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AMERICAN RIVER Messenger

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APRIL 21, 2017

FAIR OAKS COMMUNITY UPDATE



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POPPOFF! WITH MARY JANE POPP



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Fabulous Fiesta Day Returns to Fair Oaks



Fiesta Day is geared towards visitors of all ages and provides ample opportunity for leisurely browsing booths and shops. Staff Photo

By Shelly Lembke

FAIR OAKS, CA (MPG) - Sunday, May 7, the 68th Annual Fair Oaks Fiesta kicks off in Fair Oaks Village. The event is packed with activities, races and fun for the whole community. A pancake breakfast begins the day, followed by "The Chicken Run" Sun Run, suitable for all ages.

Segments of the Sun Run include: a 5-mile run/walk; a 2-mile, non-competitive Rooster Rumble family walk; a kids' ½-mile fun run for ages 6-9 and 10-12; a kids' ¼-mile fun run for five-year olds and under. Both the 5-mile run/walk and the paved-road Rooster Rumble 2.3 mile family walk start at Village

Park in Old Fair Oaks.

"The 5-miler winds through the beautiful Old Fair Oaks residential neighborhood with a keyhole loop to Sailor Bar. The course is half paved roads, half dirt trail and features the infamous four hills: Grand Daddy Hill, Hernia Hill, The Beast and Last Gasp. The Rooster Rumble event stays on the paved roads through Old Fair Oaks," according to the race website.

Next up, the Fiesta Day Classic Car Show this year will feature more than 300 vintage cars parked throughout the Village. Numerous vendors and merchants are providing music, raffles, hands-on activities, crafts, shopping and food



Dozens of classic cars from many eras grace the streets of Fair Oaks during Fiesta Day. Staff Photo

trucks. Another highlight not to be missed is the Toilet Bowl Racer Challenge. This Fair Oaks tradition of souped-up com-modes provides a promise of entertainment and ingenuity for

participants and onlookers alike.

Parking is on a first-come basis. For further information (including the children's free coloring contest), visit fairoaks-chamber.com. ★

Fair Oaks Village Looks to Improvements

By Shelly Lembke

FAIR OAKS, CA (MPG) - A group of business owners in the Fair Oaks Village is martialing support and funds to improve the look and feel of their businesses and properties. Tired of vandalism, trash, loitering and other unfortunate and unsightly issues that have begun to plague the Village, the Fair Oaks Village Enhancement Committee (FOVEC) is taking steps to bring shoppers back to the storefronts by means of a Property & Business Improvement District (PBID) tax.

The PBID tax is one voluntarily paid only by business owners and commercial property owners within a selected zone. Enhancement Committee members are

reaching out to other owners and the general public to answer questions and educate on the possible and positive aspects of such a tax. Membership in the FOVEC is limited to business and commercial property owners within the PBID-proposed zone. In addition to business to business outreach, the group has already held a community information meeting and has another scheduled for Wednesday, May 11.

Susan Peters, Third District Supervisor for Sacramento County, issued a statement, saying, "PBIDs are special districts created under state law that allow property owners to raise funds to improve a specific geographical area. Funds generated by PBIDs typically are used for increased security,

image enhancement, maintenance like graffiti removal, and capital improvements." She points to prior successes such as the Fulton Avenue Association and the Carmichael Improvement District. Both groups approved PBIDs that brought significant revitalization to those business areas.

The May 11 meeting is scheduled for 6 pm at the Fair Oaks Community Clubhouse Lower Level, 7997 California Ave, #1. For further information, contact FOVEC member Danece Frazier at 916-296-5426, by email at FOVEC2011@gmail.com or visit the FOVEC website at www.fovec.org. Frazier is the owner of EJ's Little People Hair Salon & Boutique in Fair Oaks Village. ★

Gaines Launches Effort to Repeal Gas Tax

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has stepped up to repeal the Democrat's recent huge gas tax. He has issued following statements regarding his effort to repeal Senate Bill 1, the transportation proposal recently passed by the legislature that imposes \$52 billion in permanent new gas taxes and user fees on California motorists.

"I will be exploring every possible avenue to repeal the gas tax, whether it's through legislation, an initiative to change or eliminate other gas taxes, or other courses of action. I am going to fight to overturn this unfair and regressive tax and get some justice for the California families and businesses that are getting nicked and dimed to death.

"The Governor has compared fixing our roads with the urgency of fixing a leaky roof. Well guess what Governor Brown, Californians have already paid to fix the roof but the repairs have not been made and we're all wondering why we're left paying for the same service twice.

"And how are the people supposed to believe that this money will actually go to transportation? Currently, the state is diverting a billion dollars in weight fees away from roads every year. According to a recent Legislative Analyst's Office report, CalTrans is overstaffed by 3,500 people wasting \$500 million of road money every year. Why would anyone believe that this new tax isn't a bait and switch sham where the funds won't be diverted to pay for pet projects like the High Speed Rail boondoggle?

"We already have some of the highest gas taxes and worst roads in the country. For years we've starved transportation when we've had many billions in surplus, even though it was supposedly a 'system in crisis.' Before we take a single penny from Californians in new taxes, it is our duty to make 100-percent certain that we are spending the money we already collect exclusively on road repair and construction. Senate Bill 1 failed to do that and I'm going to make every attempt to make it right."

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

Source: The Office of Ted Gaines ★

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Sunrise Mall Faces Impact of Store Closures, Local and Cultural Shopping Shifts

Story and Photo
by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - With new management and development plans in play, as well as the closing of several smaller retailers and potential closure of Sears, Macy's and even JCPenney looming, all eyes are on the future of Sunrise Mall, which, like many enclosed malls nationwide, is struggling for survival due in part to growing competition from online retailers, but also demand for so-called "power centers" offering outdoor shopping, dining and entertainment "experiences."

Enclosed shopping malls, many built in the 1970s, have been shutting down for several years, earning the moniker of "Dead Malls" as their big-box anchor stores like Sears, Macy's and JCPenney have packed up and left due to shrinking foot traffic amidst rising online retail competition, most currently from companies such as Amazon. The three stores announced a collective closure of some 300 locations this year with more to follow. Additionally, Kmart announced it will close 108 stores.

Although Sears, Macy's and JCPenney remain open at Sunrise Mall, the mass closures, many industry followers predict, have essentially pre-written their company obituaries. To combat diminishing in-store sales, JCPenney restructured its focus in late 2016, moving in on Sears' territory with the announcement it would begin selling home appliances in time for the holiday shopping season. JCP's Sephora "shop-in-shops" and coupon-driven sales are believed to be fueling strong quarterly sales for the company, but it's not clear whether the push into appliances can have any long-term impact.

