



Formerly Homeless
Women to be Celebrated
at Women's Gala
PAGE 2

Happy Mother's Day



AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 12 • ISSUE 09

Serving Fair Oaks, Orangevale & Sacramento County

MAY 12, 2017

OUR HERITAGE MATTERS



PAGE 7

LET KIDS BE FIREFIGHTERS



PAGE 3

MOTHER'S DAY WITH MARY JANE



PAGE 7



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Fresh Off the Farm to Your Fork

Soil Born Offers a Special Local Service



Soil Born CSA manager (below, left) Elle Huftill-Balzer. Farm workers (above and right) tend to fresh, leafy greens still in the ground and follow with an initial quick wash.

**Story and Photos
by Aubrielle Hvolboll**

RANCHO CORDOVA, CA (MPG) - Rancho Cordova's well known urban agriculture education project, Soil Born Farms, is gearing up for its Spring/Summer Community Supported Agriculture (CSA) season, and it still has spots available for community members who would

like to eat seasonal produce, support local agriculture and contribute to a number of education programs offered through the farm.

Working in the field to harvest this week's CSA, Elle Huftill-Balzer, a CSA manager, picks Deep Purple scallions while another group of Soil Born's staff focuses on D'Avignon radishes and Jericho lettuce. Also among them are a volunteer and a first-year apprentice.

"We're not just a production farm, we're an educational farm. We run Harvest Sacramento [and] A Garden in Every School Symposium, working with school gardens. We have youth groups come out here and work

in the Youth Garden; we do tours, field trips, nutritional outreach with adults and kids, as well as the adult apprenticeship program," said Huftill-Balzer, who has been with Soil Born since 2010 and has run the CSA for the past two years.

When purchasing the Soil Born CSA, buyers get much more than just a box of

vegetables: they are supporting a number of programs that cultivate community knowledge and futures in agriculture. This includes opportunities for CSA members themselves, who are invited to get to know the farm and the people who grow their food.

"People who come out to the

Continued on page 3



Del Campo High Students Spend a Morning In DUI Court



Public Defender Paula Spano looks on as Sacramento Superior Court Judge Hon. Russell Horn addresses students at Del Campo High School during a DUI Court in Schools Program April 28.

Story and Photos by Jacqueline Fox

FAIR OAKS, CA (MPG) - Standing firm in a teal suit and black glasses, attorney Paula Spano turned toward the crowd of roughly 1,000 Del Campo High School students seated behind her and delivered this stern admonishment: "You all look like very nice people, but I never want to see you in my courtroom," she said.

Spano, who works for the Sacramento County Office of the Public Defender, is assigned to the first-offender and misdemeanor DUI Court in Schools Program, first launched in San Joaquin County in 2003 and then in Sacramento County in 2010. Funded through a grant from the National Highway Traffic Safety Administration, the program brings actual DUI court cases to area high schools, and Ms. Spano was trying the

Continued on page 10

Survey Finds Water-Rich Snowpack

SACRAMENTO, CA (MPG) - The recent manual snow survey by the Department of Water Resources (DWR) at Phillips Station in the Sierra Nevada found a Snow Water Equivalent (SWE) of 27.8 inches, 190 percent of the May 1 long-term average there (14.6 inches).

Electronic measurements indicate the water content of the statewide snowpack today is 42.5 inches, 196 percent of the May 1 average. The SWE of the northern Sierra snowpack is 39.9 inches (199 percent of average); the central and southern Sierra readings are 47.1 inches (202 percent of average) and 37.6 inches (180 percent of average), respectively.

Today's readings will help hydrologists forecast spring and summer snowmelt runoff into rivers and reservoirs. The melting snow supplies approximately one-third of the water used by Californians.

"California's cities and farms can expect good water supplies this summer," said DWR Acting Director Bill Croyle. "But this ample snowpack should not wash away memories of the intense drought of 2012-2016. California's precipitation is the most variable in the nation, and we cannot afford to stop conserving water."

Snowpack water content is measured manually on or near the first of the month from January to May. The Phillips snow course, near the intersection of Highway 50 and Sierra-at-Tahoe Road, is one of hundreds surveyed manually throughout the winter. Manual measurements augment the electronic readings from about 100 sensors in the state's mountains that provide a current snapshot of the snowpack's water content.

Frank Gehrke, chief of the California Cooperative Snow Surveys Program, conducted DWR's survey today at Phillips and said of his findings, 2017 has been "an extremely good year in terms of the snowpack."

Gehrke said the snowpack is encouraging in terms of surface water supplies. "The thing we're looking out for is primarily the southern Sierra, where we have full reservoirs and in some cases a huge snowpack," he said. "We want to make sure that we prudently manage that so we don't cause any downstream issues."

California's reservoirs are fed both by rain and snowpack runoff. A majority of the state's major reservoirs are above normal storage levels.

Earlier this month, DWR increased its estimate of this year's SWP supply to 100 percent of requests for contractors north of the Sacramento-San Joaquin Delta and 85 percent of requests for other contractors, the highest since the 100-percent allocation in 2006.

Source: DWR

★

Formerly Homeless Women to be Celebrated at Women's Empowerment's Gala



Women's Empowerment graduates celebrate with Eileen Javora from KCRA3 at the organization's 15th Anniversary Gala last year. The event raised \$200,000 to help Sacramento homeless women find homes and jobs. Photo by Dylan Tyagi

SACRAMENTO, CA (MPG) - Community members are invited to the 16th Annual Celebration of Independence Gala that benefits Women's Empowerment, a local non-profit job training and empowerment program for women who are homeless and their children. The event, which raises funds for the organization and honors the group's 1,411 graduates, will take place 5:30-8:45 p.m. on May 17 at the DoubleTree by Hilton, 2001 Point West Way, Sacramento. Guests will mingle with graduates from the program and enjoy a formal dinner, live and silent auctions, live music and presentations from the graduates. Tickets are \$125. Those who cannot attend, or wish to contribute more, can sponsor a graduate to attend the

event. For tickets or sponsorship opportunities, call (916) 669-2307 or visit www.womens-empowerment.org. "This event is like no other in Sacramento," said Lisa Culp, executive director of Women's Empowerment. "Rarely will you attend a fundraiser where donors and community members have the chance to meet and talk with women who have overcome homelessness. It's our largest fundraiser of the year, but it's also a night filled with laughter, tears and joy as we celebrate the incredible women who have shared their journeys with us." Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed

specifically for women who are homeless and their children. The award-winning organization has graduated 1,411 homeless women and their children. Last year, 92 percent of graduates found homes and 81 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org. *Source: Kristin Th baud Communications* ★

Regional Transit Launches Survey to Engage Community

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (Sac RT) is undergoing a major transformation to enhance service, to improve agency operations and bring greater value to the region. An important part of this effort is community engagement and Sac RT has launched an online survey (<https://www.surveymonkey.com/r/DGD32JT>) to gather feedback from Sacramento County residents about their priorities and vision for the future of public transit. The survey asks residents what they think about the current Sac RT bus and light rail system, why they ride public transit in Sacramento or other cities, and what changes would bring the most value to their daily lives. Sac RT is calling

on residents, businesses, educational institutions, community leaders and other stakeholders to provide their feedback so the agency can fully understand the mobility needs and desires of the region. "Sac RT is focused on greater community engagement and that means listening to what residents want and need our public transit system to be," said Henry Li, General Manager and CEO of Sac RT. "The Sacramento region is growing and we have new activity centers for housing, employment, shopping and entertainment as well as changing traffic patterns. Our public transit system needs to adapt to these changes and we are excited to work with community partners to develop a more valuable transit service."

