMOVAL

TREE TRIMMING/ SHAPING

FREE ESTIMATE

10% OFF WITH THIS AD

Insured. Workman's comp. Arborist

916-722-6321

bptreeservices.com

VISA / MASTER CARD

California Contractors Lic #831766

Tutoring

Tutoring in Spanish

Call Dolores Cook

916-947-1442

Wanted

GUITARS WANTED! Local Musician will pay up to \$12,500 for pre-1975 Gibson, Fender, Martin and Gretsch guitars. Fender amplifiers also. Call toll free! 1-800-995-1217 (Cal-SCAN)

Work Wanted

I do pruning, weeding and painting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. Tim 916-334-8903, 503-460-7149. (MPG 12-31-17)

Garage Sale

Garage Sale May 25, 26 & 27 from 9am - 3pm. Merging 2 homes; antiques, dishes, household items, tools, electronics, clothes and misc items. 2713 El Segundo Drive, Rancho Cordova

LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified 25 words/245+ papers	1x \$650 Statewide \$435 North/\$485 South
Daily Classified 25 words/41 papers/7 days	7 days \$995 \$650 North/\$650 South
CLASSIFIED COMBO 25 words/282+ papers	8 days \$1,270 Statewide
DISPLAY - Community Newspapers 140+ papers	1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.

Sizes: 2x2; 2x4; 2x5; 2x6

CALIFORNIA NEWSPAPERS DELIVER!

More info: Call (916) 288-6011; email cecelia@capa.com

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.csib.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER

Be wary of out-of-area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Crossword Puzzle on Page 5

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

Help Wanted / Drivers

Drivers: Local! \$2,000.00 Sign-On Bonus!

Sacramento Flatbed & DryVan Openings. Great Pay, Benefits! CDL-A, 1yr Exp. Req. Estenson Logistics Apply www.goelc.com 1-855-298-4052

Help Wanted

Experienced Auto Bodyman. Terms Cash. 202-1343 or 916 638-5085

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*

V.I.P. TRUST DEED COMPANY

OVER 35 YEARS OF FAST FUNDING

Principal (818) 248-0000 Broker

WWW.VIPILOAN.COM *Without equity required no conventional

Real Estate License #01041073 CA Bureau of Real Estate, NMLS #553017

Photo: Kelly (last name) has helped thousands of people in Northern California find the right home.

Sudoku Puzzle on Page 5

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

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$249 MONTH- Quiet secluded 37 acre off grid ranch bordering 640 acres of wooded State Trust land at cool clear 6,400' elevation. Near historic pioneer town & fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Blend of evergreen woodlands & grassy meadows with sweeping views across uninhabited wilderness mountains and valleys. Abundant clean groundwater, free well access, loam garden soil, maintained road access. Camping and RV use ok. \$28,900, \$2,890 down, seller financing. Free brochure with additional property descriptions, photos/ terrain map/ weather chart/ area info: 1st United Realty 800.966.6690. (Cal-SCAN)

Donate A Boat or Car Today!

Boat Angel

"2-Night Free Vacation!"

1-800-CAR-ANGEL

www.boatangel.com

sponsored by boat angel outreach centers STOP KIDNEY AND LIVER DISEASE

Specialties Plus

- Machine Repairs (all makes and models)
- Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)
- We are Local

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: specpluscopiers@gmail.com (916) 723-8430

CALL A PROFESSIONAL

Business & Service Directory

LANDSCAPE SERVICES

SLS Superior Landscape Services

Landscaping and Maintenance

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

Insured Lic#794551

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran Owner • dave_SLS@surewest.net

WATCH REPAIR

Watch Batteries Installed for \$5.00

Some models cost more

Frank's Jewelry Shop

7319 Fair Oaks Blvd. Carmichael, CA 95608 916-481-0176

LET'S FACE IT!

Some jobs are just too big to do-it-yourself!

Whatever it is that you need done, **Call A Professional!**

Check out the advertisers on this page. They are waiting to hear from you!

COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE

Anago

OF SACRAMENTO

The Superior Choice for Commercial Cleaning

Call to schedule your **FREE Quote**

916.782.3300 • www.ANAGOSAC.COM

Painting Services

QUALITY A PAINT SERVICE

24 Years Experience ♦ Testimonials Available ♦ Bonded & Insured

Prefer Small Jobs to Medium Jobs

Int & Ext, Also, wood Fence & Pressure washing

All Seniors get 20% off

916-967-0763

State Lic. 646386

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

Advertise Your Business Here

CALL 773-1111

COMPUTER SERVICES

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configuration

- PC Repair • Home Wireless Networking
- Installation • Virus & Spyware Elimination

Alan Zinsky

Phone: 916-422-2344

Email: alan@zinsky.com

San Jose, CA 95128 • E. E.A. R. Reg. 88-446

www.zinskycomputer.com

TAX / BOOKKEEPING

Accounting/Bookkeeping, Tax, & Financial Management Experts

QuickBooks Online & Desktop Professionals

15% discount on tax services

Cliff J. Leiker Jr., CPA, MBA Manager

CJL Tax & Accounting

Fair Oaks, CA 95628 (916) 952-2691

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER

LIVING

CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!

18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

LANDSCAPING

EAGLE VIEW LANDSCAPING

In Business Locally 9 years

owner operated & onsite

\$20 per week yard service!