Big box retailers aside, a



"What I can say is that I'm very excited by what I've seen so far," said Carpenter. She pointed out that what does happen next for Sunrise Mall will impact, not only its retailers and their employees, but all BID stakeholders.

number of smaller stores in Sunrise Mall have also closed over the last few years, leaving prime locations, two adjacent to Sears and as many as three located in the mall's entryway, vacant. Most recently, Pennsylvania-based teen retailer Rue 21 announced plans to shutter 400 of its stores due to declining foot traffic. The Sunrise Mall location is currently in liquidation mode and believed to be set for closure within the month.

"We don't how long we have to stay open exactly, probably about a month," said one sales associate at Rue 21 who did not want to disclose her name.

It's not only that shoppers have stopped spending their money in stores and now buy everything online. In fact, the decline of the enclosed mall has been ongoing for years nationwide, as

many are being replaced with so-called "power centers," offering upscale and fast-casual eateries, multi-cinema movie theaters, outdoor strolling space and even park-like play areas for families, typically anchored by retail darlings Target and Best Buy.

Take the Westfield Galleria at Roseville, for example, one of the largest and busiest malls in Northern California with 240 shops and restaurants, which include high-end stores like Tiffany & Co., Nordstrom, Juicy Couture and Lucky Brand Jeans, supported by the adjacent Fountains at Roseville, touted online as a "Lifestyle Center" offering shops and scores of restaurants.

"Things have definitely been on the downward trend here," says Mathew Kramer, who manages a small retail store in

Sunrise Mall but requested not to identify the store per company policy. Kramer has worked at Sunrise for nine years, but also remembers when the mall was built, back when it was the place to meet up with friends. Millennials, however, and those in the generation behind them have significantly different designs on how to spend their money and the experience they have doing it. Apparently, so do their parents.

"I grew up riding my bike to this mall, or walking to the bowling alley across the street for field trips," said Kramer. "It used to be the place I'd go with my friends, but now everyone wants to shop online or they go to Roseville to be outside. They want to have that whole entertainment experience."

New York-based Spinoso Real

Estate Group took over management of the mall in 2016 and is reported to be working on long-range development plans for Sunrise. The company's web site lists the development of retail power centers among its project resume.

Calls to Spinoso's corporate offices for comment on its plans for Sunrise, as well as requests for data on first quarter occupancy rates and foot traffic were not returned. But it doesn't take hard numbers to confirm the slowdown. On any given day the vast majority of parking spots not directly in front of the main entrance to the mall on Sunrise Boulevard sit vacant. In addition to the half a dozen or so closed shops inside, several retail kiosks dotting the mall's center corridor also are vacant.

Kathilynn Carpenter is

executive director of the Sunrise Marketplace Business Improvement District (BID), which is comprised of some 400 stores, restaurants and services located along the Sunrise Boulevard and Greenback Lane business corridor, including the mall. She agreed Sunrise is struggling amidst a changing demand for something beyond long, enclosed rows of shops and a shift toward online shopping. She is privy to some of the planning for Sunrise and did say "improvements" were involved, but Carpenter declined to elaborate on what those plans look like.

"It is true that many of the retailers are overstocked and now that issue is coming home to roost," said Carpenter. She added that the trend is focused on what she termed "experiential" shopping options, but declined to say if Spinoso was planning on one of its power centers for the mall.

"What I can say is that I'm very excited by what I've seen so far," said Carpenter, before downplaying any wholesale demise of the mall. She pointed out that what does happen next for Sunrise Mall will impact, not only its retailers and their employees, but all BID stakeholders.


"I can tell you that everyone who is a member of the BID has the best interest of the mall mind," Carpenter said.

Citrus Heights City Manager Chris Boyd has said publicly that the city is "retail heavy," adding that Spinoso's long-term plans for the mall are going to be a game-changer that may potentially involve a mixed-use development with housing and retail.

On Monday, Boyd declined to discuss Spinoso's plans. "I've got nothing new to add yet, but I know the new owners have some exciting ideas on the table," he said. ★

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Event sponsored by:



For more information contact:


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Concerts in the Park

Ready to Rock and Swing

Parks, Chamber and Arts Groups Present Summer Concert Series



Photo courtesy Fair Oaks Chamber of Commerce

By Shelly Lembke

FAIR OAKS, CA (MPG) - Three Fair Oaks groups and numerous sponsors have come together to present the 2017 series Concerts in the Park. The Fair Oaks Recreation & Parks District (FORPD), the Fair Oaks Chamber of Commerce (FOCC) and the Fair Oaks Foundation for Leisure and the Arts have assembled a wide variety of live music, suitable for the whole family.

“Concerts in the Park are a free series of concerts for the Fair Oaks community. It’s an opportunity for families to come together to enjoy a relaxing summer evening in the park,” according to the Fair Oaks Chamber of Commerce. The scheduled performances include everything from rock oldies to blues, swing and more.

The concerts run Thursdays from June 15 to August 17, 6:30 pm to 9:00 pm at Village

• Concert Schedule •

June 15 - On Air

June 22 - West Fifth Avenue Band

June 29 - Metro Swing Band

July 6 - Matt Rainey & the Dippin’ Sauce

July 13 - The Lincoln Highway Band

July 20 - Tom Rigney & Flambeau

July 27 - Mad Dash

August 3 - Two Tone Steiny & the Cadillacs

August 10 - Jim Anderson & the Rebels

August 17 - TBA

For more information, visit fairoakschamber.com or fairoakspark.org.

Park (4238 Main St, Fair Oaks). Food, beverages and ice cream will be available for purchase. The Chamber invites the public to bring lawn chairs and blankets. ★

Captain Shawn Condit Named Firefighter Employee of the Year

Sac Metro Fire Special Release
By Deputy Chief Eric Bridge

SACRAMENTO, COUNTY, CA (MPG) - Captain Shawn Condit began his fire service career with American River Fire Department on August 4, 1990. In 2000, American River Fire District and Sacramento County Fire Protection District merged to become the Sacramento Metropolitan Fire District, also known as Metro Fire. Shawn is the Truck Captain at Fire Station 109 where he oversees a truck crew of three firefighters. Station 109 is located in the Carmichael community and is unique in that this is where the Hazardous Materials unit is housed. Captain Condit coordinates the Hazardous Materials program for our department.

Throughout his career, Captain Condit has demonstrated leadership on multiple levels. Aside from being an excellent company officer, he has been a leader in the Hazardous Materials Program. His tenure in the program provides the stability needed while offering training opportunities for his crew. Captain Condit and his crew willingly take on new employees and are often called upon by the training cadre to work with academies and probationary employees. When these new individuals spend time with his crew, they are provided with a positive experience and given information that will hopefully move them down the road through the process. In addition to all his regular responsibilities at the station, Captain Condit must maintain his Hazardous Materials certification, putting added responsibility upon himself.