Over the past year, Sac RT has improved its financial stability, attracted new riders and strengthened its commitment to clean, safe and convenient transit service. Additionally, in February 2017, Sac RT released its new Strategic Vision, a multi-year plan that prioritizes a customer-first agency culture as well as a route optimization study to analyze how to best serve different parts of the region. RT operates approximately 69 fixed routes and 43 miles of light rail that covers a 418 square-mile service area. Buses and light rail trains operate 365 days a year. RT's entire bus and light rail system is accessible to the disabled community. *Source: Sacramento Regional Transit* ★

It's Spare the Air Season

SACRAMENTO REGION, CA (MPG) - The Sacramento region's 23rd Spare The Air season starts May 1. Each summer, the Spare The Air campaign educates the public about the health effects of air pollution and asks residents to drive less when a Spare The Air alert is issued due to poor air quality. Residents in the Sacramento region are urged to pay attention to the daily Air Quality Index (AQI) by downloading the free Sacramento Region Air Quality app. It's available in iOS, Android and Windows app stores. Users get the daily air quality forecast, current air pollution readings for Sacramento, Placer, Yolo-Solano and El Dorado counties, as well as Spare The Air alerts and wildfire smoke advisories when issued. The AQI keeps the public informed about how clean or

polluted the air is in their communities. The chart has six categories: Good (green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon). Some people are more vulnerable to the health impacts of air pollution, including children, because their lungs are still developing; older adults and the elderly; pregnant women; and individuals with heart or lung disease, especially asthma. Even if you are healthy, air pollution can cause respiratory irritation or breathing difficulties during exercise or outdoor activities. Follow these tips to help reduce air pollution and protect your health this summer:

- **Spare The Air day**
 - **Garden green – avoid using gas-powered lawn mowers, leaf blowers and other garden equipment**
 - **Link your errands into one big trip to lower pollution by reducing cold starts of your car engine**
 - **Work from home – get employer permission in advance**
 - **Bring your lunch to work**
 - **Use an electric starter or chimney briquette starter instead of charcoal lighter fluid to start your barbecue**
 - **Postpone outings on gas or diesel-powered boats, trail bikes or all-terrain vehicles because they are high pollution sources**
 - **Take public transit, walk or bike for commute, errands and recreation**
- Visit www.SpareTheAir.com ★

WasteRight

Sacramento

Commercial Food Waste in its Right Place

Sacramento Area Businesses Begin Food Waste Recycling Program

Local restaurants and food providers get on board with WasteRight Sacramento to comply with new state law – Assembly Bill 1826

Local businesses are tackling greenhouse gas emissions with WasteRight Sacramento, a new program to help businesses recycle food waste. All business that produce four (4) cubic yards or more per week of organic waste are required to recycle this material. Businesses such as restaurants, bakeries, grocery stores, hotels, schools, and food distributors, are in some cases now regulated by this new law.

Organic waste, including food waste, are recyclable through composting, mulching, animal feed and by using anaerobic digestion to produce renewable energy. All of these methods to reuse organics contribute to a

strong and sustainable economy in the Sacramento region.

Annually, commercial waste haulers in the Sacramento area collect approximately 450,000 tons of commercial garbage. Organic waste, including food waste, makes up 15% of that amount, and is the largest single contributing source to landfills. As food waste decomposes in the landfill it releases potent greenhouse gasses, especially methane that contributes to climate change.

The California Department of Resources Recycling and Recovery notes that 15 percent of America's food waste could annually feed more than 25 million people.

Separate **FOOD WASTE** from other waste & recycling

Food Waste Means

Uneaten or Discarded Food

- Vegetables
- Fruit
- Meat
- Bread
- Coffee Grounds
- Tea Bags

Instead of heading to the landfill **FOOD WASTE CAN BE USED FOR**

- Compost
- Mulch
- Energy
- Food Banks (convenience)

Sacramento Businesses Contribute

48%

(or 28,000 tons) of food waste disposed

The new law applies to you if **YOUR BUSINESS GENERATES**

4 CUBIC YARDS OR MORE

of food waste per week

WHAT IS FOOD WASTE?

Food waste includes:

- Fruit
- Vegetables
- Meat
- Bread
- Coffee grounds
- Tea bags

WHAT IS ORGANIC WASTE?

Organic waste also includes, plant debris and:

- Food-soiled paper products such as:
- Napkins
- Towels
- Tissues
- Paper plates

WHY we CARE

Organic waste is the single largest material disposed of in our landfills and a major generator of greenhouse gases. Wasteright's goal is to divert food waste for sustainable use instead of sending it to a landfill.

Let's make it happen!

WasteRightSac.com

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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, April 22 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

Fresh Off the Farm to Your Fork



Volunteers, community members and students of all ages get down and dirty as well as energetically up to their elbows during the growing and harvesting seasons.

Continued from page 1

farm to pick up their box, they’ll bring their kids and go for a walk around the farm. It brings them out of their normal life and see, “This is what agriculture looks like, this is where my food comes from,” said Huftill-Balzer. CSA members are also invited to a number of the farm’s calendar events that range from Introduction to Urban Backyard Beekeeping on May 6th to Homegrown Herbalism on June 6th.

A Soil Born CSA box includes 8-10 of that week’s organic, seasonal fruits and vegetables. Purple cherry tomatoes, figs and peaches, white-striped eggplant, and other unique varieties can all be expected during the program’s

24-week run from May 24th through November 1st.

“We cover the broad categories, but then there are the fun varieties within that,” said Huftill-Balzer.

Community members may sign up to receive a box every week or every other week, with pickup on Wednesdays at any of three locations in Sacramento. The farm is open to the public M-F 8 a.m. to 5:30 p.m. and Saturdays 8 a.m. to 3:30 p.m., closed Sundays.

Office hours are M-F, 9 a.m. to 5 p.m. Their American River Rancho location is at 2140 Chase Dr., Rancho Cordova, CA. For more information on Soil Born and their CSA program, visit them online at soilborn.org or call 916-363-9685. ★



Fire Camp Lets Kids Be Firefighters for a Week



To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire’s boundaries.


Sac Metro Fire Special Release

SACRAMENTO COUNTY, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 11-14, 2017. Fire Camp provides local children an once-in-a-lifetime opportunity to experience today’s fire service, first hand. The program is designed to

instill self-confidence, teamwork, teach life safety skills and provide a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Campers are grouped in “strike teams” of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills, while discovering what it means to be a firefighter. To attend Fire Camp,

applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire’s boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. Deadline to apply is June 5, 2017. For applications and more information, visit our website: www.metrofire.ca.gov. ★





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 cschwieter@buckeyeusd.org

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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.

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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IRS Tips on What to do After the Tax-Filing Deadline

SACRAMENTO, CA (MPG) - Tax day has come and gone for most people, but some taxpayers may still be dealing with their taxes. The IRS offers these tips for handling some typical after-tax-day issues:

Didn't File by April 18?