Many More Specials! • Call Now For More Info

Sprinkler System Repairs & One Time Yard Clean Ups

Affordable • Dependable • Experienced • Friendly • English Speaking

•Eddie Perez, Owner• eagleview.landscaping@yahoo.com **(916) 613-4307**

Sacramento County DA Reports



Defendant Convicted of Two Robberies

DATE: May 5, 2017
CASE: Pierre Cleveland (Case #15F05965)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Career Criminal Prosecution Unit
Pierre Cleveland was convicted by jury of two counts of robbery for two separate robberies which took place in September 2015. The jury also found that he 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 4700 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 located at 6005 Florin Road. He robbed the victim of \$5,600.00 in cash. The victim had just withdrawn the money from the US 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. Cleveland faces a maximum sentence of 27 years and 8 months in state prison. Sentencing is set for June 2, 2017 at 10:00 a.m. in Department 40 before the Honorable Raoul Thorbourne.

Defendant Convicted of Kidnapping & Assault with Intent to Commit Rape

DATE: May 9, 2017
CASE: Thomas Chavez (Case #15F04824)
PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Unit
Thomas Chavez was convicted by a Sacramento Superior Court judge of kidnapping and assault with the intent to commit rape.

On August 6, 2015, at approximately midnight, a woman was walking down Stockton Boulevard when Chavez pulled up behind her in his car. He jumped out of his car, grabbed her from behind, held an ice pick to her neck and forced her into his car. Chavez drove behind a nearby store to an isolated area. Fortunately, CHP officers who were nearby observed Chavez drive behind the store and went to investigate. The officers shined their light into the vehicle and heard the woman screaming for help. Chavez was arrested soon after.

The Honorable Laurel White found Chavez guilty of kidnapping and assault to commit rape. In addition, the court found Chavez had suffered prior convictions for sexual assault in 1988. Chavez faces a sentence of 30 years to life in state prison. Sentencing is set for June 2, 2017 at 9:00 a.m. in Dept 10.

Defendant Convicted for North Highlands Party Shooting

DATE: May 12, 2017
CASE: Ira Johnson (Case #15F04234)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
Ira Johnson was convicted by a jury for the second-degree murder of Rogelio Gastelum, and two counts of attempted murder. The jury also found true allegations that Johnson personally discharged a firearm causing death or great bodily injury.

On July 12, 2015, Ira Johnson and his friends attended a party in North Highlands. When asked to leave, the group started a fight. Johnson and another unidentified man pulled out guns and fired multiple shots into the crowd of partygoers, killing Rogelio Gastelum. Two other victims were shot, but survived their injuries.

Johnson faces a maximum sentence of 59 years to life in prison. Sentencing is set for July 21, 2017, at 9:00 a.m. in Department 41 before the Honorable Helena Gweon.

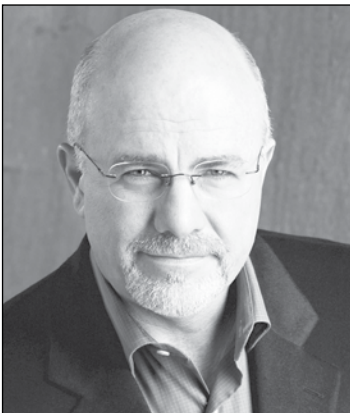
Defendant Convicted for Murder by Lying in Wait

DATE: May 12, 2017
CASE: Timothy Varmall (Case #15F01019)
PROSECUTOR: Deputy District Attorney Omar Singh, Homicide Unit
The Honorable Michael Bowman found Timothy Varmall guilty of the first-degree murder of Smurti Patel. Judge Bowman also found true the allegations that Varmall was personally armed and committed the murder by means of lying in wait.

Between September 2014 and February 2015, Timothy Varmall followed Smurti Patel and planned "coincidental" run-ins with her to make her think favorably of him. His purpose during those months was to find the best opportunity to kill Ms. Patel. On February 9, 2015, Varmall stalked Ms. Patel and followed her onto a light rail train. As they exited, Ms. Patel spotted Varmall and agreed to walk with him. As they walked across a dark lot, Varmall stabbed Ms. Patel seven times. Varmall fled the area while Ms. Patel staggered across the street to a restaurant, where medics were called to the scene. Ms. Patel died from her wounds on February 13, 2015. Varmall confided in one of Ms. Patel's friends that he murdered her because he was romantically interested in Ms. Patel and she rejected him.

The Court also found true that Varmall suffered two prior strike convictions for purposes of the Three Strikes Law. In 1994, Varmall was convicted of sexual penetration with a foreign object and forced oral copulation.

Varmall faces a maximum sentence of life in prison without the possibility of parole. Sentencing is set for June 9, 2017, at 10:30 a.m. in Department 20 before the Honorable Michael Bowman. ★



Dave Says

quarter, and you don't want to do that. Everybody thinks losing the tax deduction is an awful thing, but you could give \$10,000 extra to your church — something you don't have to be in debt to do — and get the same tax write-off.

There are numerous positive aspects to staying out of debt. One big thing it does is change your risk level. It gives you a level of peace and security you'll never have when debt is hanging over your head. All that money that was going out the door to the bank can be used to build wealth and give like never before!

—Dave

You can't fix it for her

Dear Dave,
I paid off my house a little over a year ago, and I'm completely debt-free. That's a good thing, because I recently had some large medical bills and I don't have quite as much cash as usual on hand. My younger sister recently received a tax bill from the IRS for \$30,000. I love her to death, but she's extremely irresponsible with money and in debt up to her eyeballs. I know how you feel about debt, and I've tried to teach her how to handle money, but considering her situation — should I take out a home equity loan of \$30,000 to help her?

- Toni

Dear Toni,
Absolutely not! Does that mean you don't love her and care about

her? It does not. But you told me she won't behave with money. You don't give money to people who won't behave with the stuff. That kind of behavior doesn't help anyone, and it doesn't fix the problem. It's like giving a drunk a drink.