In addition to his hard work at Metro Fire, Captain Condit serves as a Metro Director with the Sacramento Area Firefighters Local 522 union. This is an



(l to r) Mark Creffield, executive director of the Citrus Heights Chamber of Commerce, Captain Shawn Condit and Deputy Chief Eric Bridge

elected position by his peers. Shawn has held a position within the Union for over 10 years. He is an acknowledged leader within the union, and over the last 10 years he has moved up the ranks, starting out as a shift representative and eventually moving into the elected position he currently holds. He continues to do an outstanding job of representing the union members of our organization.

As Metro Director, Captain Condit represents the membership in many different ways. During our last contract negotiation, Captain Condit demonstrated calm, consistent leadership during the negotiation and confirmation process, acting as the facilitator for these meetings. He allowed for spirited but respectful debate. During these meetings, he is often involved in matters that are sensitive in nature and does not violate confidence. It is this trustworthiness that makes him an excellent Union officer and, by extension, Company Officer.

As a Union leader he takes a positive role in a needed position. Often times, employees are referred to him by management. His ability to listen fully to their

problems and then calmly and positively advise them on a course of action tends to benefit both the department and the member. He acts in the best traditions of Union leadership and through this process, the matter is often resolved at the lowest level.

To be a leader, particularly as a firefighter, your work ethic must be self-evident. Since an outstanding work ethic is common at Metro Fire it is difficult to point out where one employee’s efforts are better than another, however in the case of Captain Condit he stands out each and every day. Many excellent company officers come to work and do their assignments and perform admirably, but taking a leadership position in the Union and Haz Mat program shows that Captain Shawn Condit is willing to give of himself to this department and its members. He is well respected within the Department, the Union and his crew.

Fire Chief Todd Harms was honored to name Captain Shawn Condit as Metro Fire’s 2016 Suppression Employee of the Year. ★

**BUCKEYE UNION SCHOOL DISTRICT
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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

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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RT Financials Showing Positive Trend for Fiscal Year 2018

SACRAMENTO REGION, CA (MPG)
- The Sacramento Regional Transit District (Sac RT) has been relentlessly optimizing business practices over the past eight months to bring its financial house in order, and the positive results are very encouraging. In Fiscal Year (FY) 2017, Sac RT is trending below budget. This has allowed Sac RT to develop a budget for FY 2018 that is expected to be \$1.6 million less than the prior year.

Additionally, by working diligently over the past year with rating agencies, last week Sac RT received great news from Moody's, a bond credit rating service, that upgraded Sac RT's bond rating from "negative" watch to "stable" outlook, which will help Sac RT to issue future bonds at a much better interest rate for regional capital projects. The significant transformation that Sac RT has made in the last year, as well as strong political support and strong board governance, is building up RT's long-term financial stability, which will continue to move Sac RT in a new direction.

Under the direction of Henry Li, General Man-

Regional Transit

ager/CEO, Sac RT committed to strengthening its finances while making the system more clean, safe and convenient for riders. Sac RT has identified innovative revenue sources, strengthened its finances and reduced expenses to fund maintenance and capital investments. By aggressively containing costs and pursuing revenue enhancement opportunities, Sac RT has secured more than \$3 million in operating funding, which helped enhance customer services.

"At a time when many public agencies are increasing budgets, we have been able to reduce ours. We are figuring out innovative ways to do more with less," said Henry Li, General Manager/CEO. "Our number one priority

is the customer, and the ability to reduce the annual budget without cutting service or increasing fares is a huge victory from where Sac RT was a year ago."

Based on these positive trends, Sac RT projects to add to its fund balance for the first time in three years, and build up an emergency cash reserve of \$6 million (with a 2017 year-end goal of \$9 to \$10 million). This will go a long way towards reducing Sac RT's reliance on its line of credit to pay bills, a goal set by the Board of Directors.

By building strong employee and labor relations, Sac RT has been able to identify ways to reduce the annual increases associated with salaries and benefits that continue to offer value to employees, at a sustainable cost. There will only be a small increase in spending in this category for FY 2018, which is expected to be \$1.95 million, or 1.8 percent, a modest amount for an organization that provides over 1,000 jobs to the region.

Source: RT Media

California's Economic Output Outpaces Nation for Fourth Straight Year

By George Runner, BOE

SACRAMENTO, CA (MPG) - California's Gross Domestic Product (GDP) has grown consistently faster than the nation's as a whole for four straight years. In 2015, the California GDP rose 5.6 percent, while the U.S. GDP increased 3.7 percent (unadjusted for inflation). Also called "economic output," GDP measures the market value of goods, services, and structures that are produced within a particular period, and tends to be related to population, income, spending, employment, housing permits, and other measures of economic activity.

According to the U.S. Bureau of Economic Analysis, the New York-Newark-Jersey City metropolitan area led the nation with an economic output of about \$1.603 trillion in 2015. California was represented by two of the top 10 areas: Los Angeles-Long Beach-Anaheim (\$930.8 billion), and San Francisco-Oakland-Hayward (\$431.7 billion). The Los Angeles metropolitan area accounts for 37.9 percent of California's GDP, while the San Francisco Bay Area comprises 17.6 percent. The Sacramento-Roseville region accounts for 4.8 percent (\$118.8 billion). San Jose has been the fastest growing metropolitan

area within California – and the second fastest in the U.S. – with stronger economic growth than 380 of the nation's 382 metropolitan areas in 2015. With growth rates that ranged from 5.0 percent to 10.4 percent over the past five years, the San Jose area had the largest increase in that time frame – 37.6 percent – more than 60 percent higher than the California average gain of 23.1 percent, for a total GDP of more than \$235 billion. The state's second-largest increase was in the Visalia-Porterville area – 32.4 percent – followed by Merced (30.2 percent), Napa (29.6 percent) and Madera (28.1 percent). The Hanford-Corcoran area also finished above the state average (24.2 percent). Both the Chico and Sacramento-Roseville areas had strong showings in 2015, ranking fourth and fifth in the state respectively in GDP growth.

One way to compare economic wellbeing among regions is to calculate inflation-adjusted GDP per capita. Real economic output per capita in the San Jose area was close to twice that of the California average in 2015. Other areas with higher than average per capita real GDP include San Diego, and Napa.