There is no penalty for filing a late return after the tax deadline if the taxpayer receives a refund. Penalties and interest only accrue on unfilled returns if taxes are not paid by April 18. Anyone who did not file and owes tax should file a return as soon as they can and pay as much as possible to reduce penalties and interest. IRS Free File is available on IRS.gov to prepare and file returns electronically through October 16.

Where's My Refund?

The "Where's My Refund?" tool is available on IRS.gov, IRS2Go and by phone at 800-829-1954. Taxpayers need specific information to use the "Where's My Refund?" tool. That information includes the primary Social Security number on the return, the filing status (Single, Married Filing Jointly, etc.) and the amount of refund.

Changing Withholding?

Events – like a change in marital status – during the year may change the exemptions, adjustments, deductions or credits a taxpayer expects to claim on next year's return. Employees can use the IRS's online Withholding Calculator to figure and then adjust their withholding by filling out a new Form W-4, normally

with the company's personnel office. Taxpayers who do not have taxes withheld from their pay or don't have enough tax withheld, may need to make estimated tax payments. Taxpayers who are self-employed normally need to make estimated payments that can be adjusted to avoid a balance due in the future.

Need to View a Tax Account Balance or Make a Payment?

Taxpayers who owe taxes can view their balance, pay with IRS Direct Pay, by debit or credit card or apply for an online payment agreement. Before accessing your tax account online, you must authenticate your identity through the Secure Access process. Several other electronic payment options are available on IRS.gov/payments. They are secure and easy and taxpayers receive immediate confirmation when they submit their payment.

Need to Fix an Error on a Return?

Form 1040X, Amended U.S. Individual Income Tax Return, must be filed by paper and is available on IRS.gov/forms at any time. Do not file an amended return before the original return has been processed. Taxpayers should file an amended tax return to change the filing status, or correct income, deductions or credits. The IRS generally corrects math errors and mails a request for any missing documents. Use "Where's My Amended Return?" tool to track the status of your amended return. It

will take up to three weeks after mailing the return to show up in the IRS system. Processing can take up to 16 weeks.

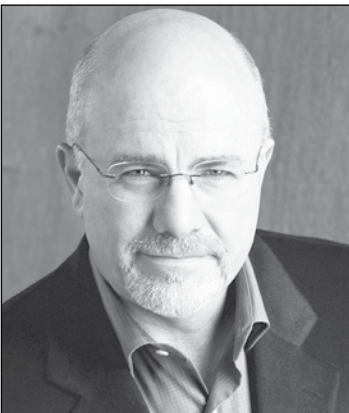
Need Help Responding to an IRS Notice or Letter?

An IRS notice or letter will explain the reason for the contact and give instructions on how to handle the issue. Most questions can be answered by visiting the "Understanding Your Notice or IRS Letter," on IRS.gov. Taxpayers can call the phone number included in the notice if they still have questions. Taxpayers have fundamental rights under the law. The "Taxpayer Bill of Rights" presents these rights in 10 categories. This helps taxpayers when they interact with the IRS. Publication 1, Your Rights as a Taxpayer, highlights a list of taxpayer rights and the agency's obligations to protect them. If normal IRS channels don't solve the problem, the Taxpayer Advocate Service is available at 877-777-4778.

Watch Out for Scams

Aggressive and threatening phone calls by criminals impersonating IRS agents remain an ongoing threat to taxpayers. The IRS will never contact a taxpayer via e-mail, text or social media. Any e-mail that appears to be from the IRS about a refund or tax problem is probably an attempt by scammers to steal information. Forward the e-mail to phishing@irs.gov. The first IRS contact with taxpayers on a tax issue will be by mail.

Courtesy Internal Revenue Service ★



Don't compromise your emergency fund

Dear Dave,

My wife and I are debt-free, and we're ready to start building our first home. We're a little short on cash to make the 20 percent down payment you recommend, but we do have a fully funded emergency fund in place. Would it be okay to take a little out of our emergency fund to make up the difference?

- Chris

Dear Chris,

Well, you didn't give me exact numbers here. I don't know how short a little short is, and I don't know how big your emergency fund is. If you use a little of your emergency fund to round off the 20 percent and then you have an emergency, where are you going to be?

I recommend always having three to six months of expenses set aside for emergencies. If you've got \$50,000 in your emergency fund and you use \$10,000 of it, you'll be fine. But anything that leaves you with less than three or four months of expenses stashed away would

Dave Says

worry me. That's the way you've got to look at it. Just use a little common sense with the numbers.

I'd love for you to put down 20 percent because you'd avoid private mortgage insurance (PMI), which runs about \$75 a month per \$100,000 borrowed. It costs you a lot of money if you don't put down 20 percent. You should try to do that if possible, but don't be irresponsible with your emergency fund in the process.

Your emergency fund, when it's there, tends to keep emergencies away. When it's not there, you have a tendency to attract emergencies and your life starts to sound like a sad country song!

—Dave

Ethics and integrity

Dear Dave,

I'll be getting out of the military soon, and I want to open a coffee roastery in civilian life. I had planned to work at an established place like Starbucks for a while so I can learn the business. Recently, I've become concerned with this idea from an ethical point of view. Can you give me some guidance?

- Wayne

Dear Wayne,

First, thank you for your service. The fact that you have

enough integrity to even think about this means you're a conscientious, honest person. I think you're going to be okay.

Making and serving coffee is not a proprietary set of information. It's done all over the world by lots of people, so you're not violating any ethics by doing that. Now there would definitely be something wrong with you stealing another company's exact recipes or logo, but I think you already knew that.

There's nothing wrong with learning how to make different coffee drinks that are made all over the world. Starbucks doesn't have a corner on that. There are coffeehouses all across America these days, so there's no ethics breach. Just understand what's proprietary about a company or a brand, and don't duplicate that.

Best of luck to you, sir!

—Dave

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

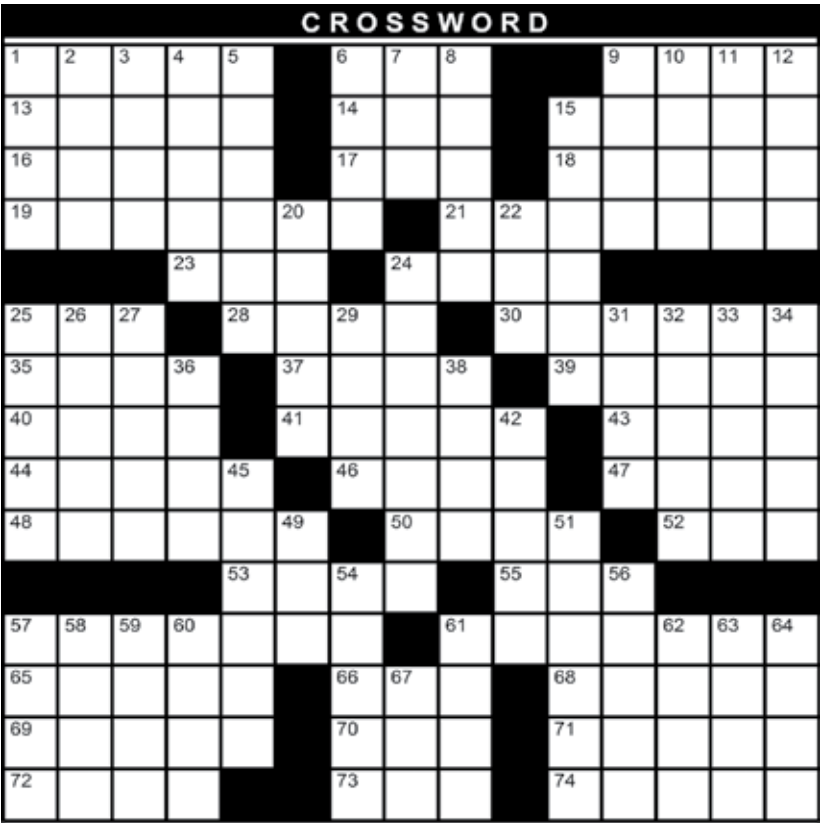
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CLUES