"Help" would be aiding this lady in changing her ways when it comes to finances. If you just give her a fish, it will stink and go bad. You have to teach her to fish. That attitude is not about being mean to her, it's just where she is in her life. She needs to be educated, not enabled. And it doesn't mean she's a bad person, either. It just means you can't endorse negative behavior or participate in her denial.

Keep trying to teach her, and pray for her. Make sure, too, that she's in contact with the IRS about a payment plan. I know she's your little sister, but you can't fix this one for her. Sometimes the best help you can give someone is to help them change their behavior. That way, they will hopefully learn how to carry their own weight.

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

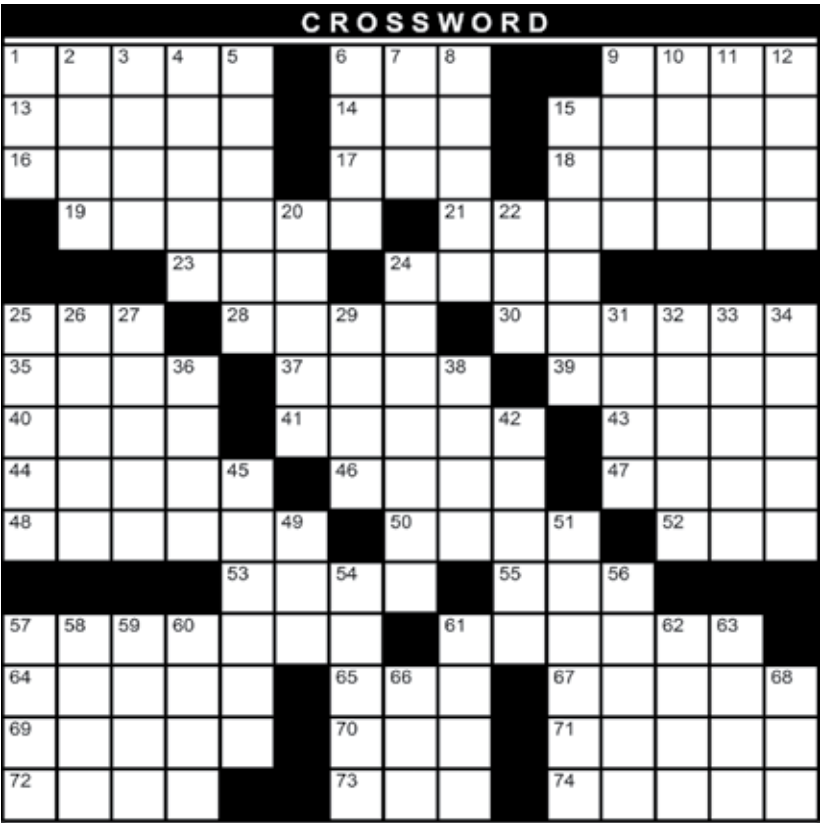
Call to place your legal advertising

483-2299

All Legal Ads Published by Messenger Publishing 

STATEPOINT CROSSWORD • THE 1960s

- CLUES**
- ACROSS**
1. Diamond corners
6. CA's Santa ____ winds
9. At what time?
13. Music to a performer's ears
14. Yes move
15. Eurasian goat-like antelope
16. **The ____ Burnett Show?
17. Number in a pair
18. #10 Down, pl.
19. **"Beach Party" garb
21. *Kind of 1960s "invasion"
23. Tokyo, pre-1888
24. *Wildier in 1968's "The Producers"
25. "Gross!"
28. 9th letter of Greek alphabet
30. Changes
35. High part of day
37. Narcotics agent
39. Donor recipient
40. Musical finale
41. Imprison
43. Funeral cloth
44. MC Hammer's "Too ____ to Quit" album
46. Command: "At ____!"
47. Popular acronym in education
48. Attractive to look at
50. Clarified butter
52. Greek H
53. Wise old man
55. Beaver's construction
57. *Civil Rights Act of 1964 signee
61. *Six-Day War nation
64. *Maker of "Mouse Trap" board game
65. Elbow rest
67. Exemplary
69. Mosquito - ____ disease
70. "The Old Man and the ____"
- DOWN**
1. "Home to "Doctor Who" starting in 1963
2. United ____ Emirates
3. Rani's dress
4. Call forth
5. Forward slashes
6. ____ perspirant
7. *Betty Friedan's org.
8. Acrobat maker
9. *Beatles song on "Rubber Soul"
10. Audiophile's praise
11. Shining armor
12. *Crosby, Stills & ____
15. Protection from a sword
20. Nary a soul
22. Ribonucleic acid
24. Waste basket contents
25. **The Man from ____
26. Soft and sticky
27. ____ podge
29. Wild no more
31. Bests
32. Related on mother's side
33. Find new tenant
34. *Point of origin of Alabama marches
36. Lack of guile
38. *Folsom State Prison visitor
42. Orchestra section
45. Disorderly fight
49. ____-tzu
51. Like a smell of soil
54. Grind teeth
56. Not yes, nor no
57. Be compatible
58. Wafting output
59. Life saver
60. Grannies
61. Allah's cleric
62. "Iliad," e.g.
63. Tart garnish
66. Dream time
68. **The Munsters" network





Our Best Deal Ever!

Free Installation!

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

for more information



\$39.99
MO
2 Year Price Guarantee



\$14.95
MO
Where Available

© StatePoint Media

Crossword Puzzle Solutions on Page 4

SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace
At Little or No Cost to You
You May Qualify for Free Shipping
We Do All The Research
Shoulder Braces, Ankle Braces,
Back Braces Also Available

Medicare Patients
Call Us Right Now
1-800-984-0360

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

© StatePoint Media

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

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We accept all competitors' coupons!
Locally owned & operated.
Professional auto detailing.
No extra charge for trucks,
vans or SUV's that accomodate
our automatic car wash!