George Runner represents the State Board of Equalization's First District and is a leading advocate for California taxpayers




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CLUES

ACROSS

1. Trattoria staple
6. "The _____ River, Voyageurs National Park
9. Mowgli's friend Bagheera
13. Grouchy Muppet
14. Simon & Garfunkel, e.g.
15. Echo sounder
16. Doled out cards
17. Singer Yoko
18. Q in PDQ
19. "Home to Devil's Garden
21. "Every _____-grader gets a free pass
23. Family truck?
24. "_____ Royale National Park in Michigan
25. Geological Society of America
28. Reduced Instruction Set Computer
30. Make slightly wet
35. Ice crystals
37. Alice Waters' "_____ Panisse"
39. Apprehensive
40. Deborah Kerr to Yul Brynner's King Mongkut
41. Skeleton leg part
43. Military no-show
44. Nigerian money
46. Earth's satellite
47. First queen of Carthage
48. Broadband predecessor
50. Pot contribution
52. Sophomore's grade
53. Breathe after a race
55. Not in good health
57. "Into the Wild" park
60. "Oldest national park east of Mississippi
63. Capital of Vietnam
64. British mom
66. Where to steel a kiss?
68. Passion
69. "Farewell" to Birdie
70. Church topper
71. Office furniture
72. Asian capital

DOWN

1. Pea container
2. On a cruise
3. Harry Potter's mark
4. Face powder mineral, pl.
5. Head of the Round Table
6. "Without further _____," pl.
7. "Going-to-the-_____ Road in Glacier National Park
8. Hooves, alt. spelling
9. For, in France
10. Gram or pound
11. Speed of an object divided by speed of sound
12. One of Indiana Jones' quests
15. Cry like a piglet
20. Give the boot
22. Like Methuselah
24. Watercraft with skis
25. "Canyon or Teton
26. Moses' mountain
27. Embryo sacs
29. Door-stopping wedge
31. "Lake in Nevada desert
32. Small European gull
33. Make a canyon, e.g.

34. Leg cover
36. "Me and _____ and the Dying Girl"
38. "The Virgin River cuts through it
42. Mad hatter's act
45. Live-in helper
49. Chum
51. Go by
54. Not in my backyard, in text
56. Parkinson's disease drug
57. Truth alternative
58. Odds and _____
59. Barnes & Noble reader
60. End of grace
61. Author Murdoch
62. Homesteader's measure
63. Owned
65. Sailor's affirmative
67. He had



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Crossword Puzzle Solutions on Page 4

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

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

Solutions on Page 4

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All My Friends Are Getting Old

Dr. James L. Snyder

Getting old seems to be a long and slow process. The longer it goes the older you get.

I didn't really think I was getting old until a few weeks ago I was visiting with some friends from high school. You know those old high school friends that you had fun with when you were young enough to have fun? And oh boy, what fun we had.

A sharp difference exists between being young and being old. You have to get old to really understand the difference because when you are young you do not have enough time to think. That's the problem with young people today. So many things to do and so much technology they do not have any time left over to think.

Those young whippersnappers. There is a huge difference between being young and being old.

When you are young, you enjoy having lots of fun.

When you are old, you enjoy remembering all the fun you had when you were young.

The best thing about being old and remembering those good old days is that you can exaggerate about how good they really were. Even when you are exaggerating with friends that shared the same fun, they go along with you.

Whether it is the absence of memory or just wanting to enjoy fun to its fullest extent, I do not really know.

As my friends and I were talking about the good old days, I happened to notice wrinkles on their faces. I did not say anything at the time, but they sure looked old to me. Also, I did not quite remember how grey their hair was when we were young.

When I was young and having all that fun, I never gave a

thought about how young I was or that I was getting older. My whole focus was on the fun element of life and I thought that would carry me through the rest of my life.

I remember my 20th birthday very well. I was celebrating getting out of those teenage years and becoming an adult. For some reason I thought you became an adult at 20. Little did I know that it takes many years to become an adult and some do not really make it. I simply assume that the older you get, the more fun you can have. Boy, was I ever surprised!

Celebrating the good old days is quite remarkable. Because in it all, I noticed my friends were getting older. One of my friends repeated a story three times and not to embarrass him, I laughed all three times.

After the meeting and driving home, I began to think about myself. Am I as old as they look?

I was afraid to look in the mirror when I got home because I did not know who would be staring back at me. Whoever invented mirrors ought to be shot and then sent to the moon. A mirror never tells you the correct story and never tells you how old you really are. It just makes a funny face at you.

My friends may be getting old, but I have put my foot down and I have refused to get old.

One friend was using a cane and I did not have the heart to ask him why he was using a cane. He hobbled around and I am not sure if he hurt himself or if he was just getting too old to walk on his own.

I must admit there are some days that I feel old, whatever that means. Some days I am a little slower than I was the day before. Overall, I am not as old as some of my friends look.

There is an old saying that says you are only as old as you feel, and I'm not sure what old feels like. I would like to ask my wife,

but you know the trouble I would be in then!

I did enjoy my visit with those friends, but it did start me thinking about things I have never thought about before. Someone said that the 70 is the new 20. I will keep that in mind when I hit that magical mark called 70.

When I got home, I shared some of my thoughts with the Gracious Mistress of the Parsonage who just listen very patiently. I went on and on about how old my friends looked.

When I settled back in my chair and sipped some coffee, she looked at me and said something that rather startled me. "I wonder," she said rather thoughtfully, "if your friends are saying the same thing about you!"

That was a thought stopper for sure. What if they were? What if I looked old to them?

Is it really that bad to get old? I thought about that for a moment and then realized if you stop getting older, you're dead.

"I have been young," David said rather thoughtfully, "and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalm 37:25).

The one I like is, "They shall still bring forth fruit in old age; they shall be fat and flourishing" (Psalm 92:14). This one fits me to a T.

Not only are my friends getting old, but I'm getting old and my goal is to get as old as I possibly can.

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

There have been times in my life where I've been confused, worried, anxious about the future. If you'll be honest about it, there have been times in your life when you felt these same things. Maybe today you're facing some of these same things.

God says in Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee." God renews you spiritually when you accept Christ in your life, but your mind isn't renewed automatically. There's something that you have to do. Never underestimate the important role that your mind plays in your walk of faith.

I've found that every time I get worried, confused, overly concerned, or anxious about the future, I've taken my mind off the things of God and I've started looking at the circumstances all around me. I'm going

Pastor Ray's Encouraging Words

Peace of Mind is a Promise

against what God says when I start dwelling on "How am I going to overcome these challenges? How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?" Do you know what happens when you meditate on those things? They'll get bigger and bigger and bigger. Then all of a sudden you're feeling doubt and unbelief and fear.

You have to keep our mind stayed on Christ. You may think, "But Ray, I'm busy. I've got a career and I'm working and I've got all this stuff going on." But friend, you're not going to experience God's perfect peace automatically. You have to get into God's Word and get His Word into you. It's so important to meditate on and memorize Scripture. It's so important to stay in church where you can hear the Word of God.

Sometimes I like to think about Scripture that talks about the goodness of God; how good God is. Like Galatians 3:13, "Christ has redeemed us from the curse of the Law." Do you know what the curse of the Law is? It's misery, mental torment,

depression. It's all the miserable things of this life. You take that Scripture one week and just meditate on it, think about it, ponder it. 'Thank you, Father, that I don't have to live a miserable life.' That's going to give you peace, because your mind is stayed on Him.