- ACROSS**
- 1. Bluffer's game
 - 6. R&R spot
 - 9. "For" in Spanish
 - 13. Nimble
 - 14. Not square?
 - 15. South Korean port
 - 16. "Superman" Christopher
 - 17. Turkish military leader
 - 18. 1960s abstractionism
 - 19. * ____ eggs
 - 21. *Small decorative appetizer sandwiches
 - 23. Questionnaire check box
 - 24. Insubstantial
 - 25. Tank filler
 - 28. Willy Wonka mastermind
 - 30. #4 Down hometown
 - 35. Building extensions
 - 37. Charles Manson's home
 - 39. Eucharist plate
 - 40. Strip of wood
 - 41. Batu Khan's people
 - 43. *Chicken Satay is popular app in this eatery type
 - 44. Separate head from body
 - 46. Popular symbol of extinction
 - 47. Comme ci, comme ça
 - 48. *Served on a half-shell
 - 50. *These frog limbs are a French delicacy
 - 52. D.C. bigwig
 - 53. Two of a kind
 - 55. Beehive State native
 - 57. *Indian restaurant appetizer staples
 - 61. *Hors d' ____
 - 65. Mojave plant
 - 66. Tube in old TV
 - 68. Black ____ in "Pirates of the Caribbean"
 - 69. Papal court
 - 70. Porridge grain
 - 71. Broadway's famous orphan
 - 72. Bird feed
 - 73. Il to Romans
 - 74. Lodged with pigs

- DOWN**
- 1. Leopard or such
 - 2. Curved molding
 - 3. Capital of Ukraine
 - 4. "Love Me Tender" singer
 - 5. Wound like an old movie
 - 6. Lil' Bow Wow's first name
 - 7. *Appetizer wrapped in a blanket
 - 8. Rapidly
 - 9. Between larva and adult
 - 10. Rush job notation
 - 11. Steak preference
 - 12. *Kids' appetizer: " ____ on a Log"
 - 15. Part with cash, reluctantly
 - 20. Dead-on
 - 22. Sun Tzu's " ____ of War"
 - 24. In sum
 - 25. Plaster of Paris on a canvas
 - 26. Homeless cat's home
 - 27. Poles and Serbs, e.g.
 - 29. * ____ cheese is not a dairy cheese
 - 31. Encouraging taps
 - 32. Community spirit
 - 33. Renter's paper
 - 34. *Blooming bulb



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Crossword Puzzle Solutions on Page 4

- 36. Proofreader's mark
- 38. *Serve soup
- 42. " ____ One: A Star Wars Story"
- 45. Indian Ocean's saltwater inlet
- 49. Swedish shag rug
- 51. Buddhists' sacred mounds
- 54. Fancy tie
- 56. Black tie one
- 57. Cul de ____ pl.
- 58. A fit of shivering
- 59. Foal's mother
- 60. "Metamorphoses" poet
- 61. Football great ____ Graham
- 62. Jasmine of "Aladdin," e.g.
- 63. Cleveland, OH lake
- 64. Dog trailer
- 67. *Like a vegetable in crudité platter



Solutions on Page 4



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Mother Said There'd Be Days Like This

Dr. James L. Snyder

Mothers are the greatest dispensers of advice since God said, "Let there be light." Some, not me, refer to it as maternal instinct.

My own mother gave me some splendid advice when I was growing up. Unfortunately, much of Mom's advice shed light on nothing. Absolutely nothing at all.

Let me outline some advice my mother gave me that, to this day, I have no idea what she was talking about.

I distinctly remember my mother standing before me, with hands on her hips, scolding me for something and then saying, "Who do you think you are?"

This always disturbed me and caused me to wonder about my nativity. As a young person, I often pondered this question myself.

As with most teens, I had long moments of identity crisis. (When you are young most of your energy goes into producing hormones, and so the brain functions on low voltage.) It greatly confused me that the person who should know who I was, asked me the question I had been asking myself. If she does not know who I am, what hope do I have?

Then there was the time I asked my mother for money. She whirled around and replied, "Do you think money grows on trees?"

Up to that point, I have never given the matter much thought. I simply assumed money came from my father going to work and being paid. However, here was something new to ponder. Where does money come from, really? What added to my confusion was the name of our bank The Elm Tree Branch of First National Bank of Harrisburg. Now I was totally confused.

When I was quite young, I remember asking my mother for something in the store. I think it was some small toy that I took a fancy to and asked my mother to

buy it for me. She flatly refused. I complained and demanded to know why. She looked me straight in the eye and said, "Because I am the mother, that's why."

To this day, I still do not know what in the world that statement meant. What did her being a mother have to do with buying me that toy?

When she saw my confusion, she told me, "When you have children of your own, you will understand." I have children of my own as well as grandchildren, and I still do not know what she meant. It must be a mother thing, which is all I know.

Then there was the time I wanted to do something with some friends and my mother would not let me. "But everyone else is going," I protested in vain. That's when my mother gave me her spin on the situation at hand.

"What if EVERYONE jumped off a cliff? Would you do it, too?"

The thing that confused me was, nobody was going to jump off any cliff. In fact, nobody in his or her right mind would ever think of such a stupid thing. Nobody, that is, but my mother. I figured she must have gotten her sadistic side from her mother. It must be something mothers pass on to their daughters, because as a man, I don't get it.

Most memorable of her nuggets of wisdom to me is that piece of advice I still abide by. Before I would leave the house, my mother would say, "Make sure you have clean underwear on in case you get in a car accident and have to go to the hospital."

I have never figured out what clean underwear has to do with going to the hospital, but that piece of advice made for the worst day of my high school years. Just as I drove into the school parking lot one day it dawned on me that I had forgotten to put on clean underwear. Panic raced through my teenage heart like never before. I

was certain some disaster awaited me around the next corridor.

By the end of the day, I was a nervous wreck. Driving home, I was sure something would happen to me, putting me in the hospital. I imagined myself being rushed into surgery and the first thing the medical team asked was, "Check his underwear to see if it's clean."

Upon finding my underwear not clean, they refused me any medical attention and sent me back to my mother. To this day, I am paranoid about wearing clean, fresh underwear each day. I have my mother to thank for that.