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

coupon

\$2.00 OFF

Any Car Wash

BAUER CAR WASH

Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 07/31/17



Spend More Time Selling, Less Time Managing Payroll

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

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

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

Call Now 916.760.7227
www.pinnaclehro.com

PINNACLE

EMPLOYEE SERVICES

HR | Payroll | Benefits

You Can't Have Your Cake and Eat It Too

Dr. James L. Snyder

I was waiting in line at the grocery store minding my own business, which is a full-time job these days. I have worked hard over the years to master this “minding my own business.” I have not been all that successful, but I still try.

As I was standing in line I heard the woman behind me say, “Johnny, you can’t have your cake and eat it too.”

I did not know the background story because I did not hear the whole conversation. When I heard that my mind took me back to those thrilling days of yesteryear when my parents, both of them addicted to this phrase, said to me, “You can’t have your cake and eat it too.”

I cannot remember the reasons that this phrase kept popping up in my parents’ conversation. But I never could figure out what in the world they were talking about.

Through the years, I have noticed people say things they have no idea what they are saying or what it even means. Sometimes people will say some odd phrase or a quote in order to bring the conversation to a standstill.

My parents were not interested, particularly when we were out in public, for me to carry the conversation. Many times, they would shut me down so that I would not embarrass them.

Also, I never could figure out why somebody on the stage would be encouraged to “break their leg.” It is not a rather mean thing to say to someone who is about to go out on stage and do some kind of performance? What mean person would hope that someone would break their leg in front of an audience?

Someone said to me recently, “May the force be with you.” I

knew the movie he was quoting from but I had no idea what he meant for me. What is the force he wanted to be with me? Moreover, what if I didn’t want that force to be with me?

We often say things we do not understand or mean and I am as guilty as anybody else.

When something tragic happens some religious minded person will say, particularly someone on television, “My thoughts and prayers are with you.”

What in the world does that mean? What thoughts do they have, what prayers do they have, and how in the world can they transfer it to me? Usually the person saying this is someone who is not very religious.

I do not know what came over me, but once somebody, I forget the situation, said, “My thoughts and prayers are with you.” For the life of me, I do not know what I was thinking about, but all of a sudden, I heard myself saying to that person, “Thanks but I don’t need your prayers.”

Why I said that I don’t know, but I do know that the person that said it to me was about his religious is a dead cockroach. If you don’t pray on a regular basis, why do I want your prayers?

But back to my days of youth. I cannot remember how many times my parents, both just as guilty as the other, said to me, “You can’t have your cake and eat it too.”

I am still as confused today as I was then. If I have my cake, why in the world can’t I eat it? After all, it’s my cake. If it wasn’t my cake, I don’t think I would eat it.

However, the most disturbing thing was whenever my parents told me that there was no cake in view. For example, the young boy standing in the line behind me had no cake on his mind when his mother told him that.

Once when my parents said that to me, I said, “What cake?”

My mother looked at me and said, “If you don’t know, I’m sure I can’t tell you.”

Now I was really confused. She is talking about a cake but she cannot tell me what cake it is. Her assumption is that I know about the cake she is talking about when in fact, I have no idea about the cake she is talking about. I have no scruples about eating my cake, but I like to know where it is at.

My father tried to explain to me one time by saying, “Once you eat the cake, it’s no longer yours.”

Where are parents trained to be parents? If I eat the cake, whose cake is it? In fact, if I do not eat the cake there is a danger that somebody else might eat my cake and I sure do not want that to happen.

I think the most disturbing time in a person’s life is when they find themselves talking like their parents. I distinctly remember the time when my kids wanted to do something and I responded by saying, “You can’t have your cake and eat it too.”

Saying things that we do not quite understand often gets us into difficulty particularly with family. I wonder if the apostle Paul had this in mind when he writes, “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers” (Ephesians 4:29).

I must be careful that I am using words that encourage people rather than confuse them.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★



By Pastor Ray Dare

God knows everything about you. He’s intimately acquainted with you. First God knows all your feelings and frustrations. Maybe you’re hurting. Maybe you have been saying, “No one understands what I’m going through” God does. He sees the hurt in your heart. And the Bible says He has recorded every tear. Every time you cried yourself to sleep He has seen it. And He loves you and He’s very much aware of all that is happening in your life right now. That means you can look to Him for comfort and look to Him for strength.

God knows your future. He’s already been there. He knows the end from the beginning. Nothing will catch Him by surprise. If you’re married, one day one of you is going to die

Pastor Ray's Encouraging Words

The Things God Knows About You

first. That is inevitable. One of us will lose a mate first, we’ll lose our partner. That can be an incredibly devastating time. But the fact is, God already knows when it’s going to happen and God is preparing already for that event. He’s waiting there to comfort you and to care for you.

God knows your worries. What have you been worried about? The Bible says your Heavenly Father knows and He cares. He knows what you need. And He will take care of you. Instead of worrying, start trusting; instead of panicking, pray. He knows your needs.

God knows all your faithfulness. Are you discouraged about something and feel like giving up? You think, “I don’t see any progress. I don’t even know if it’s worth it.” God knows and He will reward you. He sees your faithfulness and He’s the one Who counts. Every good deed will be rewarded. No matter how insignificant you may think it is, regardless of whether anybody else on earth saw it or not. God sees it all!

The most amazing thing in

life is this; God knows about our faults and and failures and He still loves you. “My sins, O God, are not hidden from you; you know how foolish I have been.” Ps. 69:5 (GN) Our job is to admit our sins to ourselves and to God -- come clean and ask God to forgive us. Remember that He already knows about it and He still loves you. So when you admit it to Him it’s not going to change the way He feels about you. That’s called grace!