Philippians 4:6 says, "Don't worry about anything; pray about everything." Don't worry about anything, but pray about everything. Listen, I going to challenge you. The next time you have the opportunity to worry, don't choose to worry. Every time that you have that negative thought just praise God that the answer's on the way. You know what you're doing? You're saying, "God, I know the situation may not look good, but I choose to believe You're still in control. I choose to believe. You can still see me through." And you're going to experience God's perfect peace.

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By Marlys Johnsen
Norris, Christian Author

It is only human nature for people to look for someone or something to blame for the poor decisions they have made in their lifetime. Drugs, alcohol, sex, stealing, cheating, gambling to name just a few. And they do a good job expressing those ideas of accusing someone else to distract the truth of who actually is at fault, which honestly are them selves. Pointing the finger away from them is just what some people do rather than being accountable for their actions.

Yet, there is a deep hunger in every soul to be loved - everyone has an emptiness in their heart they fill with all kinds of things. That void was created

Someone to Blame!

by our Creator/God to be filled with His Spirit. And that need they have to be loved - will and can only be satisfied by God alone! It is God alone who wants to fill those empty places mankind tries to fill with all kinds of wrong things.

However if they look to God, He will help them find the divine path to real love and life He has designed for their life before they were born. If anyone continues to make poor choices they will ultimately destroy their life and never quite satisfies or fill those empty places God desires to fill with His love for them.

It may look like those people are "having a good time" but those good times will not last. If they keep traveling on that road of destruction eventually their body and mind will be affected and destroyed, not to

mention other family members in their lives as well.

So, will they turn from those wicked ways and look to their Creator/God who designed their lives to have meaning and purpose and an inner peace within? If they do, they will be granted a "new life" and a "new beginning" that will bring blessings and an inner hope within and completely change the course of their life.

If this is you my friends, God is waiting. Find and attend a church, read the Bible and pray. God is waiting to hear from you. He loves you so much!

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POPPOFF!

with Mary Jane Popp

1.) Look for a good integrated program. The “to cut or not to cut” decision is a big complex one. It’s best when made when all different spine practitioners (surgeons and non-operative specialists) are on the same team...your team...focused on whatever method will help YOU the most.

2.)Don’t let out of pocket dissuade you. If you enroll in an integrated care program, you will likely have to foot some or all of the cost. But compare this to a lifetime of pain that could have been treated by a team of experts or by surgery that can make it worse than before.

3.)If you can, avoid opioids. Using heavy narcotics is a slippery slope. Use your body’s own pain relievers called endorphins to manage and alleviate pain.

4.)Make full use of “natural” pain management methods. Don’t discount home remedies like ice and heat therapies for reducing pain. You can even try meditation and affirmations to improve your perception of pain.

5.)If you’re overweight, lose weight. Excess weight, especially around your middle, contributes to back pain.

6.)Fuel your body with spine-friendly foods. Good nutrition and hydration play vital role in your spine’s health. Eat a diet rich in anti-inflammatory foods like vegetables, colorful

fruits, wild salmon, olive oil, legumes. Nuts, and alliums such as onions and garlic.

7.)Embrace exercise. Movement allows nutrients to pass into the spine, and exercise actually lessens back pain.

8.)Practice good posture and good spine health habits. For example, it’s best to avoid sitting all day at a desk (try alternating to a standing desk or get up and more periodically). When you must sit, be sure to practice good posture.

9.)Check your tendency to catastrophize. Don’t wallow in negativity. Your point of view profoundly affects your perception of pain, and catastrophizing (the habit of thinking or talking about a situation as worse than it actually is) will delay your healing and make you miserable.

10.)Work really, really hard to adopt a positive mindset. Chronic pain can easily crowd out optimism, but you MUST remain hopeful. A positive outlook will make your recovery faster and far more pleasant. Use meditation and affirmations to improve your state of mind each day.

Dr. Raiszadeh goes into a lot more detail in **“Take Back Control”** and you can check out his websites at www.take-backcontrol.com and www.spinezone.com for lots more information. And this comes from a surgeon. Fascinating! ★

TAKE BACK CONTROL

Are you in pain...back pain? Are you considering surgery? Hold on! Dr. Kamshad Raiszadeh told me on POPPOFF Radio that, for most chronic back and neck pain patients, surgery is not the best solution. That’s why he wrote “Take Back Control” A Surgeon’s Guide to Healing Your Spine without medications or surgery. Here are some reasons to reconsider.

- 1.“Minimally invasive” surgery is a marketing gimmick.**
- 2. There is no widely agreed-upon surgical treatment for lower back pain.**
- 3. Bad MRI findings are NOT a valid reason to have surgery.**
- 4. Very often, surgery won’t cure back pain anyway.**
- 5. Most back pain will resolve itself when you take a “wait and see” approach.**
- 6. Conservative self-help programs combined with lifestyle changes often work better than surgery.**

So how about ten tips for healing your spine? Let’s get to it.



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Sacramento County DA Reports



Former CHP Employee Convicted for Murder of Woman

DATE: April 6, 2017

CASE: Cresencio Camasura (Case #15F01521)

PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit

Cresencio Camasura was convicted by a jury of murder in the second degree of Vida Sarang. The jury also found true the allegation that Camasura personally used a deadly weapon.

On March 10, 2015, Cresencio Camasura killed his wife’s cousin, 65-year-old Vida Sarang, by stabbing her more than 15 times with a butcher knife. Ms. Sarang was retired from her career at Sutter Health and had been staying with Camasura and his wife for several months. Camasura worked for the California Highway Patrol in data entry for more than 20 years. On the day of the murder, Camasura was just beginning a three-week vacation from his job. Shortly after 7:00 a.m., Camasura called his wife and told her he killed Ms. Sarang. He then called 911 to report his crime. Upon arrival, officers found Ms. Sarang deceased in the kitchen.

Camasura faces a maximum sentence of 16 years to life in prison. Sentencing is set for May 12, 2017, at 10:30 a.m. in front of the Honorable Eugene Balanon.

Defendant Sentenced for Felony Convictions, Stemming from Welfare Fraud

DATE: April 7, 2017

CASE: Randnette F. Billings (Case #12F03169)

PROSECUTOR: Deputy District Attorney John Pezone, Public Assistance Fraud Unit

The Honorable Michael Kenny sentenced Randnette Billings to four years and four months in county jail prison. Billings will serve two years in custody and two years and four months on mandatory supervision by the Sacramento County Probation Department. On March 9, 2017, a jury convicted Billings of felony welfare fraud, felony perjury, felony offering a false document at a legal proceeding, felony grand theft and felony offering a false claim for payment.