Looking back at what I learned after years of hearing my mother's advice, I have only one piece of wisdom to pass on to you for those moments with your mother. The next time your mom makes one of those parental off the wall statements, just smile and ask her, "When you were my age, did you walk to school or carry your lunch?"

She'll be confused, and you'll be even.

The one thing my mother did that I will always be grateful for is that she encouraged me to read my Bible. She bought my first Bible for me and encouraged me to read and study it each day.

In that Bible, as a young person, I ran across a verse of scripture that has stood me in times of trouble. "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

Thanks Mom and Happy Mother's Day.
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 are a lot of things in life that drain your life of power, drain your life of energy and strength and vitality and stamina. Where can you get the energy and the stamina and the power to live on? Where can you get the energy to just keep going when you feel like giving up? People try different things: fads, therapies, pills, things like that. But the real secret of power to live on is this: focus on God.

The more you focus on God, the more power you're going to have in your life. God is the source of all power. Just look around in nature. His power is evidenced everywhere you look. The Bible says, "Nothing is impossible with God." God's power is available to you and you get it by focusing on Him. You get your eyes off your problems and you get your eyes onto

Pastor Ray's Encouraging Words

Where to Find More Power

God, onto Jesus Christ (Isaiah 40:30-31).

God has all the power you need and you get it by waiting on Him or by focusing on Him. The more you focus on God, the more you plug into His power. If you spend a lot of your life focusing on God, you're going to have a lot of power in your life. If you spend a little time focusing on God, you're going to have a little power in your life. If you don't spend any time focusing on God, you're going to have no power in your life.

There's a word for focusing on God in the Bible. That word is "worship". Worship is simply focusing on God. Some people think worship is a ritual. It's not. Some people think it's a ceremony. Worship is not a ceremony. It's not a list of things you do or don't do. Worship simply means focusing on God. Whenever you are focusing on God, you are worshiping and that is the secret of the power to live on.

How do you worship? Psalm 46:10 says "Be still and know that I am God." You need to

quiet yourself, drop the distractions, center in on God and His greatness and His love and what He wants to do in your life – His plan and purpose. The more you do this, the more you can be still and know that God is God, the more you're going to find yourself restored, renewed and refreshed on a daily basis.

Today you may be feeling fatigued. Perhaps you're frustrated by different things you're facing. You may feel overwhelmed. You may feel like the problems and the pressures and the stress in your life right now are at a high level, and rising. I want to invite you right now to pause, step back and be still and think about God. Just say a simple prayer, "Lord fill me with your power. Fill me with your wisdom. I release control to you." When you do that, the power of God comes through, in you and for you, on your behalf.

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By Marlys Johnsen Norris, Christian Author

True Believers and Followers of Jesus Christ first concern is to listen, read, follow and live in obedience the Word of God, (Holy Bible) praying for guidance every single day. This is how - we walk in faith, trusting and honoring a loving Creator in all areas of our

Touching the Heart of God

life. Living in the "will of God" becomes a priority, plus pleasing God with what we say and do is important. Putting God "first" in our lives brings supernatural guidance and the hope of blessing someone's life in the process.

Opening our eyes in the morning, we greet the Master and Designer of our lives. We offer thanksgiving for another day thanking Him and asking Him for His guidance into His Will and direction that it might be a day He specifically designed for our life.

The longer one walks with God, the closer one comes to the reality of His daily presence. Still we find ourselves continually amazed at the ways God moves to bring about understanding and discernment regarding life situations one

faces on a regular basis. Living in the presence of God brings about changes, deliverance and a living transformation regarding the issues of life. Whatever He provides is amazing! Unexpected blessings beyond our fondest dreams!

Therefore my friend, IF you desire this kind of life. The Word of God offers these words of instruction: "But seek you first the kingdom of God and his righteousness; and all these things will be added unto you." (Matthew 6:33) Yes, SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS AND SEE WHAT HAPPENS!

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

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.

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POPPOFF!

with Mary Jane Popp

had transformed that day onto Mothering Sunday and declared it a holiday for servants to visit their mothers, freshly baked cakes in their hands.

However, we have to credit Julia Ward Howe with first suggesting a day to honor American mothers and to celebrate peace in 1872. Howe, who wrote the words for the “Battle Hymn of the Republic,” organized annual Mother’s Day meetings in Boston. In 1907, Anna Jarvis urged her mother’s church in Grafton, West Virginia, to remember her mother on the second Sunday in May, which was the second anniversary of her mother’s death. During her life, Jarvis’s mother had campaigned to raise awareness of poor health conditions in rural West Virginia communities, and Jarvis wanted to honor that memory. After transporting the celebration to her own church in Philadelphia, she began to lobbying local and national politicians to formalize the day. She met with Presidents Taft and Roosevelt and finally in 1913, the House of Representatives adopted a resolution calling for federal government officials to wear white carnations in honor of mother on the second Sunday in May. President Wilson made it official in 1914.

That brings us to our modern

Mother’s Day celebration in the 21st Century. We need to credit greeting card companies, florists, candy shops, and restaurants who really look forward to this day. It is one of the busiest days for phone companies too. But, in my own estimation, it’s not how big a bouquet of flowers or how fancy a brunch or any of those things. It can be a lovingly prepared breakfast in bed or hand-picked bouquets of dandelions and daisies. Here are a few other ideas.

- 1) Freeze edible flowers with water in ice cube trays. It’ll warm her heart.
- 2) Plant her favorite bedding plant in a small basket with a ribbon. It will last all year long when planted.
- 3) Surprise mom with a quiet retreat in her own bathroom. Make sure it’s clean first. Bring in scented candles, flowers, a new magazine or book, a cold drink, and pipe in some soothing music. Most important would be a sign on the door “Just for Mom... please do not disturb.”

But the most important thing you can do is tell your mom how much you love her. Time passes quickly. I wish my mom was still here for me to do the same. **HAPPY MOTHER’S DAY!!!** ★

California Pioneer History Day Returns Our Heritage Matters



Free wagon rides will be available at California Pioneer History Day at Marshall Gold Discovery State Park in Coloma, on May 20. Photo by Patrick Twomey, 2mefotos Photography

By Margaret Snider

COLOMA, CA (MPG) - On May 20, 2017, California Pioneer History Day is coming back to Marshall Gold Discovery State Historic Park in Coloma. Admission is free, State parking fee is \$8 per car. The event opens at 9 a.m. and closes at 3 p.m., with parade at 10 a.m. It is sponsored by the California Pioneer Heritage Foundation and The Church of Jesus Christ of Latter-day Saints. Visitors are encouraged to get into the spirit with period costume, if they wish.

Last year more than 5,000 people enjoyed the Day and new features have been added, to include a larger area of activities and events in the park. A log cabin will actually be erected during the day in real time, and will be donated to the Park.

Historic displays and exhibits will demonstrate how the pioneers met their needs, how they traveled and cooked and laundered their clothes. There will be periodic black powder musket firings, and the firing of a replica of the cannon purchased from Captain John Sutter in 1848. Special occasional firings of



Entertainment will be continuous from after the introductions and presentations at 10 a.m. until closing at 3 p.m. Photo by Patrick Twomey, 2mefotos Photography

the “Candy Cannon” will shoot candy to gathered kids, who can also join in with pioneer games. There will be free wagon rides.