Nobody knows you like God does. He knows you better than you know yourself and He still loves you. Nobody loves you like God does, so you don’t have to worry about your future; God already knows it and He’s going to take care of you. Give your worries to God today. Continue serving Him and doing the right thing because He sees it all and one day will reward you.

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

YOU’RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

“We do Church Differently”

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



WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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

Grace Baptist Church



Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45am
Sunday Worship 11:00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



By Marlys Johnsen Norris, Christian Author

In the beginning when God created the earth and all living things on it, He began with seeds of every kind and form. An enormous variety of seeds of trees, plants and animals of every kind created a beautiful world. Seeds today are continuing to always be the source

All Things Created - Began With a Seed

of every living thing on the face of the earth. Humans, food, plants, flowers and trees and all creatures large and small.

Then, Creator/God had a divine plan - so, everything except for Adam and Eve came from a tiny seed of all things created. Adam however was created as a whole human being called a man and one night while he slept a woman Eve was created from Adam’s rib. When Gods perfect time arrived a blessed seed from God’s Spirit was implanted into Eve and a Son was born. Later, after birthed He was named Yeshua or Jesus. Yeshua was later o become the Messiah prophesied in Scripture.

Just as the Old Testament Scripture was prophesied in Isaiah 53, came alive.....This one prophecy unites all Jews and

Christians into the whole family of God. We know that “All Scripture (II Timothy 3:16) is given by inspiration of God and is profitable for doctrine, reproof and correction for instruction in righteousness.” Yes, Christians, WE ARE ADOPTED INTO GOD’S FAMILY and His Spirit lives within us!

The knowledge of God’s love plan may now be on your mind constantly. He desires to overwhelm us. May we now know and love Him with our heart and soul for the rest of our lives. Knowledge is an opportunity to believe and follow His guidance the rest of our lives.

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

Senior Produce Market

Episcopal Senior Communities
Saint Francis Church Center Parish Hall
11430 Fair Oaks Blvd. Fair Oaks, CA 95628
Every Tuesday 10 - 11am
Outstanding quality produce at low wholesale prices!!
CASH ONLY

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

Saint Francis Episcopal Church

welcomes you

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

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

All Legal Ads Published by Messenger Publishing

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit **FairOaksEcoHousing.org**



Healing Cancer Part One

Cancer. It's a word we hope never to hear or worse, have to deal with. But, whether it's a family member, friend, or you, the journey begins. But how do you navigate it? According to Susan Apollon, it's time to wake up cancer's call for life. She told me on my Radio Show POPPOFF that cancer does not have to rob you of your joy and peace. It can actually serve as an opportunity for tremendous personal growth, insight, and deeper healing. So, Susan tackles seven healing principles to guide and heal you along cancer's journey in "An Inside Job" A psychologist shares healing wisdom for your cancer journey.

1) **CHOOSE TO SEE CANCER AS A GIFT.** When you receive a cancer diagnosis, the last thing you feel is grateful, but you have a choice how to view everything that happens to you. You can

POPPOFF!

with Mary Jane Popp

lock into fear and negativity, and spiral into despair, or you can let cancer be a catalyst for learning once and for all how to take care of yourself.

2) **ALLOW YOURSELF TO GRIEVE.** For many, cancer causes tremendous grief. Fully experiencing this grief instead of holding it in, is healthy and natural. She insists that you must allow yourself to grieve fully and points out that grieving is very different from wallowing in negative thinking.

3) **UTILIZE CRUCIAL TOOLS FOR HEALING.** In addition to your medical treatment plan, there are steps you can take to balance your energies and increase your healing. Remember that a cancer diagnosis signals the loss of your life as you knew it, and after grieving this loss, it's very important to let go of lingering feelings of negativity, fear, and stress.

4) **USE THE LAW OF ATTRACTION TO AFFIRM BETTER HEALTH.** Susan explains that we live in an energetic universe and that we, including our thoughts, are energy. She also emphasizes that like energy, attracts like energy.

Therefore, the words you say to yourself matter greatly and affect the level at which your energy vibrates. In order to support healing, your energetic vibrations need to be high. If you choose to wallow in anger, bitterness, and grief, not only will you feel bad emotionally, but the low vibrations you're emitting will also weaken your immune system and slow healing. "It's vital to think feel-good thoughts and affirm gratitude. Positive affirmations can help with this process. Each day...and especially when you feel yourself slipping into despair...say a few affirmations to support your healing." Here are a few affirmations she recommends: I am healing little by little; I am aligned with my heart; I am love and I am loved. I am grateful for my blessings. My medications are helping to eliminate cancer.

These are the first four principles to guide and heal you along your cancer journey from Susan Apollon's "An Inside Job." Next time around, we'll cover the last of the seven principles. You can also check out her website www.anInsideJobforhealingcancer.com. As with life itself, it always begins with us and HOPE! ★

SMUD Launches "Shine" Community Sponsorship Program

SACRAMENTO REGION, CA (MPG)

- SMUD recently announced that it has launched Shine, a new community development program designed to improve and revitalize neighborhoods in the Sacramento region.

Shine awards will range from \$5,000 to \$100,000 and are very competitive. Any nonprofit organization —501(c)(3) or 501 (c) (6)— within SMUD's service territory is eligible to apply.

Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through June 26.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals within the following areas: Neighborhood revitalization or clean up; STEM education (Science, Technology, Engineering and Math); Environmental, energy-efficiency, energy conservation or greenhouse gas reduction; General

beautification.

"As a not-for-profit, community-owned organization, we work hard every day to improve the lives of our customers," said SMUD CEO & General Manager Arlen Orchard. "The Shine program is a perfect extension of that commitment. By taking a collaborative approach and working directly with local nonprofits, we're helping make improvements that neighborhood leaders believe will have the biggest impacts on residents in their communities."