Billings was on public assistance from 2006 through 2010. She concealed the fact that she was working as an In-Home Supportive Services (IHSS) provider, which led to a loss of approximately \$54,000 dollars to the Department of Human Assistance (DHA). Billings committed perjury when she made the misrepresentation of her income. When DHA told her of the fraud, she requested a hearing in front of an Administrative Law Judge. At the hearing, Billings offered a forged letter from the Sacramento Public Authority, which led to a decision in her favor. Investigation of the letter revealed it was a forgery,

which led to a second hearing held by the county and a reversal in the initial decision.

Billings also committed grand theft of more than \$2,000 from IHSS. Billings submitted a false claim for payment for alleged services she provided when her client was confined to a hospital and skilled nursing facility.

Pair Sentenced for Torture, Murder in Midtown Apartment

DATE: April 7, 2017

CASE: Jeremy McMahon & Michelle Okumura (Case #13F06549)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

The Honorable Maryanne Gilliard sentenced Jeremy McMahon to life in prison without the possibility of parole and sentenced Michelle Okumura to 38 years to life, plus a second life term in prison. On February 21, 2017, a jury convicted McMahon of the first-degree murder of Eric Jackson with the special circumstance of murder with torture and the allegation that McMahon personally discharged a firearm causing death. McMahon was also convicted of torture, false imprisonment and being a felon in possession of a weapon. The Court found that McMahon had been convicted of a prior strike offense, making criminal threats in 2012. Okumura was convicted of first-degree murder, torture and false imprisonment.

On October 8, 2013, the Sacramento Police Department responded to a 911 call reporting shots fired at the Capitol Apartments in Midtown Sacramento. Upon arrival, officers found 22-year-old Eric Jackson on the floor of an apartment with his feet bound with string and fabric tied around his neck. Mr. Jackson had suffered fresh cuts, burn marks on multiple areas of his body and a bleeding wound on his chest. As medical personnel prepared to transport Mr. Jackson to the hospital, he was pronounced deceased. Jeremy McMahon and his girlfriend, Michelle Okumura, were both at the scene and told officers Mr. Jackson tried to break into her apartment. Okumura first also stated she shot Mr. Jackson. She later admitted it was McMahon who shot Mr. Jackson, who died from a single gunshot wound to his stomach. Cell phone evidence revealed Mr. Jackson was bound, held captive and tortured by the defendants for approximately two days. Mr. Jackson was a client of Okumura, who worked out of her apartment giving massages. Okumura and McMahon claimed Mr. Jackson disrespected Okumura and owed her money. ★



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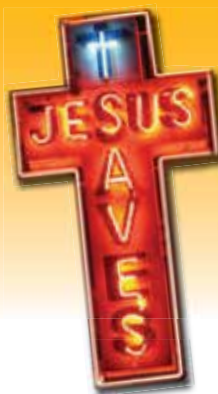
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North Ridge Country Club Launches \$3.5 Million Renovation Plan

Story by Jacqueline Fox

Fair Oaks, CA (MPG) - Long-awaited plans for renovating one of the region's oldest private country clubs is officially underway at North Ridge Country Club, involving a \$3.5 million overhaul that promises members and guests at the club alike a trail of new greens and bunkers on par with some of the finest courses in the world.

The club's membership overwhelmingly approved the renovation plan and began the bid process for contracting roughly a year ago, ultimately selecting Palo Alto-based Robert Trent Jones II Golf Course Architects (RTJ II) for the project, which is credited for development of more than 270 golf courses across 40 countries and six continents. "We got it down to three finalists for the design of our new course, and then we took it down to one, and RTJ II won out," said North Ridge General Manager, Rink Sanford.

During an April 6 groundbreaking for the project, Robert T. Bruce Charlton, president and chief design officer for RTJ II, said the course would be going from good to outstanding, likening the ultimate overhaul to a "My Fair Lady" transformation, Sanford said.

"I love the quote Robert gave at our ground-breaking," said Sanford. "He said 'I like to compare North Ridge Country Club to a classy older woman who is beautiful and graceful, but just in need of a new dress.' To me, his description just perfectly crystalizes what North Ridge is all about and how beautiful she really is."

RTJII founder Robert Trent Jones, who passed away in 1987, is known for cutting trail of legendary successes in the completion of some of the country's most notable golf courses, beginning with a winning contract to design the Peachtree Golf Club in Atlanta in collaboration with golf legend Bobby Jones, followed up by securing a commission to redesign the 11th and 16th holes at Augusta National Golf Club.

Coveted for its high-elevation and rolling terrain, North Ridge Country



Long-awaited plans for renovating one of the region's oldest private country clubs is officially underway at North Ridge Country Club. The new course is expected to officially open in early 2018. Photo courtesy North Ridge Country Club

Club was founded in 1952 by architects William Francis Bell and his son, Billy Jr., renown for crafting elite courses at Rivera Country Club, Bel-Air Country Club and Torrey Pines, among others.

The 18-hole parkland golf course at North Ridge Country Club is spread across approximately 165 rolling green acres on Madison Avenue in Fair Oaks. Although the club's event center and adjacent buildings were renovated in 1997, the 63-year old course itself, says Sanford, will be getting its first upgrade, a much needed makeover to keep the facility competitive with other private clubs in the region and beyond.

"This is a fine course and we have good conditions, but what we are really doing now is modernizing and making an investment in our course to stay competitive in the private club market," Sanford said.

North Ridge was designed incorporating an old push-up mound construction method, explained Sanford, which has, over time, created drainage issues for the course, spurred by deteriorating root structures, all of



left to right: Chris Peterson, NRCC Board Member, Mike Gorman, Architect for Robert Trent Jones II, Kerry Gordon, NRCC golf course renovation task force leader, Bruce Charlton, Architect for Robert Trent Jones II. Photo courtesy North Ridge Country Club

which have created challenges for players and rendered the course vulnerable to erosion.

"Our forefathers picked a phenomenal place to put in a course," said Sanford. "We are at the highest point in the area and we are blessed with a lot of rolling hills and terrain, but the old push-up method that was used to

design the course originally needs to be addressed."

Sampson said that the course's natural elevation changes will allow RTJII to redesign the club's greens and bunkers to take advantage of its hilly topography in ways "that were simply not possible many years ago," adding construction of the new greens and

bunkers will be achieved without disrupting mature trees that have called North Ridge home for decades.

"Today, players really want greens with solid drainage, and so what this will do for us is allow us to keep the mature trees and the rolling hills, but in and around the greens and bunkers we'll be adding better drainage to bring the course in line with some of the most competitive, high-caliber golf courses anywhere in the world," Sanford said.

Meanwhile, high-quality, temporary bentgrass sod greens are being created to offer members temporary greens to utilize during the construction process.