Visitors can try their skills making bricks, candles, dolls and other crafts, try quilting and roast a biscuit on a stick. Families can bring food to eat at the picnic area or purchase food at several food stands.

After the parade at 10 a.m., certificates of special recognition will be presented at the stage area, and VIPs introduced.

Then will come the entertainment, which will be continuous from around 10:30 a.m. until 3 p.m. Jeri Clinger, co-founder with her husband Richard of the Galena Street East singing and dancing troop, is one of the

organizers of the entertainment for California Pioneer History Day. “Singers will sing songs of that period, ones they might have been singing at some of the mining camps,” Clinger said. There will be dancing, musical numbers, and other types of entertainment in two locations on the grounds

The setting at the Marshall Gold Discovery State Historic Park in Coloma is the historic spot of John Sutter’s sawmill, where gold was discovered in 1848. “It’s a very family oriented day,” Clinger said. “It’s ideal to help people in California feel the pioneer heritage here.”

Come early to beat the crowds. For more information, please see <http://californiapioneer.org/cphd>. ★



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Create your Story!



Mark is a CA state worker and his wife is full time mother. For a few years They had discussed starting thier own business but had no idea how the franchise model worked. They wanted to find a business that could help increase thier income; but more importantly, help build a nice retirement plan down the road. Mark spent a lot of time researching online and cold calling corporate franchise offices on thier own and found it very difficult to navigate. Then his mother in-law introduced them to **Louis McNerney from The Entrepreneur’s Source.**

After our first meeting, Lou started to match us with what we were looking for. I was amazed with The Entrepreneur’s Source database of companies looking for people like us. They had models from every price range and a wide variety of business concepts. Right away we were interested in a few models, but we kept coming back to one specific model.

Once we made our first contact

with the Fantastic Sam’s model, we felt it was a perfect fit. Lou was there every step of the way to answer questions and joined us on our discovery call to help us get clarification and address questions we hadn’t thought off. Lou helped us bridge that gap we didn’t know how to cross to make our dream a reality. My wife and I took a slower approach to sign our franchise agreement. However, we are very confident in our franchise choice

Our journey was a full circle. The first place Lou and I met, a local Starbuck’s, was the same place my wife and I signed our franchise agreement with Fantastic Sam’s corporate representatives. Thank you Entrepreneur’s Source. Most of all, thank you Lou McNerney for your help, energy, passion and communication skills that people like us with no business experience need!

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County Supervisors Honor Volunteers



Sacramento County Board of Supervisors recognize the 2016 volunteer/student intern contributions of 381,333 hours and \$10,699,076.32 worth of service

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is proud to announce and recognize the 9,346 volunteers/student interns who contributed 381,333 hours to County programs in 2016, which calculates to \$10,699,076.32 worth of service; the quality of life in our region has been thereby enhanced for our residents.

Departments served by these individuals and groups include Airports, Animal Care and Regulation, Health and Human Services, Parks, Probation, Sheriff and Waste Management and Recycling.

Multiple examples of contributions roused a full range of emotions during a recognition ceremony today, from compassion to concern.

One volunteer group that was

recognized was Sacramento Teen/Animal Membership program (S.T.A.M.P.). S.T.A.M.P. consists of 12-18 year old participants and meets every other Saturday and Sunday at the Bradshaw Animal Shelter. They happily complete basic shelter cleaning tasks and creative projects, alike, and play with the shelter animals. Their very successful pet reading program was recognized nationally with inclusion in the PBS documentary series, “Shelter Me” which spotlights unique and innovative programs that have a direct and positive impact on the animals within municipal shelters.

Like myriad counties across the country, Sacramento is experiencing an increase in opioid addiction and accidental overdoses. Megan Key was honored

for donating 300 hours over a six-month period to Sacramento County Public Health in its work toward reducing opioid abuse, overdoses and deaths in Sacramento County. Megan Key is the primary author of the “Sacramento Prescription Drug Surveillance Report, 2015.” She helped the Epidemiology Unit to provide insightful interpretation of trends in opioid prescribing, develop recommended actions, and establish concrete goals for the County and Sacramento Area Opioid Taskforce.

If you would like to volunteer for the County of Sacramento, please visit: <http://www.sac-county.net/Government/GetInvolved/Pages/Volunteer.aspx>

Source: Sacramento County Media Dept. ★

Credit Unions in Sacramento County Generate \$850 Million Impact

SACRAMENTO COUNTY, CA (MPG) - Credit unions serving members in Sacramento County recently generated an \$850 million annual impact to the region’s economy, which supported 5,730 local jobs and also produced \$55.1 million in savings to those members according to a special report released April 18th by the California Credit Union League.

The economic impact of both locally-headquartered and non-local credit unions serving members across the county in 2016 also contributed to the industry’s total statewide impact across California, which was \$17 billion. This is equal to the same positive effect as some of the nation’s largest corporations in America, including Kraft Heinz, General Mills, Xerox, and Facebook—each having approximately \$17 – 18 billion in annual revenue.

As they pump financial benefits back to members through offering better interest rates on loans and deposit accounts, as well as lower or no fees, these 17 credit unions were serving more than 575,000 members across

Sacramento County through a mixture of online and mobile banking channels, as well as a network of 84 branches that members can visit in person.

The reports were commissioned by the League and independently completed and published by ECONorthwest, an economic research and consulting firm in Portland, OR. The study looked at balance sheet, regulatory “call report,” and operational data to come to its conclusions. ECONorthwest completed an independent analysis of credit unions surveyed and used a “multiplier-effect” model to extrapolate its economic conclusions.

In a separate local quarterly-trends report, 10 credit unions headquartered in Sacramento County collectively hit records in membership (1.26 million members), money lent-out (\$11 billion), and deposits (\$14.2 billion). These statewide trends in first-mortgages, second-mortgages, HELOCs, business loans, new and used auto loans, credit cards, and other consumer loans give a snapshot of how local consumers are currently

spending their money.

“Credit unions’ combined ripple effect in the broader economy cannot be ignored as their financially cooperative, not-for-profit model reinvests local dollars back into local economies,” said Diana Dykstra, president and CEO of the League, which is based in Ontario, CA. “These reports reaffirm credit unions’ efforts to empower their members by helping them make wise financial decisions and thrive.”

Household wealth and socio-economic mobility are increasingly seen as being tied to opportunities in financial education, an area many credit unions consider their strength.

“Research shows that up to half of wealth inequality may be caused by differences in financial literacy,” states a January 2017 Education, Income and Wealth article published by the Federal Reserve. “As a result, people are more likely to use costly home loan mortgage products, pay higher transaction costs and fees, and use high-cost borrowing options.”

Source: The California Credit Union League ★

Mail Carrier Canned Food Drive is May 13th

SACRAMENTO REGION, CA (MPG) - Each year on the second Saturday in May, letter carriers across the country collect non-perishable food donations from our customers. These donations go directly to local food pantries to provide food to people who need our help.

Last year we collected over 80 million pounds of food nationally, feeding an estimated 64 million people. Over the course of its 24 year history the drive has collected 1.5 billion pounds of food thanks to a postal service universal delivery network that spans the entire Nation, including Puerto Rico, Guam and the U.S. Virgin Islands.