SMUD awarded three pilot Shine sponsorships over the past six months to test the feasibility and administration of the program. Those grants include: Lighting up the Kay and St. Rose of Lima Park (Applicant: Downtown Sacramento Partnership); Creating the College and Sports Academy of Del Paso Heights (Applicant: Mutual Assistance Network of Del Paso Heights); Renovating the Wellspring

Women's Center kitchen (Applicant: Wellspring Women's Center)

"SMUD's Shine award will provide an important spotlight on the great people and exciting opportunities in Del Paso Heights," said Richard Dana, executive director of Mutual Assistance Network. "We see it as the start of something tremendous."

A Shine program information session will be held on Wednesday, June 7 at 12 p.m. at the SMUD Customer Service Center at 6301 S St. in Sacramento.

To RSVP for an information session, or for additional questions, please email rsvp@smud.org.

For more information about the SMUD Shine program and to apply today, visit smud.org/Shine.

To learn more about the commitment of SMUD to this community and SMUD's efforts to keep Sacramento bright for more than 70 years, visit smud.org/Bright.

Source: SMUD Media ★

Regional Parks Deploys Park Resource Team

SACRAMENTO COUNTY, CA (MPG)

- In order to tackle the impacts of illegal camping and other crime within County Parks and the American River Parkway, Sacramento County Regional Parks introduced the Park Resource Team in January 2017. The Park Resource Team (PRT), consists of a dedicated crew of five park rangers and four maintenance staff focusing primarily on the impacts of illegal camping, crime, and trash removal.

"Regional Parks deployed the Park Resource Team in January to areas hardest hit by recent flooding and illegal camping trash," said Jeff Leatherman, Director, Sacramento County Regional Parks. "Through the work of the team, we've been able to improve our response and cleaning up areas impacted by

illegal camping, making our parks and Parkway a better place for visitors to recreate."

Since January, the PRT has made 65 arrests and issued 150 citations.

While the rangers continue their law enforcement efforts, County Parks maintenance staff work to remove debris accumulated from illegal dumping and flooding. This year, the maintenance team received the addition of a lightweight tractor and the support of a debris transfer vehicle—both courtesy of the County's Department of Waste Management and Recycling.

With the addition of the tractor, maintenance staff can remove more debris than was previously removed with hand crews. The equipment also ensures maintenance staff safety by minimizing

the amount of trash staff have to hand load into trucks for transport to the dumpsters or landfill. The machinery also assists staff in collecting heavy debris such as mattresses, couches, and large containers, in hard-to-reach places along the Parkway.

Additionally, trash dumpsters are emptied daily, minimizing the re-depositing of trash back into the park system from the dumpsters. Between January-May, the maintenance team has removed 165.5 tons of garbage from the Regional Park system.

For more information about Sacramento County Regional Parks, see more at: <http://www.saccounty.net/news/latest-news>.

Source: Sacramento County Media ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

All Legal Ads Published by Messenger Publishing 



Share your heart. Share your home. Become a Mentor today.

California MENTOR's Family Home Agency is seeking adult foster families with a spare bedroom to support an individual with special needs. Receive up to \$3,800 a month and ongoing support.

Information Sessions held:

Tuesdays at 4 p.m. and
Thursdays at 11 a.m.

7801 Folsom Blvd. | Suite 375
Sacramento | CA 95826

We provide education, multiple supports, monitoring and the opportunity to work independently from home.

Contact a Recruiter today at (916) 383-9785 ext.15
www.MentorsWanted.com



Union Gospel Mission Sacramento



WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac



Healthy, Wealthy & Wise



Sunrise Mall FARMERS MARKET

Every SATURDAY, 8 AM - 1 PM

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted



2nd Saturday

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm, Sunrise Mall Farmers Market behind Sears.



Health, Fitness, and Wellness Body, Soul, Mind & Spirit Fair

Hosted by The Living Smart Farmers Markets

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

ILoveMyFarmersMarket.com

Five Local “Blue Star Museums” Offer Free Admission to Military Personnel and Their Families This Summer

SACRAMENTO REGION, CA (MPG) - Five Sacramento area museums will participate in Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and museums across America to offer free admission to all active duty military personnel and their families from Memorial Day (May 29) through Labor Day (September 4), 2017. The five local museums participating in Blue Star Museums include the following: California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town and the Sacramento History Museum.

This year, more than 2,000 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa

are taking part in the initiative. The participating museums represent the fine arts, science, history, Native centers, children’s museums and more. The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card, which includes active duty military (Army, Navy, Air Force, Marines, Coast Guard), National Guard and Reserve members and up to five immediate family members.

Before planning a visit, please contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star

museums, please visit <https://www.arts.gov/national/blue-star-museums>. For more information about SAM or upcoming activities offered by local museums, “like” them on Facebook at www.Facebook.com/SacMuseums, follow them on Twitter at @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America. The program runs from Memorial Day, May 30, 2016 through Labor Day, September 5, 2016. For more information, visit www.SacMuseums.org

Source: T-Rock Communications ★

SMUD and GRID Alternatives Partner

Provide Solar Panels and Energy Efficiency Upgrades to Low-Income Customers

SACRAMENTO REGION, CA (MPG) - GRID Alternatives is a national nonprofit focused on making renewable energy technology and job training accessible to underserved communities. SMUD has worked closely with GRID Alternatives to help them find candidates eligible to receive free solar electricity systems in SMUD’s service territory. SMUD reaches out directly to customers who are currently enrolled in SMUD’s Energy Assistance Program Rate (EAPR). Interested customers contact GRID Alternatives directly to continue the process and potentially receive a free solar electricity system. The systems are funded by California Climate Investments, a state-wide program that puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment—particularly in disadvantaged communities.