In addition to the cache of a world-class design firm capturing the bid for the renovations, the renovation project will also have a local touch. RTJII's Senior Project Architect, Mike Gorman was raised in Sacramento and is reported to have grown up playing the course. "This is like home to us," RTJII's Charlton said. "We travel all around the world, and having a project near our offices in Palo Alto, with Mike's family still living in Sacramento, makes this extra special."

The new course is expected to officially open in early 2018, Sanford said. While there are no increases on the horizon this year for membership fees, it is anticipated that fees will increase once the new course is fully operational. The current annual membership fee for North Ridge is \$6,500, however, due to the construction, which is expected to run through August, the club is offering a promotion of \$4,500, which runs through June.

"The long term hope is that once the new course is up and fully operational in early 2018, our membership price will go up, and that will be in keeping with what's going on with other clubs and membership fees at private courses across the country," Sanford said.

Membership at North Ridge, said Sanford, is currently at 463, near full capacity. To cover the costs of the project, members voted to each pay their share of the \$3.5 million, for a total of roughly \$8,000 or \$60 a month each. ★

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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.

Sacramento County Hosts Symposium for Small Business

Small Business Week is May 1-5 and Sacramento County’s Office of Economic Development and the Business Environmental Resource Center are hosting a free information sharing event entitled the “Roadmap to Success: Small Business Symposium,” from 8 am to 2 pm on Tuesday, May 2 at McClellan Conference Center, 5411 Luce Avenue in McClellan Park.

Prospective small business owners or those who already own small businesses can attend the free symposium to learn about helpful resources available to help their enterprises to thrive. Event navigators will be on hand to direct attendees to resources on subjects like permits, licenses and inspections, record keeping, taxes (Federal, state and local), funding sources, finding employees and subsidies plus entrepreneur mentorship.

The Business Environmental Resource Center is designed to help businesses succeed and enhance environmental quality

FAIR OAKS COMMUNITY UPDATE

by providing trusted non-regulatory compliance assistance. For more information about this service, please visit sacberc.org. For details about Small Business Week including a schedule of events, go to capitalregionsmall-businessweek.org.

“Roads 101” subject of Two Community Meetings

A presentation by Sacramento County’s Director of Transportation about the status of our streets and roads will be held at my next two Community Meetings in May. The first will be on Tuesday, May 9, at the Carmichael Park Clubhouse, 5750 Grant Avenue, and second will be in Arden Arcade on Thursday, May 11, at the Conzelmann Community Center at Howe Park, 2201 Cottage Way. Both meetings will start at 6 pm.

At the upcoming meetings the transportation director will present what I call “Roads 101” to explain how road maintenance is funded, the funding limitations and regulatory restrictions as well as analysis of Governor Brown’s legislative package that is expected to help address the road maintenance challenges faced by local government.

Last fall I hoped Measure B (the local transportation sales tax measure) would help close the County’s \$450 million road maintenance backlog. While the measure garnered 65.7% of the vote in November, it did not meet the necessary legal threshold for passage (it needed 66.7%). Had the measure passed, our Department of Transportation estimated the County would be able to repave almost all of the residential streets in the unincorporated area.

The state legislation is expected to provide maintenance funding in the coming fiscal year. In the meantime SACDOT continues to patch potholes so please report them by calling 311 or going online at 311.sac-county.net.

Fair Oaks Fiesta Day Office Hours

Fair Oaks Village will be holding its annual Fiesta Day on Sunday, May 7, and activities involve old fashioned free games and activities for children, Arts & Craft vendors, food trucks, merchant shopping in the Village, raffles, music, a pancake breakfast along with the Fair Oaks Sun Run, a classic car show, and the Famous Toilet Bowl Racer Challenge (I’ll be one of the judges).

After judging the toilet bowl race, I will be holding “Office Hours” in the Village from approximately 1:30-3 pm. Residents are invited to come by and talk about items of interest with no appointment necessary on a “first come basis.”

I started holding “Office Hours” in 2005 and now it has become an annual tradition at various community events. Everyone seems to find these informal gatherings more convenient and easier than making a formal appointment downtown at the County Administration Center so please come by if you are at Fiesta Day.

For more information about Fiesta Day, please visit the Fair Oaks Chamber of Commerce online at fairoakschamber.com or call 967-2903.

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

Tax Freedom Day Late Again for California



George Runner, BOE

SACRAMENTO, CA (MPG) - Californians who have filed their income tax returns by the April 18 deadline will unfortunately have to wait eight days longer than the rest of the nation until they've collectively

earned enough money to pay off their total tax bill for the year.

Tax Freedom Day, calculated annually by the Tax Foundation, is the day when Americans have earned enough money to pay their taxes at the federal, state and local levels.

Nationally, Tax Freedom Day lands on April 23, but for California it lands on May 1. "For some lawmakers, this terrible distinction seems to be a badge of honor," said Board of Equalization Vice Chair George Runner. "With liberal politicians recently voting to increase gas and car taxes, I fear this day will come even later next year for hardworking taxpayers."

According to the Tax Foundation, Americans will

pay \$3.5 trillion in federal taxes and \$1.6 trillion in state and local taxes, for a total tax bill of \$5.1 trillion, or 31 percent of national income. That's more than Americans will collectively spend on food, clothing and housing combined.

Compared to other states, California's Tax Freedom Day is one of the latest in the nation. Only Massachusetts, New York, New Jersey and Connecticut have later dates.

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

DMV Accepts U.S. Passport Card for New Driver License

SACRAMENTO, CA (MPG) - The California Department of Motor Vehicles (DMV) announces the acceptance of a valid U.S. passport card when applying for a first time driver license (DL) or identification card (ID). The DMV included the U.S. passport card in the list of approved legal presence documents starting on April 3, 2017.

“We added the U.S. passport card to offer more options for our customers,” said DMV Director Jean Shiimoto. “The passport card is secure, more convenient, and less expensive than a passport book and it will help new driver license and ID card applicants establish their legal presence.”

Millions of people have applied for and received a U.S. passport

card from the U.S. Department of State Bureau of Consular Affairs since they became available in 2008. The verification process and security features in the card are similar to a passport book, which the DMV currently accepts. The DMV determined that the passport card is a readily available and secure document that will help in establishing the applicant’s legal presence.

First-time driver license applicants must make an appointment before visiting a DMV field office. Walk-ins are only accepted at Driver License Processing Centers.

The DMV has a helpful webpage that features the requirements for driver license and ID card applicants. To apply for an original driver license or ID card, customers

must complete a Driver License or Identification Card Application form (DL 44), give a thumb print, have their picture taken, provide their social security number, and verify their birth date, legal presence, and California residency.

The DMV reminds all new DL and ID card applicants that they must provide proof of California residency. The residency requirement law went into effect July 1, 2016. For more information about the residency requirement visit the DMV website.