The need for food donations is great. Currently, 49 million Americans are unsure where their next meal is coming from. Thirteen million are children who feel hunger's impact on their overall health and ability to perform in school. More than 5 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help.

Our food drive timing is crucial. Food Banks and pantries often receive the majority of their donations during the Thanksgiving and Christmas holiday seasons. By springtime many pantries are depleted entering the summer low on supplies

at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year's Letter carriers stamp out hunger Food Drive is easy. Just leave a non-perishable food donation in a bag by your mail box on Saturday, May 13th and your letter carrier will do the rest. With your help, letter carriers and the US postal service have collected over 1.5 billion pounds of food in the United States over our first 24 years as a national food drive. Please help us in our fight to end hunger as we celebrate our 25th anniversary year in America's great day of giving. ★

Baker Responds to the California State Auditor’s Report

CA State Auditor: UC President Hiding \$175 Million in Funds While Raising Tuition and Salaries

SACRAMENTO, CA (MPG) - Assembly Higher Education Committee Vice Chair Catharine Baker issued the following statement in response to the California State Auditor’s recent report detailing an undisclosed \$175 million reserve fund maintained by the Office of the President of the University of California and other financial concerns:

“The UC Board of Regents just raised tuition on students

and has nearly doubled in-state student tuition over the last 10 years, while spending hundreds of millions of dollars on projects and administrative salaries. Students and their families deserve confidence that their money is being spent wisely. The UC Office of the President acknowledges the need to address the Auditor’s findings. I look forward to working with my Assembly colleagues,

students, and the UC to get to the bottom of this and do all we can to help UC get its financial house in order.”

Baker represents the 16th Assembly District, which includes the communities of Alamo, Danville, Dublin, Lafayette, Livermore, Moraga, Orinda, Pleasanton, San Ramon, and Walnut Creek.

Source: from the Office of Assemblywoman Baker ★

Catfisher Uses Sacramento Businesses to Lure Victims

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning social media users of an Internet criminal who is using four Sacramento businesses as a front in order to scheme innocent people into sending him money.

The alleged businesses include: Brad Computers Co., Bran Computers Co., B & M Computers Co., and J&M Computers Co.

According to their websites, three of the four businesses sell computers and computer accessories. Each lists a different physical address as their location, all in Sacramento. However, BBB has been unable to confirm any of these locations, or the legitimacy of the businesses. All currently have an ‘F’ rating.

Victims were typically contacted by the alleged business owner on dating and travel websites. He uses different variations of the names Brad, Michael, James, and Brandon. Most victims say they talked to the owner over email, one victim by phone. In some instances he waited months before asking for money, but

others say that he asked for money just a few short days after initiating a conversation.

When he does ask for money, he claims he needs it to help pay for tariffs to receive international goods for his business. Once the money is sent, typically via wire transfer, he stops responding. Victims are both female and male.

Better Business Bureau urges consumers to remember not to send money or personal information to people you do not know, and to report scams at bbb.org/scamtracker.

How to avoid a romance scam: ● Ask them to video chat. Ask the person to chat over a live video connection such as Skype, Facetime, or Google Hangout. If they avoid you, or claim they’re too busy, this is a red flag and you’re probably dealing with a catfish. ● Do a reverse image search. An Internet criminal never uses their own picture, but what can be more surprising is that they often use a picture of a famous

model or singer. Do a reverse image search on your Internet browser by uploading the picture directly, or by providing a link if the image is online.

● Do a web search for the business. If the person you’re talking to claims to own a business, verify the business at bbb.org. Look for any alerts, complaints, or reviews. ● Copy and paste their email into your web browser. Many scam artists do not take the time to write original emails to each of their victims, and often use the same sob story every time. Copy and paste some of the email into your web browser - you may be surprised by what you find. ● Don’t be ashamed to report the scammer. If you are the victim of a romance scam, come forward and share your story with others. Report it to your local Better Business Bureau and learn more about romance scams at bbb.org/scamtracker.

Source: Sacramento Better Business Bureau ★

Less Toxic Alternatives for Pest Control

SACRAMENTO

STORMWATER QUALITY PARTNERSHIP

Now that we're getting into the “spring of things”, are you seeing more bugs crawling in and around your home or garden? Although pesticides are commonly used to get rid of pests, they can pollute our creeks and rivers. Toxic chemicals in pesticides can be washed away by rain water or sprinkler runoff sending those pollutants into a nearby storm drain. Once in the drain, those toxins end up in a nearby creek or river, which is home to many plants and aquatic life.

Before you reach for that can of bug spray to defend your garden, please consider these less toxic steps to ward off pests:

- **Know your Friends**
Many bugs are not pests and may actually be beneficial because they control other bugs or pollinate flowers. For example ladybugs, both adults and larvae, are known primarily as predators of aphids. Parasitoid wasps are also keen hunters of aphids and caterpillars. You may not like spiders, but they can also be the best sentry to keep your plants safe. Knowing which bugs are friends or pests is the first step in managing pests wisely. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) offers ideas about natural enemies to pervasive pests.
- **Less Is More**
Chemicals in your yard kill both good and bad bugs. For pest or weeds, use less-toxic or non-toxic methods to keep garden-friendly bugs on your side and unwanted bugs under control. The Our Water Our World Program offers simple ideas online at ourwaterourworld.org. You can also look for convenient eco-friendly options at your local garden or hardware supply store. The Our Water Our World Program partners with stores to help consumers find less-toxic products for use in their homes and gardens.
- **Attraction is Essential**
Attract and keep beneficial bugs in your yard and let them do the work for you! You should plant flowers and shrubs that attract good bugs to your garden. There won't be a need for chemicals when the good bugs can keep the “bad bugs” under control. Unwanted bugs will always be in your garden but a healthy garden filled with good bugs will minimize pests. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) has dozens of ideas for finding the right plants to control pests around your home and in the garden.
- **Choose Plants Wisely**
Select pest and disease resistant plants as well as plants that attract good bugs to keep a healthy balance of garden friends close by. Plants like rosemary, zinnia and coyote brush make great additions to the yard. Plants that are native to your area will adapt best to the climate, making them stronger and healthier.

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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.

Tour the Waste Water Treatment Plant

Free tours of the Sacramento Regional Wastewater Treatment Plant are available during the remainder of the year to provide residents with a hands-on education about what happens to their wastewater once it leaves their homes and businesses.

The tour explains the treatment process and showcases how the plant keeps our community and the environment healthy and safe. The treatment plant is located in Elk Grove and the tours are offered by Sacramento Regional County Sanitation District. Meet the experts who help keep our region safe by providing this vital service, and see the behind the scenes workings of this massive facility.

Reservations are required, as space is limited. For dates, times, and to sign up, go online to regionalsan.com.

FAIR OAKS COMMUNITY UPDATE

Sheriff Community Meeting

The Sheriff’s Department holds regular community meetings to share information about trends in crime and recent activities. These sessions are open to the public and residents are encouraged to attend.

The Fair Oaks meeting will be held on Tuesday, May 23, starting at 6 p.m. at La Vista High School, 4501 Bannister Road (north of Winding Way).