SMUD energy experts also work with the selected customers to perform complete energy

audits of their homes and determine the most effective ways to improve each home’s energy efficiency. Contractors then install multiple efficiency measures, which can include upgrades to insulation, lighting, weatherstripping and more. All of these upgrades are done at no cost to the customer.

“We’re committed to helping all of our customers save energy and money,” said SMUD’s Chief Customer Officer Nicole Howard. “Partnering with GRID Alternatives to provide free solar electricity systems along with energy efficiency upgrades is a win-win for our underserved communities.”

SMUD and GRID Alternatives have completed upgrades to approximately 50 homes in Sacramento County to date. SMUD expects to complete upgrades to another approximately 150 homes over the next 18 months.

“For over a decade, GRID Alternatives has been on the leading edge of creating access to solar and solar technology

for low-income communities,” said GRID Alternatives North Valley Executive Director Bob Gragson. “In Sacramento County, SMUD’s leadership has helped us to deliver services to families in the greatest need through our program.”

SMUD is also working to provide energy efficiency upgrades to low-income customers beyond the scope of the GRID Alternatives partnership. SMUD currently has three additional programs—Deep Home Energy Saver, Energy Saver Home Bundle and Energy Saver Apartment Bundle—that are designed to provide SMUD’s EAPR customers with energy efficiency upgrades. SMUD’s Board of Directors has approved the allocation of more than \$10 million to these programs over the next several years above and beyond the current program’s budget.

To learn more about SMUD’s programs for low-income customers, visit smud.org. To learn more about GRID Alternatives, visit gridalternatives.org/snud.

Source: SMUDMedia ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young’s Corner

A Woman’s Right to Choose

To my dear prolife advocates, I have been prolife my whole life. I’ve never been able to buy into the pro-choice argument. I guess my conclusion has always been that if my mom had had an abortion when she was carrying me, no matter what stage of pregnancy she was in, if she had an abortion, I wouldn’t be. It’s really that simple.

When I was 29, I was diagnosed with viral meningitis and was bed-ridden for six weeks. It turned out I was pregnant too, with my third child. My doctor told me I had a 50% chance of having a vegetable. (I’m sorry that’s the way we talked in the 70s.) He told me I should have a D and C (this was before abortion was legal) and the decision was up to me and my husband.

I prayed and told God that He knew I wasn’t a very good caregiver of the sick (it’s just not one of my gifts) so make this baby whole and healthy. Within a week I KNEW this baby was fine and everything would be alright. Joanna is 44 and is my best friend.

Recently I’ve been lead to get involved with the pro-life movement, so I began studying the pro-choice side, to see how they can come to the conclusions they do.

The first thing they do is call the fetus a product of conception, so we don’t think of it as a human being. The acronym is POC. It occurred to me that we’re all POCs. We’re just in different stages of development and we use different terms to describe those stages—fetus, embryo, infant, toddler, teenager, mother-in-law, husband and so on.

Because I’m a female POC, and because of the law, if I so choose, I should be able to exhort my legal right as a woman (this does NOT include men LOL) to abort any POC if that POC becomes an inconvenience or puts my mental health at risk.

I’d like to run something by any of you who are pro-choice and are reading this. I am considering having the procedure done on my husband. He’s an inconvenience and quite often he puts my mental health at risk. I’m therefore planning to take him out and I think I’ll have an excellent defense and have the law on my side!

First, I want you all to know I’m not going to be the one to do the procedure. I’m planning to find an abortionist (you’d probably prefer to use the word “procedurist”) who’ll do a late stage procedure.

Second, when I said I’m *planning*, that’s because you know that the bigger the POC the more money the procedure will cost, so I’ve signed my husband up with Jenny Craig in the hopes he’ll lose about 50 pounds in the next six months therefore saving me a lot of money. As you know, small POCs are way cheaper.

Third, I know there’s the issue of “viability,” and I’ve thought this through very carefully. Viability means the quality of being able to happen, or having a reasonable chance of success. Another definition of viable is *capable of working successfully* so I figure if any of us has a husband who is chronically at the unemployment office and always botching up projects around the house, he’s a candidate for the procedure. It’s a

woman’s right!

Also there has been much discussion about when does a POC know it’s a human. As long as a POC isn’t aware that it’s a person then I assume we’ve got the law on our side. So here’s what I’m going to do. I’m planning the procedure when my husband is asleep. I’m sure when he’s asleep he doesn’t know he’s a human, in fact he and the dog have similar actions, running, kicking and whimpering in their dreams. So I’ll be giving my procedurist the best times to find my husband in slumber.

In closing, I won’t be surprised if my case goes to the Supreme Court of the land and my prayer is that I can get this taken care of before Roe v Wade gets overturned.

I loved using words the PCers (Pro Choicers) use to cover up the truth that abortion is murder, and that abortionists are hit men and women killing for money. Let’s be thankful Judge Gorsuch is now on the Supreme Court. I know I didn’t address the environmental issue of whether or not the POC is inside or outside the womb, but I felt the ludicrousness of my plan to take out my husband is no more ludicrous than taking the life of an unborn child.

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

SUMMER SEASON 2017
FAIR OAKS THEATRE FESTIVAL
PRESENTED BY FAIR OAKS THEATRE FESTIVAL

REEFER ANNIHILATES TRUE LOVE!

RATED R

REEFER MAKES YOU LAUGH AT DEATH!