For more information about the U.S. passport card and how to apply, visit the U.S. Department of State Bureau of Consular Affairs website.

Source: DMV Media

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★★★★★

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.

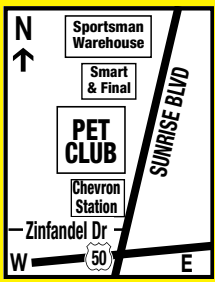
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Effective 4/19/17 - 4/25/17

TASTE OF THE WILD
GRAIN FREE
DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific
Salmon •High Prairie •Southwest Canyon

30 Lb Bag **\$39.99**

Effective 4/19/17 - 4/25/17

NUTRO MAX
ADULT RECIPE
DRY DOG FOOD

•Regular Max •Large Breed Adult •Beef
•Senior •Lamb Meal & Rice •Mini Chunk

NEW SIZE **\$22.99**
25 Lb Bag
Limit 2 Bags
Per Family
Effective 4/19/17 - 4/25/17

BLUE BUFFALO
WILDERNESS
DRY DOG FOOD

•Chicken (\$10 Off Reg Price) •Duck •Salmon
•Large Breed Adult •Healthy Weight

24 Lb Bag NEW **AS MARKED**
100% NEW **\$8 OFF**
Grain Free LOW PRICE
Limit 2 Bags Our Regular Low Prices!
Effective 4/19/17 - 4/25/17

FRISKIES
DRY CAT FOOD

16 Lb Bag
•Surfing & Turfing •Seafood •Indoor

Limit 2 Bags **\$9.99**

Effective 4/19/17 - 4/25/17

9 LIVES
CANNED CAT FOOD

5.5 Oz
All Varieties

Limit 1 Case
Per Family **35¢**

Effective 4/19/17 - 4/25/17

FANCY FEAST
GOURMET
CANNED CAT FOOD

All Varieties except Elegant Medley

3 Oz
Limit 2 Cases
per Family **20/\$11.00**

Effective 4/19/17 - 4/25/17

JONNY CAT
PREMIUM CAT LITTER

20 Lb Bag
•Regular •Multiple Cat Formula

Limit 2 Bags **\$3.29**

Effective 4/19/17 - 4/25/17

FRESH STEP
SCOOPABLE
CAT LITTER

42 Lb Bag

Limit 2 Bags
per Family **\$12.99**

Effective 4/19/17 - 4/25/17

PRO-PLAN DRY DOG FOOD

30-35 Lb Bag •Chicken & Rice •Lamb & Rice
Limit 2 Bags •Beef & Rice •Sensitive Stomach
Per Family •Lite •Bright Minds **\$3 OFF**
OUR SUPER DISCOUNT PRICE

WELLNESS CANNED CAT FOOD

Limit 1 •Selected Varieties Signature **\$1.35** Select **\$1.39**
Case •Grain Free 5.3oz. Core

WELLNESS CANNED DOG FOOD

Limit 2 Natural **\$1.89** Regular **\$1.99** •Stew •Core

NEW MERRICK'S DRY DOG FOOD

•Adult •Grain Free Chicken & Turkey 25 Lbs Limit 2 Bags Per Fam
•Grain Free Beef & Lamb •Grain Free Salmon & Whitefish **ON SALE**

Market Fresh Recipe

FUSSIE CAT PREMIUM DRY CAT FOOD

(2 Lb Bag. Buy One Get One Free. Limit 4)

•Chicken & Turkey •Salmon 4 Lb **\$3 OFF** 10 Lb **\$6 OFF** As Marked
•Salmon & Chicken OUR DISCOUNT PRICE

FELINE PINE HEALTHY CAT LITTER

20 Lb Bag **\$7.99**
Limit 2 Bags

CAREFRESH PET BEDDING

60 Liter (Ultra Not Included) **\$12.99**

PRECIOUS CAT CLUMPING CAT LITTER

20 Lb Box **11.99** Cat Attract Touch of Outdoors **\$7.49**
Limit 2 Boxes

NUTRO CANNED CAT FOOD

Limit 1 •Selected Varieties Case 3 oz Max **55¢** Natural Choice **75¢**

SCIENCE DIET DRY DOG FOOD

28.5 lb-33 lb Bag Limit 2 Bags **\$5 OFF**
•Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care OUR DISCOUNT PRICES

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD

•Adult •Large Breed •Mature •Weight Care 30 Lb Bag Limit 2 Bags **\$7 OFF**
OUR ORIGINAL LOW PRICES

MERRICK'S DRY CAT FOOD

BG (Before Grain) 11.1 Lb bag Limit 2 Bags **ON SALE**

CAT FURNITURE 20% OFF

•CRS •Alpine Cat Trees LOTS OF SELECTIONS ASSORTED STYLES OUR SUPER LOW PRICES
(C & D Products not Included)

RED BARN NATURAL DOG TREATS 20% OFF

•Bully Sticks •Filled Bones •Bully Nuggets All Varieties except Mammoth Bone \$6.99 OUR SUPER LOW PRICES

BODY GEAR MATS & PADS 20% OFF

All Sizes OUR SUPER LOW PRICES

SWEET HARVEST Small Animal Food Sale 15% OFF

•2 Lb •4 Lb •6 Lb As Marked Selected Varieties OUR REGULAR LOW PRICES

PET AG ESBLAC 20% OFF

Puppy Milk Replacer/Weaning Food KMR Kitten Milk Replacer/Weaning Food OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE

PENGUIN 100B20 Gal.**\$19.99**
PENGUIN 150B30 Gal.**\$27.99**
PENGUIN 200B50 Gal.**\$33.99**
PENGUIN 350B75 Gal.**\$45.99**

TETRA BOXED 10 GALLON TANK With Economy Kit Limit 1 Per Family

Just add Heater For Tropical Fish **\$36.99**

PENN PLAX PLASTIC AQUA-PLANTS 20% OFF

OUR SUPER LOW PRICES

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL **\$11.99**

BONUS COUPON

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties
Limit 12 Cans With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/19/17 - 4/25/17 **45¢** ARM PLU 367

BONUS COUPON

WHISKAS TEMPTATIONS CAT TREATS

•All Varieties Except Natural - 3 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/19/17 - 4/25/17 **\$1.19** ARM PLU 569

BONUS COUPON

JONNY CAT CAT LINERS

Jumbo Drawstring - 5 Ct
Limit 1 Box with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/19/17 - 4/25/17 **\$1.89** ARM PLU 449

The Exciting New World of Implant Supported Dentures

• Has the Security of a Fixed Bridge! • Easier to Maintain Good Oral Hygiene

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

8329 Fair Oaks Blvd., Ste A • Carmichael, CA, 95608
916 944-1197
www.YourCarmichaelDentist.com



\$1,200.00 off

2 implants with 2 attachments
to upper/lower denture

Offer Expires 05/31/17