Becoming involved by participating in Neighborhood Watch, attending these meetings, and learning about recent criminal activities makes us all more cognizant about how to better secure our property and make our communities safer.

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 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. In addition, the Board of Supervisors delegated authority to the Director of Regional Parks in consultation with the County Executive the ability to prohibit alcohol in the Parkway on any additional days between Memorial Day and Labor Day when such a ban is needed to maintain order to address excessive alcohol consumption encouraged by social media.

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



By County Supervisor
Sue Frost

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

The California State legislature may soon make California the first “Sanctuary State” in the Nation. I want to take a moment to explain what this means for Sacramento County, and how it impacts Fair Oaks and Orangevale residents.

To become a “Sanctuary State,” California will have to violate Federal information laws and limit cooperation with the Federal Government in order to help individuals who are illegally in the country avoid deportation. While the City of Sacramento is a “sanctuary,” Sacramento County is not. This is an important distinction as it is the county that runs the jail and county policies that more directly impact illegal immigrants that have committed additional crimes. If the Governor signs the sanctuary bill into law, the entire State will become a “Sanctuary State” which of course includes Sacramento County and the communities of Fair Oaks and Orangevale.

Orangevale Community Update

Sanctuary Fair Oaks/Orangevale

There is a great deal of misinformation floating around regarding the relationship between the Federal government and the Sacramento County Sheriff in regards to this issue. Nobody is bursting into undocumented immigrants homes because of their immigration status. Nobody is checking the immigration status of students in our schools. Nobody is getting deported because they reported a crime, got a traffic ticket, or even committed a minor crime. That’s because the County does not coordinate with ICE, nor do hospitals, schools, or even the Sheriff - except at the jails.

When someone is sent to the County jail for serious/violent crimes (drugs, theft, rape, murder, etc.) through the normal fingerprinting, information is shared. Federal ICE Agents then contact the jail to inform them that they have an illegal immigrant. The jail then holds that individual until they have served out their sentence and releases them to the Federal authorities for processing and deportation rather than releasing them back into the community. That’s it. Reducing crime and keeping violent criminals out of Fair Oaks and Orangevale is an “all-partisan” issue that we are all working toward.

I also want to note that without cooperation from local law

enforcement agencies, this bill will force Federal immigration officers into our neighborhoods and schools to perform stings which are potentially far more dangerous and upsetting than working from the jail.

Further, this bill could deprive Sacramento County from being able to receive grants through the Office of Justice programs, and the Sacramento County Sheriff would lose over \$4 million in annual Federal Funding (this bill doesn’t provide the funding that would be lost). The Sheriffs’ department has already been forced to reduce their budget to untenable levels, this bill would further hamper the ability for our law enforcement to keep the streets of Fair Oaks and Orangevale safe by suddenly stripping funding that places deputies in the community.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★



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We are proud members of these newspaper associations.



Del Campo High Students Spend a Morning In DUI Court

Continued from page 1

tell the students in a round-about way she hopes they never need her services.

The DUI Court in Schools Program gives students a sobering opportunity to sit inside a court room where a real judge, a real defendant and a real prosecutor deliberate the sentencing phase in a DUI case and hand down the punishment, all in real time.

The intent is to expose young people to the actual legal and financial consequences of a DUI court conviction so that they may make better choices when they get behind the wheel. It also aims to remind them of the heart-wrenching impact on communities and families DUI cases involving injuries and fatalities can have.

“The hope is that we can affect at least one person today by showing the actual ramifications of driving under the influence,” said Deputy District Attorney Brian Morgan who prosecuted the April 28 case at Del Campo.

“The hope is that we can affect at least one person today by showing the actual ramifications of driving under the influence.”

BRIAN MORGAN
DEPUTY DISTRICT ATTORNEY

More than 6,000 DUI cases are assigned to the Sacramento County Superior Court each year, Spano told the students. Her program, however, involves only cases concerning first-time offenders and those where there have been no serious injuries or loss of life. In exchange for volunteering to participate in the



Mary Beth Long-Randall, a graduate of Del Campo High School, shares her personal story of tragedy with students at the school during a special DUI Court in Schools Program held April 28.

program, Spano said, defendants may be offered a reduced sentence of some form.

The Del Campo hearing was preceded by a jarring, 10-minute video montage of reenactments of drunken driving accidents and their aftermaths involving mostly teens or young adults. Once in session, Morgan delivered the facts of his case against the 22-year old defendant seated next to his attorney, Ms. Spano, before Sacramento County Superior Court Judge Hon. Russell Hom.

The defendant, identified as “Mr. Wong,” was arrested in downtown Sacramento in January, explained Morgan. He’d been pulled over for speeding and charged with one count of driving under the influence of a controlled substance, and another for driving with more than twice the legal limit of alcohol in his body.

As some students fiddled clandestinely with their cell phones, Mr. Wong plead guilty to the charges against him and Judge Hom delivered the sentence: Five days in jail, fines and court fees likely to amount to as much as \$12,000, three years of probation, a suspended driver’s license, and mandatory

enrollment in a six-month program for defendants with high blood alcohol counts in their systems upon arrest.

When it was over, Judge Hom stepped down from the “bench” to speak to the students directly. “What you just saw was real. This was an actual case,” Hom said. Then he gave Mr. Wong an opportunity to reflect and explain to students and the court what he was thinking the night he downed as many as three shots of hard liquor before getting behind the wheel of his 2000 Dodge Infinity and speeding through town at 3 a.m.

“I felt like I was good enough to drive,” Wong said, before admitting to having driven under the influence many times prior. “I guess I just had that mindset that kids do. That we are superior to everything,” he said.

Not all DUI sentencing cases end with fines, fees and jail time. It’s well known that a good number of them involve horrific accidents causing deaths and life-altering injuries that bring unspeakable loss to victims’ families and loved ones, a fact the deputy district attorney made clear during a post-trial Q&A with the students.

“You know the difference

between that video you saw and Mr. Wong? Dumb luck. Dumb, damn luck,” Morgan said.

Mary Beth Long-Randall, a

graduate of Del Campo High School also addressed the students as a friend held up a photo of her brother, Harrison and his twin sister, both also Del Campo graduates. Between sobs, she slowly walked the students and the members of the court through the day in 2012 when a drunken driver with an apparent history of DUI arrests, barreled through an intersection in their neighborhood not far from the school, leaving her brother, who was walking with his girlfriend at the time, so horrifically maimed he succumbed to his injuries 13 days later. He was 21.

Pleading with the students to think about their choices, Long-Randall reminded them of the irreparable damage caused to her family and countless others via the choices made by drunken or impaired drivers.

“Don’t make your community suffer. Don’t make your family

or your parents suffer,” she said. Many students approached her afterward to offer hugs and support.

Judge Hom asked for a show of hands from those who’d had the experience of getting into a car with a driver they knew was impaired. Juliana Gordon, a senior at Del Campo raised her hand and explained she could identify and, although scared at the time, she got in the car anyway, something this program also tries to address. Young people must learn about the consequences of driving under the influence, but they also need to be given permission to tell friends or family members who’ve been drinking or getting high they won’t be getting in the car with them.

For Gordon, it was another case of dumb luck.

“I just got in the back seat and prayed,” she said. ★

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