REEFER MADNESS

THE MUSICAL

JUNE 16 - JULY 23

FRIDAY, SATURDAY & SUNDAY AT 8:30PM

General Admission \$18 Discounts for Seniors & Students

VETERAN’S MEMORIAL AMPHITHEATRE

FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

For Information: 916.966.3683

www.fairoakstheatrefestival.com

\$2.00 Off

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

10
ANNIVERSARY

Fab
40’s

EAST LAWN

City of Sacramento
Championship

5k Run/Walk

Saturday
July 29
2017

7:00 a.m. Registration

8:00 a.m. Kids Races

8:30 a.m. 5k Run/Walk

benefitting the
alzheimer’s  association® City of Sacramento 5k Championship

For More Info and to Register: www.Fab40s5k.org





Don’t Miss This Great Family Event!



ADVANCEDHOMEHEALTH
AND HOSPICE INC.

BRINGING HEALTHCARE HOME

- **Home Health Care** is a program of skilled nursing and rehabilitative services that enables you or your loved one to receive professional medical attention while remaining at home.
- **Palliative Care** provides the best quality of life for patients with serious or advanced disease process. It focuses on the relief of suffering including pain and other symptoms while ensuring a patient’s dignity.
- **Hospice Care** is end-of-life care focused on providing comfort rather than cure.

Call Us Today!

916-978-0744

We bill your insurance for these services.



DO YOU NEED HOME HEALTH CARE?



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.

Family Fun at the County Fair

The 2017 Sacramento County Fair will be held May 25 -29 at Cal Expo. Activities include a carnival, food, barn animals, music, and shopping.

General Admission is only \$6. Children age 12 and under are admitted free.

Separate special entertainment includes Lil Monster Truck Tour, Bull Riding, and a Tractor Pull. For more information about hours, general admission entertainment plus tickets for the special entertainment, please visit sacfair.com.

Alcohol Ban Keeps Parkway Family Friendly
If you are planning

FAIR OAKS COMMUNITY UPDATE

to enjoy the American River Parkway over the Memorial Day holiday weekend, 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 Memorial Day weekend, the restriction is also applicable for the holiday weekends of Independence Day as well as Labor Day.

Save Money with a Parkway Parks Pass

If you are a frequent user of the American River Parkway, please show your support by purchasing a year-long unlimited Parks Pass. This convenient annual parking/day use pass is great for joggers, bicyclists as well as outdoor and nature enthusiasts

who visit the Parkway. The pass costs only \$50 per year – and pays for itself after ten trips.

Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pound Recreation Area or online at arpf.org. Other locations selling passes are identified on the Regional Parks Department’s website, regionalparks.saccounty.net.

Protect Your Pets

The County Animal Shelter reminds you that a pet left in a vehicle can quickly turn deadly on warm days. Even with the windows cracked, the temperature inside a parked car can jump 20 degrees in just 10 minutes. Being outdoors in temperatures over 90 degrees can also be dangerous. It’s important to provide Fido with shade and plenty of water if you can’t bring him inside.

For more hot weather pet owner tips, visit animal-care.saccounty.net.

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

Standing Up for Kids

Local Service Groups Make Major Donations to Playmakers

Continued from page 1

includes 3 daily training segments of character development, reading and a variety of sports and recreational games for both boys and girls. It has operated its programs for 5 years and is now on 7 campuses throughout Sacramento.

The organization employs an inspiring group of trained mentors and coaches that includes former Sac State football players and college graduates. The organization believes that these qualified and impressive mentors make all the difference in the program’s results. Playmakers also creates tremendous incentives for participants’ achievements, including field trips to Stanford football games, Sac State games and trampoline field trips.



Leading the charge (at right) for Playmakers at the event were Harrison Phillips Stanford DT, former Denver Broncos quarterback Craig Penrose, Jovan Swann Stanford DT, Jody Sears, Head Football Coach, Sac State, Michael Williams Stanford DT and Greg Roeszler, Playmakers. Staff photo

If you would like to contribute to the program, or learn how to participate in Playmakers, contact Coach Roz at Coachroz@theplaymakers.org or call them at 916 220-1284. ★

CALL 773-1111
TO ADVERTISE
www.AmericanRiverMessenger.com

POTOCKI FAMILY CHIROPRACTIC

**WE LISTEN
WE CARE
WE GET RESULTS**

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam,
X-Rays (if necessary), Repair,
and Adjustment for
\$45⁰⁰*

* Excludes Medicare and Worker’s Compensation.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

AMERICAN RIVER COMMUNITY CHURCH

Fri • Sat June 2nd & 3rd
8am • 3pm

3300 Walnut Ave. – Carmichael
(Next to the Carmichael DMV)

Accepting Donations May 30th – June 1st
Please, No Computers, TV’s, Mattresses,
Heavy Furniture or Large Appliances!

contact:
Svitlana.Kovalev@arconline.org

**TIME FOR
SUMMER
HOUSE
CLEANING!**

\$15.00 PER SPACE
Spaces On Sale
NOW!

Elk Community Parking Lot Sale

Saturday, June 3rd
8:00 AM to 4:00 PM

*Reserve Your
Parking Lot Space Now
at the Lodge Reception Office*

(Food available for purchase at event: coffee, donuts, BBQ Lunch)

5631 Cypress Ave • Carmichael, CA 95608-6613
For more information call **916-489-2103**

I Speak Fluent Insurance
I’ll help you get the right Coverage

like a good neighbor...

Douglas A Brewer
3358 Mather Field Road
Rancho Cordova, CA 95670-5966
(916) 366-5555
visit WWW.callmedoug.com

**Publisher,
Paul V. Scholl**
American River Messenger
is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field “Attention to Publisher.”
If you do not have email access, please call us at (916) 773-1111.

**AMERICAN RIVER
Messenger**

Serving Fair Oaks, Orangevale and Sacramento County since 2006

It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *American River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly. Call 916-773-1111 for more information.
(ISSN # 1948-1918).

We are proud members of these newspaper associations.

[illegible]